

ANTI-INFLAMMATORY EFFECTS OF HERICIUM ERINACEUS, BERBERINE, QUERCETIN, BIOTIN, AND NIACIN (HBQ-COMPLEX®) IN CROHN'S DISEASE AND ULCERATIVE COLITIS: AN EX VIVO TISSUE MODEL STUDY

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UEG Week Copenhagen 2023

Poster

IBD

October 15, 2023

An ex vivo study found that a nutraceutical compound containing *Hericum erinaceus* mushroom, berberine, quercetin, biotin and niacin progressively reduced pro-inflammatory markers TNF and COX-2 while increasing anti-inflammatory IL-10 in inflamed mucosal tissue from 20 treatment-naïve IBD patients.

KEY POINTS

- Inflamed mucosal samples from 10 Crohn's disease and 10 ulcerative colitis patients were incubated with HBQ-Complex for 120 and 180 minutes and evaluated by RT-PCR and Western blot.
- At baseline, both CD and UC inflamed samples showed significantly higher TNF and COX-2 gene expression compared to normal-appearing mucosa ($p < 0.0001$).
- Incubation with HBQ-Complex resulted in progressive decrease in COX-2 and TNF gene and protein expression in CD ($p=0.002$) and UC ($p=0.003$) inflamed samples.
- IL-10 gene expression progressively increased from baseline to 120 minutes ($p=0.054$) and 180 minutes ($p=0.002$) in CD, with similar increases in UC ($p < 0.01$).
- The authors suggest HBQ-Complex might possess therapeutic potential in IBD and propose translational studies evaluating impact on validated clinical, endoscopic, and histological parameters.

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