

Results of the Py

The MSRC has been conducting an informal 3 month trial with Pharma Nord UK, the manufacturers of Bio-Pycnogenol. The results are analysed by Sylvia Brown, BSc.

Overall, 44% felt a slight improvement and 9 % felt a considerable improvement in MS symptoms. Only 4 % of participants felt their MS symptoms worsened during the trial. 43% felt no change. However, no participants vastly improved.



French Maritime Pine

Many (43%) noted increased energy and strength and an increased sense of overall well-being, brighter and more alert (39%) and 6% even mentioned feeling happier! 18% felt that their mobility had improved and 14% commented on an improvement in the condition of their skin. 10% felt that their circulation had improved, in particular warmer feet and 11%

felt that they were sleeping better.

5% commented on improved digestion and feeling less bloated and 6% said that their bowels improved. Other symptoms were – improved balance 9%, improved dexterity (generally writing) 8%, fewer spasms 6%, able to stand longer 6% and 4% said their eyesight improved.

We do not know how much of these improvements were due to 'the placebo effect.'

Side Effects

5% of people reported slight nausea, often upon starting to take the tablets as their bodies adjusted.

7% dropped out of the trial early due to symptoms (flu-type, feeling unwell, increased fatigue, constipation, nausea, headaches and feet swelling) which may or may not be related to the trial – we cannot say as they did not continue taking the pycnogenol for long enough.

Also observed by one or two

were stronger nails, PMS improved, bruises healing quicker and feeling less dizzy. One person's eczema improved, another observed their skin was less sensitive to sunburn, and another person's nose bleeds were healed. Also with one person spots appeared and another person's hair darkened –someone even asked if she'd dyed it!

In conclusion

Pycnogenol in high doses appears to boost the immune system and be beneficial in terms of general health, improved skin, digestion and energy levels.

With specific MS symptoms, more than half showed some improvement and about 1/10 considerable improvement. With the rest there was no change at all.

This data does substantiate the theory that antioxidants are beneficial to people with MS. There's a good chance it will improve your MS symptoms somewhat and increase your strength and energy levels, as well as being a healthy supplement for your body and your health overall, irrespective of MS.



Psychogenol Trial

Total participants	130	% Total Participants	
Total dropped out	15	15/130 =	11.5%
Total withdrawn	7	7/130 =	5.5%
(due to symptoms upon starting taking tablets)	1/ *Feeling Unwell 2/ *Flu symptoms 3/ *Nausea 4/ *Feet swelling 5/ *Increased Fatigue 6/ *Headaches 7/ *Constipation		
Whole trial completed	80	80/130 =	61.5%
First 5 weeks completed only	28	28/130 =	21.5%
		Total = 100%	

Subjective Overall Assessment

MS Symptoms Overall	Whole Trial Completed 80 Participants		First Five Weeks Completed 28 Participants	
	No.	%	No.	%
Worse	3	4%	0	0
No change	34	43%	9	32%
Slight Improvement	36	44%	18	64%
Considerable Improvement	7	9%	1	3.6%
Vast Improvement	0	0%	0%	0%
Drop Outs due to ill health	7/108	7%		
MS Symptoms Improved	Whole Trial Completed 80 Participants		First Five Weeks Completed 28 Participants	
More Energy/stronger (less fatigue)	34	43%	14	50%
Increased feeling of Well-being	31	39%	7	25%
Improved Mobility	14	18%	4	14%
Healthier Skin	11	14%	1	4%
Improved Circulation	8	10%	2	7%
Sleeping Improved	9	11%	2	7%
Balance Improved	7	9%	4	14%
Improved Writing/Dexterity	6	8%	0	0%
Less Spasms	5	6%	0	0%
Less Bloated/Improved Digestion	5	6%	0	0%
Can Stand Longer	5	6%	3	11%
Eyesight Improved	3	4%	0	0%
Bowels Improved	5	6%	2	7%
Happier in mood	5	6%	3	11%
Nausea	4	5%	0	0%