



Specialized care • Personalized service

Chondroitin and Glucosamine Sulfate

What are chondroitin and glucosamine?

Chondroitin and glucosamine are natural substances found in and around the cells of cartilage. Researchers believe these substances help in the repair and maintenance of cartilage. In addition, researchers believe that glucosamine inhibits inflammation and stimulates cartilage cell growth, while chondroitin provides cartilage with strength and resilience. Chondroitin and glucosamine are classified as dietary supplements. Glucosamine is extracted from the shells of crabs and other crustaceans. Chondroitin is prepared from cow trachea or shark cartilage.

Recommended dosages

Recommended dosages are approximately 800 to 1,200 mg of chondroitin and 1,500 mg of glucosamine sulfate every day for an extended period of time. Exact dosing should be followed according to the manufacturer's recommendation on the bottle.

Where do I purchase these supplements?

Chondroitin and glucosamine do not require a prescription and can be purchased in many locations, such as pharmacies, grocery stores, Sam's Club, BJ's, and health food stores, as well as on-line. Prices vary according to where the supplements are purchased.

As with any new medication or supplement, check with your medical doctor before taking.

*Louis C. Almekinders, MD
Daniela N. Crandall, PA-C*
Orthopaedic Surgery
and Sports Medicine

*Scott S. Kelley, MD
James Messersmith, PA-C*
Joint Replacement and
Reconstructive Surgery

Joe T. Minchew, MD
Disorders and
Surgery of the Spine

Selene G. Parekh, MD, MBA
Disorders and
Surgery of the Foot and Ankle

Paul J.W. Tawney, MD
Physical Medicine
and Rehabilitation