



Nutri Patient Information Guide # 14

Joint Pain & Glucosamine Sulphate

Do you have painful and immobile joints? Have you been told by your G.P it's your age and there is nothing you can do? Do you take pain killers on a regular basis to help you cope? If you answer yes to one or more of these questions you may find relief by taking a totally natural substance - glucosamine sulphate.

What is Glucosamine Sulphate?

Glucosamine sulphate is a naturally occurring substance found in joint cartilage. Supplements of glucosamine sulphate are obtained from the exoskeletons of marine animals. Glucosamine sulphate can help to maintain and rebuild cartilage. The joints in our bodies undergo a great deal of wear and tear through daily movements. Therefore they are under a great deal of stress and require new cartilage to help cushion this constant movement. If cartilage is not renewed there will be no cushioning between the joints and the bones will start to grind against each other, which can be very painful and will restrict movement.

What About Pain Killers?

As the name suggests that is exactly what they do, they kill the pain. However, they do not treat the cause of the pain, they only treat the symptoms. As soon as the pain killers are discontinued the pain will return. In January 1995 the Journal of Alternative and Complimentary Medicine carried out a review on the use of glucosamine sulphate compared with non-steroidal, anti-inflammatory drugs in the treatment of arthritic conditions. The author stated that "Numerous double blind studies have shown glucosamine sulphate to yield as good or even better results compared with traditional non steroidal in relieving pain and inflammation of osteoarthritis by getting to the root of the problem. Glucosamine sulphate not only improves the symptoms including pain, it helps the body to repair damaged joints". Clinical studies have also shown glucosamine sulphate to be far better tolerated than pain killers which are notorious for their side effects. There is evidence to suggest that anti-inflammatory drugs can eventually inhibit the production of substances which actually help renew joint linings and synovial fluid (a fluid which helps lubricate the joint). This could be why people need to take higher doses of these drugs, the longer they take them.

How Can Glucosamine Sulphate Help?

Glucosamine sulphate which is easily absorbed does not have the side effects associated with anti-inflammatory pain killer drugs. The cartilage and the synovial fluid, which lubricates the joints, can be rebuilt keeping the joint strong and well lubricated. Glucosamine sulphate contains sulphur which is an essential nutrient for joints. Research has shown that sufferers of arthritis are commonly deficient in this important nutrient. Restoring levels could well bring about substantial benefit. Sulphur has been shown to help prevent cartilage destruction by inhibiting the enzymes which cause it.

When Will I See Results?

Unlike drug treatments which only treat the symptoms and not the causes, glucosamine sulphate may take a little longer to show results. Usually 2 to 4 weeks when taking 500mg capsules 3 times a day. However, due to its cumulative effects, the longer it is used the greater the benefits become.

How Can I Get Glucosamine Sulphate?

Because glucosamine sulphate is a natural substance, it does not require a prescription from a G.P. However, you need to ensure you are taking the best quality, highly concentrated form. Speak to your health care practitioner about the glucosamine sulphate that they can supply to you. There are many companies making glucosamine sulphate of very different strengths and qualities. You will find the best quality and most effective forms are a little more expensive but work out extremely cost effective in the long term. Speak to your health care practitioner about how glucosamine sulphate can help you to improve joint mobility and relieve the pain of arthritis.

Thank you for taking the time to read this information guide. If you wish to order any of the supplements mentioned, please contact your healthcare practitioner who can prescribe Nutri products specific to your personal requirements.

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