

Glucosamine and Chondroitin For Knee Osteoarthritis



— ½ of Americans will likely get knee osteoarthritis in their lifetime.

— If you've had a knee injury, your odds are greater than 50-50

— 2 out of 3 for obese individuals

— 40% of adults over 70 have knee osteoarthritis

— Arthritis is among one of the leading causes of disability in the US

— There is no cure

Glucosamine and Chondroitin are the most popular supplements for treatment of knee osteoarthritis.

They are...

- Naturally produced in the body.
- Mostly in connective tissue and cartilage
- Glucosamine supplements produced from shells of shellfish.
- Chondroitin supplements come from shark, bovine, or swine cartilage.
- Also available in synthetic forms.

Claims:

- Improve joint pain, tenderness, swelling.
- Improve mobility and function.
- Reduce/restore joint and cartilage deterioration

They are classified as dietary supplements in the US, but are prescription drugs in much of Europe.

Do they work?

There are several forms of glucosamine available: glucosamine sulfate, Glucosamine hydrochloride (HCL), N-acetyl-glucosamine, chlorohydrate salt, dextrorotatory isomer.

Only glucosamine sulfate has really been shown to improve symptoms of knee osteoarthritis.

Glucosamine HCL and Chondroitin are often sold in combinations in the US.

Glucosamine sulfate and chondroitin sulfate are more effective when taken separately.

Are they safe?

All the research shows that glucosamine and chondroitin are just as safe as sugar pills.

Stomach problems are most commonly reported, including abdominal pain, diarrhea, nausea, vomiting, and gastroenteritis.

Fatigue, headache and dizziness have also been reported with glucosamine (don't take before driving)

People allergic to shellfish should use caution with glucosamine as it may come from shellfish.

Children (under the age of 18) and pregnant or lactating women should not use these supplements.

They may interact with other medications, talk to your doctor before you begin using.

STOP use if...there is no improvement after 60 days or you experience unfavorable side effects.

*As with all supplements, glucosamine and chondroitin products are not approved by the FDA before going on the market and may be contaminated with other substances.

How much?

Glucosamine Sulphate: 1500 mg 1x/day. or...

Chondroitin Sulphate: 800-1200 mg 1x/day.

Take in the evening, fatigue may be a side effect.

Recommended brands:

NOW, Vitamin World, Spring Valley, Nature's Way, Dona (glucosamine)

These brands have been tested to make sure they contain the ingredients on the label.

