



Center for Integrative Medicine

Dietary Supplements: Glucosamine

Glucosamine is used to support joint health. It is not an essential vitamin or mineral or fatty acid, but it is a building block of healthy joint tissue. Randomized controlled trials support the use of glucosamine sulfate in the treatment of osteoarthritis of the knee. Glucosamine is commonly taken in combination with chondroitin. There is no minimum daily requirement of glucosamine. The doses used in most studies have been 1500 milligrams (mg) daily.

See additional information at the National Library of Medicine: http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-glucosamine.html.

Safety. Since glucosamine can be made from the shells of shrimp, crab, and other shellfish, people with shellfish allergy or iodine hypersensitivity may have an allergic reaction to glucosamine products. In addition, some people develop side effects such as upset stomach, loss of appetite, nausea, vomiting, flatulence, constipation, heartburn, diarrhea, drowsiness, insomnia, headache, skin reactions, sun sensitivity, and nail toughening.

The products listed below are a *selection* of those that have been tested by ConsumerLabs (www.consumerlab.com), and meet quality standards. Check with your doctor about doses, duration of use and to check for potential side effects or interactions.

Glucosamine Products	Serving Usual Adult dose is 1500 mg daily
Country Life Biochem Glucosamine Chewable 500 mg Orange Flavor	1500 mg
Maxi Health Maxi GS 500 Glucosamine Sulfate, Sodium Free	1500 mg
Pharmanex Cartilage Formula	1500 mg
Schiff Joint Care Supplement Glucosamine HCL 2000 mg per 2 tablets	2000 mg
Vitamin World Glucosamine 1500 mg	1500 mg
Glucosamine Chondroitin combination products	
Cosamin DS (FCHG9) Chondroitin Sulfate (TRH 122)	Glucosamine HCI 500 mg Chondroitin Sulfate: 400 mg per capsule
Puritan's Pride Triple Strength Glucosamine 750 mg Chondroitin 600 mg	750 mg Glucosamine HCI & 600 mg chondroitin sulfate per caplet
Puritan's Pride Glucosamine 1500 mg	1500 mg
Twinlab Maxilife Glucosamine & Chondroitin Sulfate Formula	500 mg Glucosamine sulfate & 400 mg Chondroitin sulfate per tablet
Vitamin World Triple Strength Glucosamine 750 mg Chondroitin 600 mg	750 mg Glucosamine HCI & 600 mg Chondroitin sulfate per caplet
Walgreens Glucosamine 500 mg Chondroitin 400 mg Double Strength	500 mg Glucosamine sulfate & 400 mg chondroitin sulfate per tablet

For additional information, see the National Institutes of Health, National Center for Complementary and Alternative Medicine information page on glucosamine: http://nccam.nih.gov/research/results/gait/

