Supplements for Arthritis Pain

For Articular Cartilage and Joint Health

**Glucosamine** – Total: 1500mg/day and **Chondroitin** – Total: 1200mg/day

Glucosamine and Chondroitin come **pre-combined**.

- Typical dosing is 2 times daily; confirm dosing on the bottle.
- It may take as much as 3 months for you to notice improvement
- It may take as much as 6 months for you to be able to judge whether or not your improvement is enough to warrant continued use.
- This is an area of active research: effects of, mechanisms of action of, and outcomes from use of these supplements.
  - Glucosamine and chondroitin are considered safe for most people, and I do encourage their continued use if a patient thinks that they have been beneficial after a trial of 3-6 months

**Check the ingredients if you have ALLERGIES**, most are made from processed seafood products such as shrimp shells. Vegan alternatives are available

**Blood thinners**: If you are on blood thinners, check with your prescribing doctor and pharmacist prior to taking Glucosamine and Chondroitin products

**Omega-3** – Fish oil, dosing depends on formulation, look for filtered or purified. Also thought to be of benefit to brain and heart health.

- **Men with prostate problems or prostate cancer** should check with their Internist and/or Urologist prior to taking omega-3 products.

