



Reduction in Tibial Shaft Fracture Healing Time With Essential Nutrient Supplementation Containing Ascorbic Acid, Lysine, and Proline

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This publication presents the results of a randomized double blind placebo controlled clinical trial (a gold standard in the industry) on patients with fractured tibia or shinbone. We conducted a study on 131 patients with closed tibial fractures. These patients were randomly placed in two groups: one receiving a specific combination of micronutrient supplements that support healthy collagen production, which forms the framework of the bone on which calcium and other minerals are deposited. The supplement contained ascorbic acid, lysine, proline, and vitamin B6. The other group of patients served as control and was receiving placebo (sugar) pills.

During their follow up visits, all the patients were evaluated for absence of pain by stressing the fracture or by walking, abnormal movement of the bone, and fracture healing was evaluated using X-ray test. We noted that the patients taking the micronutrient supplements showed faster fracture healing. On an average, non-complicated tibial fractures take 12-16 weeks to heal. However, in about 25% of the patients in the supplemented group, the fractures healed as early as 10 weeks. Most other participants in this group showed healing signs within 14 weeks, while the patients not receiving the micronutrient supplements showed similar healing 3 weeks later at 17 weeks. Additionally, the patients in supplemented group also reported improved well-being.