A PROOF OF PRINCIPLE DIETARY INTERVENTION TRIAL TO EXAMINE THE PROTECTIVE EFFECT OF BROCCOLI BIOACTIVES, SPECIFICALLY SULFORAPHANE, ON OSTEOARTHRITIS

**Keywords:** Diet and nutrition, Pain, Osteoarthritis


**Methods:** Participants with symptomatic and radiographic knee OA were recruited from regions of Norfolk and Leeds in the UK, were over 50 years of age with moderate to severe knee pain (at least 4 on a 0-10 numeric rating scale), and had knee OA (Kellgren-Lawrence score ≥2). The intervention was a sensory-matched soup. Patients received either the intervention soup (300g high glucoraphanin soup (containing broccoli, and base vegetables)) or placebo soup (300g no glucoraphanin soup (base vegetables only)), once daily on 4 days per week. The study duration was 12 weeks with follow-up visits at 12 and 12 weeks.

The primary outcomes were the change in pain (VAS and NRS), severity (NRS) and function (WOMAC, ICOAP and NRS measures). The intervention was feasible, and a full trial is justified.

Disclosure of Interests: None Declared.