

HEALTH & MEDICAL RESEARCH CENTER is recruiting for:
An Open-Label Protocol Evaluating the Safety and Efficacy of an
Oil of Oregano NAHS-Formulation on Toe Nail Forming Fungi

Study Benefits:

- **3 43-chemistry blood tests valued at (\$1200)**
- **6-month supply of supplements (valued at \$306)**
- **\$1 per day of reporting supplement use (valued at \$182)**

CALL 210.824.4200 if you are interested in participating in the study or if you know of someone interested in the study.

Introduction

Onychomycosis is the term used to define a fungal infection of the toe and fingernails-- “Onycho” refers to the nail and “mycosis” to a fungal condition. Onychomycosis is a very common toe nail fungus estimated to affect over 50 million Americans. The organisms that cause onychomycosis are usually fungus (90% of cases) or yeast (7% of cases). Onychomycosis, the most common adult disease of the nails, has an incidence that falls roughly between 2-13% in North America. The incidence of onychomycosis, more common in men, is also greater in older adults -- with up to 90% of the elderly affected. Onychomycosis is caused by three types of fungi known as dermatophytes, yeasts, and nondermatophyte molds. Toenails are especially susceptible, because fungi prefer dark damp places such as swimming pools, locker rooms, and showers. Chronic diseases such as diabetes, problems with the circulatory system, and immune deficiency diseases are



risk factors. In addition, a history of athlete's foot and excess perspiration are also risk factors. Onychomycosis is very difficult, almost impossible, to treat. It typically involves long-term (10-18 months) therapy with the use griseofulvin and ketoconazole, has a high relapse rate of 50-85%, requires abstinence from alcohol consumption, and monthly laboratory monitoring for several serious side effects including liver toxicity. Newer drugs like itraconazole (Sporanox), terbinafine (Lamisil), and fluconazole (Diflucan) also have similar deleterious side effects including gastrointestinal upset and liver toxicity.

Any nutritional supplement that could improve the treatment of toe fungus and reduce the severity and duration of these side effects, with or without the use pharmaceuticals, could make a significant contribution to the resolution of this widespread and difficult to treat disorder. Animal studies suggested that an oregano herbal/spice supplement was free of side effects and adverse reactions and appeared to improve fungus infections. In vitro studies also support the efficacy of the oregano supplement. This study was designed to examine the extent to which the safety and efficacy of this nutritional supplement could be extended to human subjects.