

GLUCOSAMINE/ CHONDROITIN FACT SHEET

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- Dietary supplements for the treatment of osteoarthritis
- Scientific studies support pain relief in 60% of people with knee arthritis
- Building blocks or “vitamins” for cartilage
- Derived from shellfish and cow cartilage
- No FDA standardization - may contain less product than advertised / may contain other ingredients not advertised.
- Daily Dose:
 - 1500mg Glucosamine Sulfate
 - 1200mg Chondroitin Sulfate
- **DISCUSS WITH YOUR DOCTOR BEFORE USE if you have any of the following:**
 - Diabetes
 - Shellfish / Seafood Allergy
 - Bleeding Disorder
 - Taking Coumadin (blood thinner)
- **Recommended Product (Cheap / Pure):**
Generic 1500mg Glucosamine / 1200mg Chondroitin combinations with no additives.
(Walmart or CVS)
- **<90% Pure Products (by Consumer Reports Testing):**
 - Now Products
 - ArthxDS
 - Solgar
- **Recalled Products:**
 - Vital Nutrients Joint Ease
 - Verified Quality Joint Comfort Complex
- **More Information:**
 - “Joint Remindies”. Cosumer Reports, January 2002
 - “Glucosamine and Chondroitin for Treatment of Osteoarthritis”, JAMA, March 2000
 - The Arthritis Cure*, Dr. Jason Theodosakis, St. Martin’s Press
 - www.consumerlab.com - supplement purity testing



Vanderbilt Sports Medicine
Knee Center *and* Shoulder Center