

**Glucosamine chondroitin****Claim**

- Triple strength formulation = 2 tabs/day
- Treats underlying cause of joint deterioration, pain & inflammation = relieves joint pain associated with OA
- Maintains healthy cartilage and joints

**Best evidence****Glucosamine**

- For use in knee OA; use the sulphate salt
- Increases cartilage production & production of hyaluronic acid in the synovial fluid; inhibits inflammatory mediators

**Chondroitin**

- Some benefit for pain
- Glycosaminoglycan = substrate for cartilage; inhibits inflammatory mediators

**Other considerations****Glucosamine**

- May take 2-4 wks to show any effect
- Reasonable trial: 3-6 mos
- Dose used: 500 mg TID (or 750 mg BID)
- Used in combination with MSM, chondroitin
- Safety concerns: will increase effect of warfarin

**Chondroitin**

- Dose used: 400 mg PO TID or 1200 mg PO daily
- 2-4 months for effect onset
- Increase risk of bleeding with anticoagulant and antiplatelet agents

**Allowable claims****Glucosamine**

- A factor in maintaining/helps to maintain healthy cartilage or joint health
- Helps to relieve joint pain associated with OA

**Chondroitin**

- Helps to relieve joint pain associated with OA

**Shark cartilage product****Claims**

- Promotes comfortable, flexible joints
- Helps to relieve joint pain associated with OA
- Natural anti-inflammatory properties to speed healing and provide comfort
- Building block nutrition that regenerates cartilage and nourishes connective tissue
- Rich source of calcium
- The special chondroitin found in shark cartilage (mucopolysaccharides) is an important component of joint health
- GMO free

**Best evidence**

- Contains chondroitin-sulfate proteoglycans and is believed to have anti-inflammatory properties
- Studied mostly for its anti-angiogenic properties in txt of cancer

**Other considerations**

- Safety: may stimulate immune response; caution if taking immunosuppressants
- Usually sold in combination with glucosamine & chondroitin

**Allowable claims**

- A natural source of calcium for the maintenance of good health