

ATLANTA ORTHOPEDICS

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Glucosamine and Chondroitin Supplementation Instructions

You have been recommended glucosamine and chondroitin supplementation for your osteoarthritis. Osteoarthritis is a condition in which the cushioning cartilage between bones wears away. Often called wear-and-tear arthritis, osteoarthritis causes joint pain, swelling, and deformity. Osteoarthritis is the most common type of arthritis. Glucosamine and chondroitin are joint supplements recommended to help relieve the pain of osteoarthritis. Treatment with these joint supplements is based on the theory that oral consumption of glucosamine and chondroitin may increase the rate of formation of new cartilage by providing more of the necessary building blocks. Studies have shown that these supplements can be useful in decreasing pain in some patients.

What are Glucosamine and Chondroitin?

Glucosamine is found naturally in the body as a precursor to a molecule called glycosaminoglycan. It may stimulate the formation and repair of cartilage.

Chondroitin is another natural substance found in the body that may promote water retention and elasticity in the cartilage and may inhibit the enzymes that break down cartilage.

What is a recommended dosage?

Glucosamine: 1500 mg daily Chondroitin: 1000 mg daily

How should I take Glucosamine and Chondroitin?

We recommend that you trail these supplements for a total of 6 weeks. If you do not see any results or decrease in your symptoms after 6 weeks, then you should stop taking this supplement. If you have a decrease in your symptoms, then you may wish to continue the supplementation per the above recommended dosage.

What does the research say about Glucosamine and Chondroitin?

There have been numerous studies to examine the treatment effects of glucosamine and chondroitin over short periods of time. Most of these studies have indicated that patients experienced more pain reduction when taking glucosamine and chondroitin than patients receiving a placebo. Both supplements have been shown to have some anti-inflammatory effects that may account for the pain relief. However, there is no proof that either substance will actually slow the degenerative process or restore cartilage in joints. All scientific studies done to date have been short and focused on pain relief. Clinical trials have reported that side effects are minimal and are primarily exhibited as flatulence, nausea, or changes in stool consistency. Its tolerance is equivalent to placebo.

Recommended Brand of Glucosamine and Chondroitin

We are recommending Lyflo Select Joint Complex. This brand is only available through health professionals, meets the daily recommended dosage in liquid form and is comparable in price to store bought brands. Lyflo Select Joint Complex features high purity glucosamine and natural chondroitin. The Regenasure glucosamine HCL is 84% pure, non-shellfish sourced and has no risk of contamination from mercury or shellfish allergy to the user. Ninety percent pure OptaFlex chondroitin sulfate is processed in water, not solvents, and comes from all North American sources. The Joint Complex also contains the cofactors MSM, Vitamin C and Boron. Quercetin is a natural anti-inflammatory and is added to reduce inflammation in and around the joint.

Where can I get Lyflo Select Joint Complex?

You can purchase the supplement at Atlanta Wellness, 2108 Teron Trace Suite 200, Dacula, GA 30019. You can also order the supplement online at www.lyflo.com. When you go to the website enter our physician code **zeig08** and you can have it delivered to your home.