

The treatment of arthritis with a lipid extract of *Perna canaliculus*: a randomised trial

S.L.M. Gibson, R.G. Gibson,

Glasgow Homoeopathic Hospital, Glasgow, UK

The object of this study was to compare the efficacy of a lipid extract of Lyprinol™ stabilised green lipped mussel (*perna canaliculus*) with the raw stabilised green lipped mussel powder to ascertain if the particular lipids were in fact the active components.

Stabilised mussel powder from Biomex Australia was used as they provide the only patented stabilising process that can guarantee consistent potency.

Conclusion: Both the stabilised freeze dried mussel powder and its derived lipid extract are effective in reducing pain, swelling and stiffness and in improving functional index in rheumatoid arthritis and osteoarthritis, although the Lyprinol extract achieved a more rapid response. This shows that the lipid extract Lyprinol comprises the principal active components from the mussel powder.