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Geriatrics and Gerontology Service**

**TREATMENT OF RENAL LITHIASIS WITH  
FOOD SUPPLEMENT RENALOF**

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**CATALYSIS, S.L.**

**TREATMENT OF RENAL LITHIASIS WITH  
FOOD SUPPLEMENT RENALOF**

**Phase III clinical study, prospective aimed to the following objectives:**

**GENERAL:**

- To demonstrate the effectiveness, safety and benefits of the product RENALOF in the treatment of renal lithiasis and the advantages it offers for joining the armamentarium.

**SPECIFIC:**

- Identify and classify clinically and ultrasonographically patients under assessment.
- Provide evidence of any side effects caused by the product RENALOF.
- Demonstrate the effectiveness and efficiency of RENALOF in the treatment of urolithiasis.

**Number of Patients:                    68**

**Treatment duration:                    6 months**

**Inclusion criteria:**

- Verification of the probable renal lithiasis disease via clinical and ultrasonographic assessment.
- Informed consent provided by patients stating approval of their participation in the research.
- Patients aged 15 and over, both sexes.

**Exclusion criteria:**

- Having previously undergone any surgical treatment for the condition.
- Having discontinued the treatment for any reason whatsoever (side effects, acute condition, lack of willingness to continue, death, etc.).

**System of Assessment:**

The initial interview was conducted for the purpose of clinically and ultrasonographically confirming the diagnosis.

Once the diagnosis was confirmed, patients started the treatment involving a 325 mg tablet of **RENALOF** three times a day for a period of six months.

### **Follow-up:**

Follow-up was conducted once a month during all six months of treatment by the same team of researchers and using identical assessment criteria.

## **CONCLUSIONS**

- Predominance of patients aged 60 – 69. Ultrasonography was the most often used diagnostic resource.
- AHT is the most frequent chronic disease affecting trial group patients.
- Side effects were not significant: only 4 cases of diarrhoea and 1 of gastritis.
- The greatest reduction of calculus size took place within the first month of treatment. The drug proved to be highly effective, as 42 patients (61,76%) had their calculi removed within the first three months of treatment.

### **RECOMMENDATIONS**

- Conducting multicentric research would lead to increasing the number of cases treated with the product.
- Producing capsules with increased pharmacological concentration for single and mini dose forms, particularly for elderly patients.