

DOLOMY FIBRO® IN THE PROPHYLAXIS OF FIBROMYALGIA SYNDROME: PRELIMINARY DATA FROM AN OBSERVATIONAL STUDY

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Background. The exact cause of fibromyalgia is unknown. It is believed to be multifactorial because several factors (biochemical, genetic, neurochemical, environmental, hormonal, psychological, etc.) are involved.DOLOMYFibro® is a specific product for fibromyalgia. The active ingredients in Dolomy Fibro are: CRONILIEF® INDENA, CASPEROME® INDENA, Quercetin Phytosome® INDENA, Bromelain 2500 GDU, Coenzyme Q10, Zinc, Selenium.

Methods. As of May 31, 2026, three patients with fibromyalgia were recruited, treated with DOLOMYFibro® 1+1 capsules/day for 3 months, from a neurology clinic dedicated to fibromyalgia. Patients completed the Decalogue and the data collection form and were administered various questionnaires, including: FIQR (Fibromyalgia Impact Questionnaire Revised); PFS (Piper Fatigue Scale); DN4 (Neuropathic Pain); Quality of Life Questionnaire (SF-12), and VAS/NRS (Visual Analogue Scale/Numerical Rating Scale). Patients were evaluated at baseline and after 3 months of treatment.

Results. The three patients examined showed a mild-moderate improvement in the questionnaires they were administered, but the most interesting result was the improvement in the FIQR (Fibromyalgia Impact Questionnaire Revised) questionnaire. Based on the assigned score, fibromyalgia will be recognized as a chronic and disabling disease, limited to very severe forms. Treatment tolerability was excellent.

Conclusions. In conclusion, based on the limited preliminary data, it can be stated that Dolomy FIBRO capsules can be used to treat the symptoms of fibromyalgia syndrome, even in the medium to long term, due to their efficacy and tolerability. The possibility of combining Dolomy FIBRO with other types of pharmacological and non-pharmacological treatments needs to be tested.