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## NUTRITIONAL SUPPORT USING THE ULTRAINFLAMX<sup>®</sup> PROGRAM IN A PATIENT WITH RHEUMATOID ARTHRITIS AND DYSBIOSIS

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### Purpose

To show how nutritional support featuring UltraInflamX medical food in conjunction with dietary supplements and an elimination diet may be useful in some cases of rheumatoid arthritis and dysbiosis.

### Patient's Presentation and History

A 25-year-old Caucasian female presented with rheumatoid arthritis (RA) and long-term constipation. She reported having bowel movements only 1 to 2 times a week. Her RA had begun 2 ½ years prior when she developed cyclical, migratory pain and swollen feet, ankles, and hands. She had been placed on several medications for the RA (prednisone, methotrexate, and gold shots), but had been taken off these medications due to reactions. She had dysbiosis that was possibly associated with chronic antibiotic use and was avoiding some foods based upon a food allergy assessment.

### Patient's Objective Information

- Physical exam showed swelling in hands and digits
- Initial questionnaire data showed severely compromised physical and mental functioning
- Initial laboratory assessment showed slightly elevated eosinophils; elevated stool long-chain and total short-chain fatty acids; presence of the pathogen *Citrobacter freundii* (3+)

### Plan

The patient was placed on:

- UltraInflamX, 2 scoops bid
- An elimination diet program that removed common food allergens including gluten, dairy, corn, pork, and citrus
- Botanical berberine combination supplement, 2 tablets tid from second to twelfth week
- *Lactobacillus acidophilus* NCFM<sup>®</sup> and *Bifidobacterium lactis* supplement, 1 tsp bid starting at second week
- 2 g fish oil supplement, 3 capsules bid starting at second week
- 1500 mg N-acetylcysteine in combination with 600 mg niacinamide starting at fourth week
- Fiber supplement, 1 scoop bid starting at twelfth week

### 4 & 8 Week Results

After 4 weeks, the patient reported feeling about 80% better but experienced slight “achiness” in the mornings. She was eating a limited number of foods, including rice and vegetables, and having regular bowel movements (1 to 2 times daily).

At 8 weeks, she reported only slight stiffness in her fingers in the morning, and there was no swelling on her forearm upon examination. She had successfully introduced several foods into her diet.

### 12 Week Results

After 12 weeks, the patient continued to do well and reported she was jogging without pain for the first time in a number of years. She reported having only a little morning stiffness. She had continued to reintroduce foods and was finding no intolerance reactions. Laboratory showed stool markers had normalized and no pathogenic bacteria were detected.

### 20 Week Results

At 20 weeks, the patient's RA symptoms had substantially decreased. She reported feeling only minimal stiffness in her shoulders.

### Conclusion

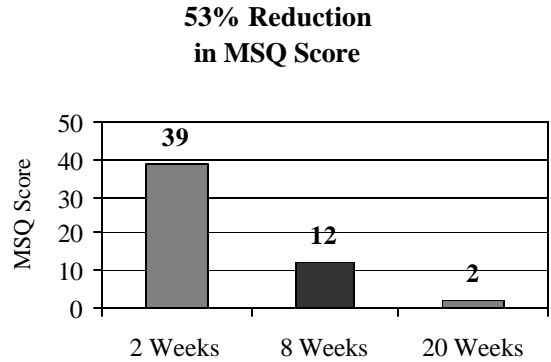
This case study suggests that the UltraInflamX program with dietary supplements may have considerable benefit on the symptomatology and laboratory markers in patients with RA and dysbiosis.

# RESULTS

**Figure 1**

After 20 weeks, the patient's score on the Medical Symptoms Questionnaire\* decreased from 39 to 2 (reference range: <30 = few or low intensity symptoms).

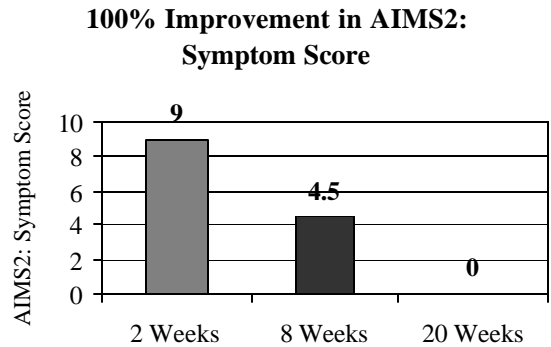
This result suggests substantial improvement in general physical symptoms with nutritional support featuring the UltraInflamX Program.



**Figure 2**

The patient's AIMS2<sup>†</sup> symptom score decreased from 9 to 0 after 20 weeks on the UltraInflamX Program (reference range: 0 to 10).

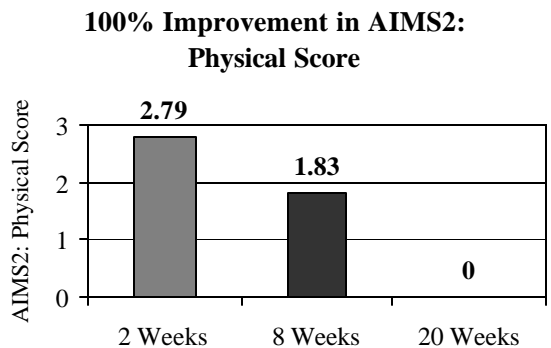
This result suggests that nutritional support featuring the UltraInflamX Program had a sizeable positive effect on RA symptoms.



**Figure 3**

Within 20 weeks, the patient's AIMS2 physical score decreased from 2.79 to 0 (reference range: 0 to 10).

This result suggests a noteworthy improvement in the patient's health status.



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\*The Medical Symptoms Questionnaire (MSQ) is a clinical tool for the evaluation of general physical symptoms. Total scores above 75 are generally associated with substantial symptomatology and disability; scores below 30 generally indicate few or low intensity symptoms.

†The AIMS2 questionnaire is a clinical tool for the evaluation of health status and outcomes of individuals with rheumatic diseases. A low score value indicates a high health status, while a high score value indicates poor health status.

Note: The information provided in this case study describes the results of one patient under the care of a licensed healthcare practitioner and may not be a typical response. UltraGlycemX is to be used under the supervision of a physician or other licensed healthcare practitioner.

Case Study: Nutritional support using UltraInflamX in a patient with rheumatoid arthritis. Metagenics, Inc; 006RA803.