

## GLUCOSAMINE/CHONDROITIN

### Glucosamine

Glucosamine has been used as a treatment for Arthritis and is backed by numerous double-blind studies. It has been shown to rehabilitate cartilage; reduce the progression of osteoarthritis and significantly lessen pain from arthritis.

Osteoarthritis, also known as Degenerative Joint Disease, is the most common form of arthritis and is one of the most prevalent diseases in the United States today, affecting some 40 million Americans.

The joints most often affected are the weight bearing joints, such as the knees, hips and the small joints of the hands. The pain, deformity and restriction of movement in these joints is the direct result of cartilage destruction and hardening and formation of bone spurs.

Glucosamine is a natural substance found in high concentrations in our joint structures and numerous double blind studies have shown that Glucosamine produces better results in the treatment of osteoarthritis than traditional drug therapy. The main function of Glucosamine *is to stimulate the manufacture of substances necessary for joint repair.*

### Chondroitin

Chondroitin is a major component of cartilage. Like Glucosamine, Chondroitin attracts water into the cartilage and stimulates the production of cartilage. It also has the ability to prevent enzymes from dissolving cartilage. While Chondroitin is absorbed in the body at a much lower rate than that of Glucosamine, it is known to reduce pain and increase range of motion.

Chondroitin slows the free radicals that attack the cartilage in joints. It also increases the flow of blood to joints, allowing antioxidants and other healing substances produced by the body to protect and repair body tissue. Further, Chondroitin is found in shark cartilage. We must remember that Shark cartilage appears to block cancer by preventing development of new blood vessels which feed the cancer/tumor. Since inappropriate growth of blood vessels into joint cartilage is thought to be a cause of arthritis symptoms, it is believed that Chondroitin also helps to block/remove these new blood vessels from the joint cartilage.

*A one-year long, double-blind clinical study including 42 patients with osteoarthritis showed that Chondroitin was well tolerated and significantly reduced pain and increased joint mobility. The patients were given 800 mg. per day. (Uebelhart et al., 1998)*

Chondroitin is extremely expensive and that is why you will see that most manufacturers only add one half as much Chondroitin as Glucosamine to their formulas.

**Good Herbs has equal portions of Glucosamine and Chondroitin in their product so we can get maximum joint repair (rebuilding cartilage), pain relief and joint mobility.**

While Glucosamine and Chondroitin are biochemically classed as carbohydrates (sugars), the body is not able to break them down into glucose, so these compounds do not raise blood sugar by providing an additional source of glucose. (Safe for Diabetics)

***The bottom line is: You can take COX-2 Inhibitors and NSAIDS (medications) which have the following side effects:***

***Stomach Ulcers  
Liver Damage  
Heart Attacks  
Strokes***

***Or, you can take Good Herbs Glucosamine & Chondroitin has get healing and relief naturally without any side effects.***

Note: Some individuals caution that if you are allergic to Shellfish, you should not take Glucosamine & Chondroitin. In most cases, however, allergies are caused by proteins in shellfish, not chitin, a carbohydrate from which Glucosamine is extracted.

Therefore, it should be very safe for anyone with allergies to iodine or shellfish to take Glucosamine. As with all natural supplements, if you notice any adverse reactions, stop the suspected supplement and contact your Health Care Practitioner.