

Medical Article

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This month we will take a look at another of our supplements: Glucosamine Sulfate (GS750).

Glucosamine is used for joint cartilage. Cartilage is the “shock absorber” for the joints and is largely composed of glucosamine, which is probably genetically prone to be needed by the body after the age of 30 to maintain cartilage “shock absorbers” and prevent joint arthritis. Take a total of 1500mg of Glucosamine Sulfate per day in one to two doses, preferable one dose to avoid forgetting any doses. Glucosamine Sulfate (GS750) comes in 750mg pills, so you take two pills per day.

Chondroitin is often found mixed with glucosamine but since it is poorly absorbed and is actually a bunch of glucosamine molecules packed together, I don't usually recommend the mixture of the two because it just makes the pills too large and hard to swallow. However, if the combination is cheaper and you don't mind swallowing larger size pills then it's OK. If you want a brand sold by physician offices with guaranteed content, we carry it here. I should caution you that glucosamine takes about 2 months to start working and takes 2 to 6 months to stop working. So it's difficult to see it working. Also, don't expect it to work for joint pain that had been severe with no “off and on” improvement. Glucosamine works to build up injured cartilage but it can't work if the cartilage “shock absorber” has been totally destroyed.

The bottom line about glucosamine is that you can expect it to improve pain that is “worse and better” to the “better” phase. Mild to moderate intermittent joint pain can be expected to go away or improve moderately. Severe steady joint pain present for years probably needs joint replacement to improve but glucosamine is still worth taking to prevent the remaining “good” joints from getting worse.