

Patient information:

Supplements for the Treatment of Osteoarthritis

While supplements are promoted for arthritis it is unclear if these medications are truly effective however there is some scientific evidence to suggest they may help in some cases. Since insurances do not cover most of these supplements the largest harm may be to your pocket book (i.e. the cost) if they do not help. However supplements are not without potential other harm so you should always consult a healthcare professional before starting a supplement.

Supplement recommendations for osteoarthritis: Note – costs are approximate based on web research and are subject to change.

The following supplements may have benefit in osteoarthritis. It is okay to combine these supplements and start together if you choose to do so.

Supplement	Dose	Notes	Cost/month
Glucosamine Sulfate (pharmaceutical grade preferred)	1500mg 1 x day	Take for 12 weeks Stop if no improvement	Non-Rotta ≈\$10-15 Rotta ≈ \$30
Chondrotin Sulfate (pharmaceutical grade)	1200 mg 1 x day	Take for 12 weeks Stop if no improvement	\$18-20
Vitamin D3	2000- 4000 IU x day	Use D3 not D2 Consider continuing for other health benefits even if it does not help your arthritis symptoms	≈ \$2-3

You may also consider these supplements if the above do not give you adequate relief: It is best to start these supplements one at a time. This will enable you to know if it is working or know which supplement caused a side effect should you develop one.

Supplement	Dose	Notes	Cost/month
Vitamin C	250mg-500mg x day	Trial 8-12 weeks stop if not helping	≈\$2-3
MSM	1-3 grams 2 x day	May be better in combo with glucosamine Trial 8-12 weeks stop if not helping	≈ \$10-12
Hyaluronic Acid	50-100mg x day	Trial 8-12 weeks stop if not helping	≈ \$2-3
Fish Oil	2-4 grams x day	Trial 8-12 weeks stop if not helping	≈ \$2-5