

# GLUCOSAMINE SULPHATE.



## OSTEOARTHRITIS

What is Osteoarthritis? The literal Greek translation of the word is 'osteo'(of the bone), 'arthro' (joint), and 'itis' (inflammation). Osteoarthritis is a condition where the joint surface layer of cartilage wears away, resulting in pain and inflammation.

Cartilage is found wherever bones meet, allowing the smooth movement of the joint by cushioning the area. It acts as a shock absorber between the bones, and when it wears the bones may rub together causing friction and pain.



## THE ROLE OF GLUCOSAMINE

Glucosamine Sulphate is one of the essential building blocks of cartilage. As we age our ability to produce Glucosamine decreases and this can reduce the shock absorbing ability of our cartilage.

Numerous studies have shown that Glucosamine supplementation can help increase joint mobility and reduce pain. (Towheed et al Glucosamine therapy for treating OA. The Cochrane Library, issue 3, 2004).

Originally derived from 'shark cartilage', Glucosamine is now extracted from 'shell fish' (and should not be taken in cases of known 'shell fish' allergies).



## THE ROLE OF CHONDROITIN

Chondroitin is a substance found in human cartilage and helps to attract and hold fluid within cartilage tissue. This helps cartilage in 2 ways: firstly it acts as a shock absorber and secondly it helps carry nutrients to the cartilage.

Clinical trials suggest the combined therapy of Glucosamine Sulphate and Chondroitin is an effective treatment for osteoarthritis.

It has been recommended that 1500mg per day of Glucosamine Sulphate and 1200mg per day of Chondroitin , is a safe and effective dose. (Waleed Abdel Fattah, et al, Chondroitin and Glucosamine : a review of their safety profile. Journal of American Nutraceutical Assoc. Vol 3 no 4, pg 17-24 ).

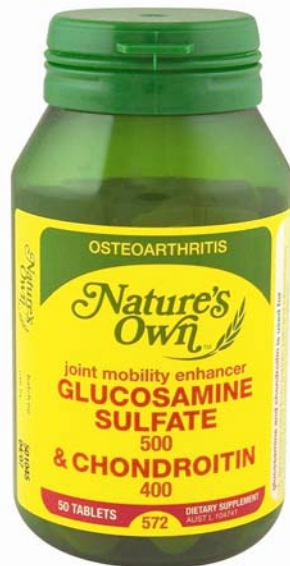
## SIDE EFFECTS?

Glucosamine and Chondroitin are naturally occurring substances and there have been very few reported adverse effects. (Waleed Abdul Fattah, et al ).

There have been some reports of gastro-intestinal symptoms (loose stools, heart burn and nausea).

There are no studies looking at taking Glucosamine while pregnant, and it is recommended that patients discuss the option of taking Glucosamine with their General Practitioner if they have any concerns.

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**Warning:** This product is made from seafood including shellfish.

Price: 60 Tablets    \$31.00  
          100 Tablets    \$53.00

This product is available for purchase in the clinic or online @ [www.berwickphysio.com.au](http://www.berwickphysio.com.au)