Objective
To determine the efficacy of the oral administration of yoghurt supplemented with Mobilee® in healthy individuals with mild joint discomfort.

Methods
A prospective, randomized, double-blind, placebo-controlled study was designed including 40 healthy individuals with mild joint discomfort (VAS <4). They were divided into two groups (n=20) and ate yoghurt either supplemented or not with Mobilee®, daily for a period of 90 days. Efficacy was evaluated in terms of functional and quality-of-life parameters. An Isokinetic dynamometer was used to measure maximum muscle strength, total work and mean power of knee flexors and extensors at two different angular velocities.

Results
The increase in the maximum muscle strength of the knee extensors compared to baseline values was 7.6±7.6 Nm for the supplemented group and 2.5±4.7 Nm for the control group at 180º/s (P = 0.0582), and 6.5±5.8 Nm for the supplemented group and -1.0±7.1 Nm for the control group at 240º/s. The same pattern of response was observed in total work and in mean power. Differences were less pronounced in the knee flexors. A significant difference in favor of the supplemented group was detected in the quality-of-life social functioning subscale at 1 month follow-up.

Conclusions
Taken together, these results show that oral supplementation with Mobilee® improves joint mechanics and muscle function as determined through isokinetic testing, thus attenuating risk factors of OA.

Centre where the study was performed: Instituto POAL de Reumatología, Barcelona (Spain)