1 **Objective**  
To study the efficacy of Mobilee® on pain relief and quality of life in subjects with osteoarthritis of the knee.

2 **Methods**  
Twenty subjects aged ≥40 years with knee osteoarthritis (pain for at least 15 days in the previous month, symptoms present for ≥6 months, Kellgren/Lawrence score ≥2) participated in a randomized double-blind controlled trial. Ten subjects received Mobilee® (80 mg/day) and ten received placebo for 8 weeks. The Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) and quality of life by the Short Form-36 (SF-36v2) were assessed at baseline and after 4 and 8 weeks of treatment.

3 **Results**  
As compared with baseline, both groups showed significant improvements in WOMAC scales, but the magnitude of changes was higher in the Mobilee® group for WOMAC physical function and total symptoms. Patients receiving Mobilee® also scored higher than those given placebo in the SF-36 scales, reaching significant improvements from baseline to week 8 for Bodily Pain Subscale and Physical Component Summary.

The mean number of capsules of acetaminophen used per week was higher among subjects assigned to placebo than among those using the active supplement, and more subjects in the supplemented group compared with placebo answered affirmatively to perceived improvement in joint pain (75% vs 50%) and muscle aches (75% vs 38%).

4 **Conclusions**  
Results of this pilot clinical trial suggest that daily supplementation with Mobilee® at a dose of 80mg/day during 8 weeks may decrease pain, improve physical function and enhance several aspects of quality of life in subjects with knee osteoarthritis.

**Fig. 1** Average change from baseline in SF-36v2 bodily pain score (A) and physical component summary (B) during the trial.

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