

MYALGIC ENCEPHALOMYELITIS (M.E.)

(Also known as Chronic Fatigue Syndrome – C.F.S. or Post-Viral Syndrome)

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Report on the 3 month pilot trial of the effect of Irena Unique Royal Jelly Formulation

PARTICIPANTS

The trial commenced with 131 M.E. sufferers. These were chosen from patients with M.E. who were interested in alternative therapies, most of whom had tried orthodox medicines with very little success.

Of the initial number, 15 dropped out for various reasons unconnected with the treatment, 115 started the trial but six did not complete the trial questionnaire after three months – for reasons we have been unable to ascertain.

This represented a drop-out rate of 5.2%.

A total of 109 patients fully completed the trial, ie. an initial questionnaire giving an assessment of their condition, in which they were asked to describe and rate their symptoms and a similar questionnaire after three months of treatment with Irena Royal Jelly.

DOSAGE: The recommended dose was **one phial a day for 14 days and two phials a day for a further 10 weeks.**

At the end of this period, having completed the questionnaire, the participants were asked to answer the following questions:

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|----|-----------------------------------------------------|-----------------------|
| 1. | Do you think Irena Royal Jelly has helped you? | Yes/No |
| 2. | If so, in what way? | |
| 3. | Do you intend to continue taking Irena Royal Jelly? | Yes/No |
| 4. | Have you had any side effects? | If so, please specify |

RESULTS OF THE SURVEY WERE AS FOLLOWS:

81 participants said that Irena Royal Jelly had helped them.

20 said that it did not help, and seven said they were unsure.

40 noted improved mental ability and/or decreased depression.

39 noted improved physical energy and stamina, and of these two groups, 17 noted both improved mental ability and physical energy.

14 stated a general “all-round” improvement of their symptoms.

12 reported less muscle pain and/or joint inflammation.

Seven noted their general appearance had improved; specifically their skin, nails and hair

There were very few reported side effects –

Five people found that two phials a day was too high a dose, and felt better when they reverted to one per day; nine noted side effects, nearly all of which were different. A few found they felt worse initially, but improved during the course. Two mentioned nausea and two mentioned weight gain, one of which was attributed to recovered appetite. However, of the side effects mentioned, there were other participants who noted a lessening of the same symptoms, eg. nausea. Two of the participants felt the symptoms were worse. Some participants noted that the summer months were normally a better period for M.E. sufferers, but these were balanced by others who found the very hot weather affected them, and who thought that the course had helped them in these conditions. It was felt by some that the unusually hot weather at the time of the trials could have adversely affected the results.

88 said they intended to continue with the treatment, of which: 17 said they would like to do so if they could afford it. Two people would have liked to continue but could not afford to. Most of these were patients so affected by M.E. that they were unable to work or were on disability pensions or were pensioners. To help this group, Irena Ltd has introduced a special reduced price for ME sufferers within the U.K.

Of this 88, five who were unsure of the effects of Royal Jelly said that they would continue with the Royal Jelly, and there was a small sample of five who said that, even though they did not think Irena Royal Jelly had helped them they still intended to continue taking the product.

TESTIMONIALS

Attached to this report is a selection of quotes from participants who have given permission for their names and addresses to be used. Their comments have been echoed by many other participants in the trial.

SUMMARY

74.3% of the trial participants stated that Irena Royal Jelly had helped.

18.3% of the trial's participants stated that Irena Royal Jelly had not helped.

QUOTES FROM PARTICIPANTS IN THE M.E. TRIAL

Mrs A.A. of Malden, Essex: "Irena has given me hope - symptoms that do occur are short-lived and bearable."

Mrs D.H. of Newmarket, Suffolk: "I have joined a yoga course and have become involved with two committees. It has helped my self - confidence and given me energy to take up these things."

Mrs A.W. of Snodland, Kent: "Complexion improved, hair now shining and in good condition. Sleep pattern improved, concentration gradually returning and have more spurts of energy."

Mrs K.S. of Wimbledon: "All M.E. symptoms have lessened, as well as depression. I would not like to be without Irena Royal Jelly."

Miss F.C. of Belfast, Northern Ireland: "Physically, I have improved noticeably in that I can do more exercise. I recover more quickly from relapses and have not had so many infections. I can definitely attribute my increase in good health to taking Irena Royal Jelly as I have not done anything different while on the course I would certainly recommend it in a programme for improving the distressing condition of M.E."

Mrs G.M. of Redcar, Cleveland: "I have been back at work for six full weeks and this is my longest period of good health over the last nine months. I also feel as if I now have the strength and energy to start sports again. For months I have never been able to do a full week at work, let alone think about sport or going out. My social life is now back to normal and my concentration and comprehension have improved."

Mr R.W. of Gartcosh, near Glasgow: "It is a very good product. It has given me more energy and strength."

Mrs R.G. of Torrington, Devon: "My general health is much improved and I am physically stronger and mentally stable and coherent. My husband very rarely has to help with the housework and cooking nowadays. Friends and neighbours tell me I'm looking my old self as I've lost the drawn, grey look."

Mr A.R. of Folkestone, Kent: "I was very fatigued and in constant pain after any activity. Towards the end of the first month, or six weeks, I noticed subtle improvements in my condition. Now at the end of three months, I can detect a difference and so can those around me. The most relevant improvements have been a clearer head, a great deal less muscle pain. I sleep better and (have) less eye tiredness."

Mrs P.W. of Tewkesbury, Gloucester: "As well as the M.E. symptoms, it has helped my general appearance, especially my skin, nails and hair. The whole texture of my skin seems firmer and other people have remarked on the fact of my general appearance. I will definitely continue taking Irena Royal Jelly."