

A feasibility study for treatment of hematinic deficiencies in recurrent aphthous stomatitis (RAS) with AfteNova Multivitamin



Conclusions

AfteNova® multivitamin likely has an effect on symptoms of RAS. The tablet allows individual absorption levels to permit a suitable dosage for each patient.

The next step is to conduct a randomized controlled trial (RCT) to test AfteNova® multivitamin in a larger study population to see if the presented effects remain.

Relevance

The current approach allows development of non-prescription drugs for RAS and to understand more about the effects of hematinic deficiencies in this condition.

Objectives

Recurrent aphthous stomatitis (RAS) is recognised as a multi-factorial condition in which both endogenous and exogenous factors contribute to the recurrent oral ulcerations. Despite, the aetiology remaining in part unsolved hematinic deficiencies are considered a potential risk factor.

The aim was to conduct a feasibility study to evaluate the potential efficacy of a new dietary supplement on the market, AfteNova® multivitamin.

Methods

Nineteen patients, aged 18-45 years, suffering from RAS without a diagnosed hematinic deficiency or supplemental medication/diet were included. An Ulcer Severity Score (USS) form was filled out for each patient at base-line and after 3- and 6-months treatment.

Comparisons between time-points were statistically calculated using the Friedman test. Also, Wilcoxon's signed rank test was used to compare differences between 3- and 6-months treatment.

Results

Use of AfteNova® multivitamin did not reduce the number of lesions. However, the size of the lesions decreased significantly (mm; $p=0.0003$), as well as the duration (weeks; $p=0.0002$), length of the lesion-free periods (weeks; $p=0.04$) and the level of pain (VAS; $p=0.0003$) when comparing base-line, 3- and 6- months treatment (Fig 1). No additional effect was found when comparing 3 and 6 months, yet the effect remained.

USS decreased between base-line (range 21-43, mean $31.4 \pm SD 6.2$), 3 months (range 12-35, mean $20.9 \pm SD 7.1$) and 6 months (range 0-34, mean $19.9 \pm SD 10.6$) ($p<0.0001$) (Fig 1).

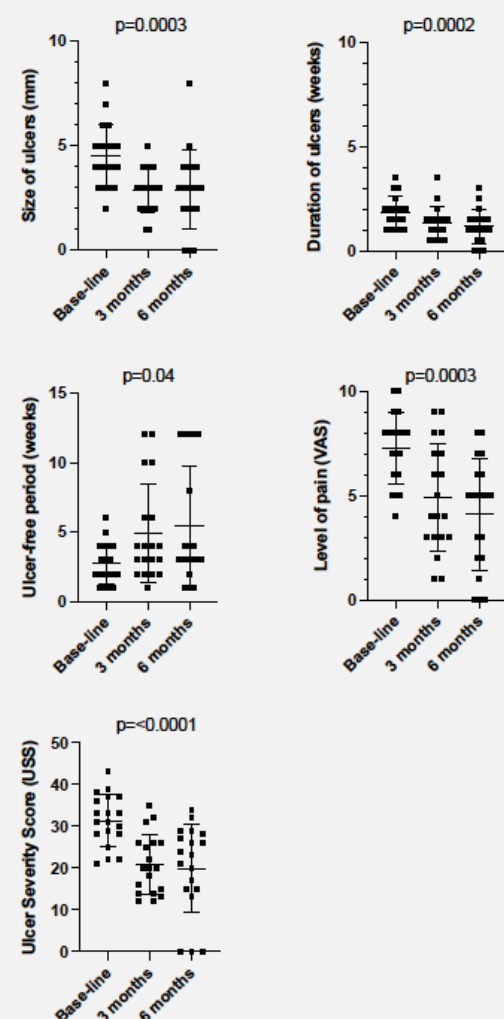


Figure 1. Treatment outcome comparing base-line with 3- and 6 months use of AfteNova® multivitamin in patients with recurrent aphthous stomatitis shows significant decrease in symptoms. Horizontal bars indicate mean values and each symbol represents a single individual (n=19). The data was initially analysed using the Friedman test and thereafter the Wilcoxon's signed rank test to compare 3- and 6-months treatment.