



TAHOMA CLINIC
FOUNDATION

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Knowledge Medical Foundation,

Following please find the interim report for the "Niacinamide Against Osteoarthritis" research study:

REVIEW

The purpose of the current study is to verify the observed clinical efficacy of treating osteoarthritis using only orally administered niacinamide pills. Concurrently, the study hopes to reveal a possible connection between osteoarthritis and insulin resistance or "diabetes *in situ*".

STUDY ENROLLMENT & INITIAL TESTING

There are 60 people who have enrolled in the Osteoarthritis study to date, 39 women and 21 men.

- Ages of the participants range from 40 to 82 years old with the exception of one individual who is 15 years old.
- The Glucose-Insulin Tolerance Test was performed on all but one of these participants in order to detect the presence of insulin resistance.
- Thirty-six people were shown to be insulin resistant and eight people were borderline for insulin resistance.
- Six individuals showed other insulin abnormalities such as reactive hypoglycemia or insulinopenia.
- Only nine participants out of the fifty-nine tested demonstrated a normal insulin response.

PARTICIPANT UPDATE

- Two people have entirely completed the six month study, while another 51 are expected to finish up in the coming months.
- Twenty-one people have completed at least four months of the study and they will be finishing up within the next two months.
- Twenty more individuals have completed three months of the study and are expected to finish by the end of the year.

- Ten people have been in the study for less than three months and we hope to have them finish by January 2011.
- Five participants have not returned for a follow-up visit and we suspect that they may be leaving the study.
- Two people dropped out of the study for certain.
- One of these individuals chose to discontinue taking the niacinamide because she was experiencing some nausea from it.
- The other individual moved out of town.

PARTICIPANT FOLLOW-UP DATA

We have follow-up data on forty-four of the participants.

- Fifteen out of forty-four people reported that they were "greatly improved" after taking niacinamide for at least two months.
- Twenty-one out of forty-four reported they were "slightly improved".
- Eight people out of the forty-four said that they experienced "no changes" from taking niacinamide.

The subjective reports from the participants correlated well with the objective measurements of joint range-of-motion and the standardized pain questionnaire.

OBSERVED TRENDS

There has been one major trend observed in the people who are enrolled in the Osteoarthritis Study. Those individuals who are taking the niacinamide as prescribed are losing weight.

- A large majority of the people in the study have lost between two and thirty-three pounds while taking the niacinamide.
- Only a few participants kept the same weight or gained weight during the study.

In addition to the benefits that we have noted for reducing and eliminating osteoarthritis pain, there have been a number of other positive health changes that people reported.

ADDITIONAL BENEFITS

- One gentleman cancelled his hip replacement surgery because he felt so much better from taking niacinamide.
- Many participants said that they felt more energy and less fatigue after taking niacinamide.
- One woman noticed that her memory was improved.
- Several participants reported that they felt like they did when they were younger.

SUBJECTIVE COMMENTS FROM CURRENT PARTICIPANTS

Here are some subjective comments from individuals who are currently in the study:

- "I've gone off my Naproxen, niacinamide is safer [and just as effective]."
- "I recommend niacinamide to everybody."
- "I liked the whole study, including my improved mental clarity [and freedom from joint pain]."
- "I feel better than I did five years ago."

Sincerely,

Investigators

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