

# Clinical study of the effect of treatment with Oxytarm™ in females with fibromyalgia

The present study was carried out in order to investigate the effect of Oxytarm™ on the different symptoms in females with a verified diagnosis of fibromyalgia. Oxytarm™ is a preparation containing magnesium hydroxide, bioflavonoids and vitamin C having a cleansing gastro-intestinal effect.

Nine females with an average age of 56.8(Sd 3.2) years took Oxytarm™ for a period of 8 weeks. They made an initial score of symptoms at base line and this was repeated after they had received treatment for 8 weeks. The dosage they used was 4 tablets of Oxytarm™ per day taken as 2 tablets in the morning and 2 tablets in the evening. The daily dose of Magnesium is 600 mg which is in line with EU recommendations for supplements.

The participants went on for another 16 weeks after the first control after 8 weeks. Total treatment period was 24 weeks. During the last 16 weeks of the study the participants used a maintenance dose of 2 tablets per day. The tablets for the study were supplied by Med-Eq. As; Tønsberg; Norway

The efficacy scores were done by each of the participants using a five point scale where 1 is the best score and 5 the worst. The lower the score the better is the condition with respect to the specific symptom. The following symptoms were scored: General body pain, General health condition, an the ability to carry out daily activities, and physical activities which are the main concerns in patients with fibromyalgia syndrome (FMS).

The scores of these four main parameters are shown in table 1.

**Table 1. Scores for general body pain, general health, daily activities and physical activities in patients with FMS (N=9). Reduction in total score for all participants**

Parameter	Baseline	After 8 weeks	After 24 weeks
General body pain	33	26	22
General health condition	36	25	24
Daily activities	26	18	18
Physical activities	30	25	25

The results show that improvements in general pain as well as in general health of 33% are obtained after a treatment period of 24 weeks. These improvements are statistically significant ( $p < 0.05$ ) as compared to the base line value. As can be seen

from the table these improvements are almost established already after 8 weeks and are maintained, or even slightly improved when the participants take the maintenance dose of Oxytarm™ for another 16 weeks. For daily and physical activities the changes are smaller and already established after the first 8 weeks.

The tolerability of the Oxytarm™ treatment was excellent and no tolerability problems were reported during the study period.

Magnesium is an essential element for a number of body functions. In the dose taken with Oxytarm™ it has a slight gastrointestinal regulating and cleansing effect (1).

The use of magnesium supplement in treating FMS is quite common (2), and several reports have been published on favourable results in using magnesium supplements for this syndrome (3,4). The favourable results obtained in this study would be followed up as the treatment of FMS is a problematic indication and it does not seem so far to be a permanent cure for fibromyalgia.

#### References:

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