

Randomised, double blind, placebo-controlled trial for testing the efficacy of a botanical formulation in reducing cold and flu symptoms

Submission date 08/09/2006	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 25/09/2006	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 27/10/2009	Condition category Infections and Infestations	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Dr Ruotao Wang

Contact details

Chinese Center for Disease Control and Prevention
27 Nan-wei Road
Beijing
China
100050
rtwang@chinaids.org.cn

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N/A

Study information

Scientific Title

Study objectives

The immune-stimulating effects of this proprietary botanical blend (Resistex®) may aid in resisting community-acquired respiratory viruses.

Ethics approval required

Old ethics approval format

Ethics approval(s)

At the time of the trial, ethics approval was not common in China and the regulations were not clear as to under what circumstances it was required. Therefore the Principal Investigator assembled a group of independent professionals to critically review the study protocol and the ingredients of the botanical formula (based on Chinese herbs), which was tested. They acted as the equivalent of an Institutional Review Board and determined that the study intervention was unlikely to pose any safety risk to the participants. This review took place in early 1998.

Study design

The study was a randomised, double-blind, placebo-controlled clinical trial that included 61 elderly participants.

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Not specified

Study type(s)

Treatment

Participant information sheet

Health condition(s) or problem(s) studied

Common cold and flu

Interventions

The 61 participants were randomised to the control (placebo) group or to the low dose or high dose treatment group of Resistex®. All three groups took their dietary supplement capsules just once a day. The low dose group took two 450 mg capsules (900 mg total); the high dose group took three 450 mg capsules (1350 mg); and the control group took three placebo (wheat starch) capsules. All were instructed to take their capsules as directed every day for the first four weeks.

This segment was followed by a one week break during which no capsules were taken, and all subjects received a health check-up by a physician. After the break, the subjects took their

capsules as directed over a series of two-weeks on/one week off periods for a total of 4.5 months. [Note: These breaks are a normal practice in TCM; they are incorporated to allow the immune system to take a periodic break from the up-regulating effects of the herbs.]

Intervention Type

Drug

Phase

Not Specified

Drug/device/biological/vaccine name(s)

Resistex®

Primary outcome measure

The main outcome measures in this study were self-reports of the frequency, duration, and severity of cold and flu symptoms as compared with the pre-treatment assessment of the same variables. At the beginning of the study, all participants were queried about their cold and flu histories from the previous winter season (mid-November to end of March).

Cold and flu symptoms included: headache associated with fever; nasal discharge; sore throat; sneezing; and chills or fever. To help subjects determine the frequency of colds or flu, the following criteria were established:

1. Family physicians diagnosis of condition
2. Simultaneous experiencing of two or more symptoms within a week
3. Experiencing three or more symptoms without seeing a doctor.

The questions were:

1. How many times did you contract a cold or flu within the specified period?
2. When you had a cold or flu, how many days did it usually take before the symptoms were alleviated?
3. When you had a cold or flu, on a scale of one to five, how severe were the cold and flu symptoms? (1) barely noticeable, (2) mild, (3) moderate, (4) severe, (5) very severe

At the end of the study, the participants answered the same questions regarding the current winter season (mid-November to end of March).

Secondary outcome measures

The subjects were asked whether they experienced any adverse effects/reactions.

Overall study start date

01/04/1998

Completion date

31/03/1999

Eligibility

Key inclusion criteria

1. Aged 60 to 80 years old
2. Having a normal clinical chemistry profile (tested at baseline)
3. Physician clearance

4. Willingness to be randomised to the treatment or placebo groups and adhere to all aspects of the study protocol

Participant type(s)

Patient

Age group

Senior

Sex

Both

Target number of participants

60

Key exclusion criteria

1. Acute or serious chronic diseases
2. Currently taking prescription medication or non-steroidal anti-inflammatory drugs
3. Use of vitamin or mineral supplements within the past three months
4. A history of alcohol or drug abuse
5. Marked sleep disturbances, serious allergies or salient emotional or mood problems
6. A history of systemic infection, bone fracture or surgery

Date of first enrolment

01/04/1998

Date of final enrolment

31/03/1999

Locations**Countries of recruitment**

China

Study participating centre

Chinese Center for Disease Control and Prevention

Beijing

China

100050

Sponsor information**Organisation**

Radix Bioresearch Corporation (USA)

Sponsor details

4436 Reeves Road
Suite A
Ojai
United States of America
93023
diana@radixbioresearch.com

Sponsor type

Industry

ROR

<https://ror.org/024hp8310>

Funder(s)**Funder type**

Industry

Funder Name

Financial support from Radix Bioresearch Corporation (USA)

Results and Publications**Publication and dissemination plan**

Not provided at time of registration

Intention to publish date**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration