

What should I look for?

Dietary supplements are unregulated therefore the quality and content may vary. If you decide to take Glucosamine.

1. Consult your Dr (your pain may not be caused by Osteoarthritis or joint pain) you may be on medication and your Dr may not want you to add this.
2. Choose products sold by large well established companies.
3. Read the product list to make sure the list makes sense to you.

The amount used in studies is 1500mg-2000mg/day. If you don't experience any difference in symptoms within 3 months, you probably will not gain any relief from the symptoms.

Useful Web Sites

www.arthritis.org

The Arthritis & Glucosamine
Research Centre

[www.Arthritis.about.com/od/glu
cosamine/index_r.htm](http://www.Arthritis.about.com/od/glu
cosamine/index_r.htm)



GLUCOSAMINE SULPHATE

Member of the Chartered Society of
Physiotherapists

Registered with the Health Professions
Council

Member of the Acupuncture
Association of Chartered
Physiotherapists

Member of the Society of Orthopaedic
Medicine

6 Springfields Close
Colden Common
Winchester
SO21 1SU

**08451 566218 or
Mob: 07595 172559**

enquiries@pro-physio.co.uk

www.pro-physio.co.uk