

Increase in Bone Density

Kurashiki University of Science and the Arts. 3, 131-144 (1998)

The OM-X capsule is effective in an increment of bone density among adult males and females.

Objective

We examined an increment of bone density by ingestion of the OM-X capsules in healthy adult males and females.

Methods

We divided test subjects into two groups: a group with an intake of the OM-X capsules and the other without the OM-X capsules. After a certain period of time, we measured the bone densities of subjects in each group. The bone density measurements were analyzed based on the volume of bone mineral content in the humerus and ulna at the test subjects' non-dominant hand, bone mass, and the ratio of bone areas and bone mass.

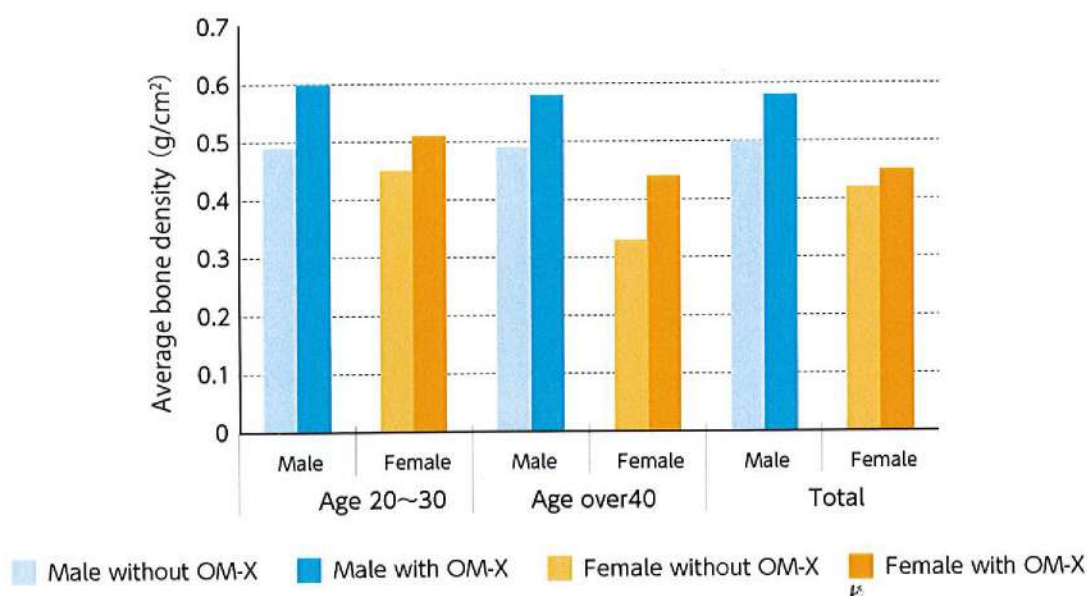
Results

Overall, male subjects in the group given the OM-X capsules showed about 20% higher scores in bone density compared to those without the OM-X capsules. Female subjects with the OM-X capsules showed 12% higher scores than those without the OM-X capsules. The same tendency was observed in every aging group.

In the aspect of bone areas, the group with the OM-X capsule also showed higher values.

These results suggested that an intake of the OM-X capsules is effective in an increment of bone density and bone area regardless of age or gender.

Average bone density in different age groups after OM-X ingestion



After an intake of the OM-X capsule, increments in bone density and bone area were recognized.