

## Cetyl Myristoleate

### DESCRIPTION

Cetyl Myristoleate, provided by Douglas Laboratories, supplies 500 mg of a cetylated fatty acids in capsule form.

### FUNCTIONS

Cetylated fatty acids include cetyl myristoleate, cetyl myristate, cetyl palmitoleate, cetyl laureate, cetyl palmitate, and cetyl oleate.

Cetyl myristoleate (CMO) is the cetyl ester of myristoleic acid and it is derived from beef tallow. Douglas Laboratories cetyl fatty acid complex contains a minimum of 18% cetyl myristoleate content.

Animal studies have found it to be useful to modulate normal inflammatory processes and to support joint health. Researchers hypothesize that cetyl myristoleate and other cetylated fatty acids might cause lubrication of joints and muscles, softening of tissues, and increased pliability. It is thought that they might also be a modulator of the immune system.

### INDICATIONS

Cetyl Myristoleate Complex is a useful dietary supplement for those individuals that desire cetyl myristoleate for joint support.

### FORMULA (#79809)

Each capsule contains:

Cetyl Myristoleate Complex..... 500mg

Yields a minimum of 18% CMO content

### SUGGESTED USE

Adults take 1 or 2 capsules, three times daily with meals, or as directed by your healthcare professional.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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### REFERENCES

Diehl HW, May EL. Cetyl myristoleate isolated from Swiss albino mice: an apparent protective agent against adjuvant arthritis in rats. *J Pharm Sci* 1994 Mar;83(3):296-9.

Siemandi H. The effect of cis-9-cetyl myristoleate (CMO) and adjunctive therapy on arthritis and auto-immune disease: a randomized trial. *Townsend Letter for Doctors and Patients* 1997;Aug/Sept:58-63.

Hesslink R Jr, Armstrong D 3rd, Nagendran MV, et al. Cetylated fatty acids improve knee function in patients with osteoarthritis. *J Rheumatol* 2002;29:1708-12

**For more information on Cetyl Myristoleate visit [douglaslabs.com](http://douglaslabs.com)**

† These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

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Your patients trust you.**

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