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ESSENTIALS

GLUCOSAMINE SULPHATE 1500mg

A key structural component
of cartilage

Nutritional Information

One Tablet provides:

Glucosamine Sulphate KCl	1500 mg
Glucosamine Sulphate 1127mg (of which Glucosamine 885mg)	

Take one tablet per day with food. Swallow with
water.



SUMMARY

- High potency.
- Convenient one a day formula.
- Glucosamine for cartilage structural support.
- Suitable for vegetarians.

DESCRIPTION

Glucosamine is a key structural component of cartilage, it is needed to support joint health and integrity. It has been shown to help improve joint mobility and function and reduce stiffness and pain. Glucosamine is recommended for sufferers of degenerative joint conditions such as osteoarthritis or those who place extra strain on joints such as manual or physical workers and athletes.

GLUCOSAMINE SULPHATE BREAKDOWN

Glucosamine sulphate KCl is an amino sugar (amino acid attached to a sugar) and precursor to other amino acid-sugar and fat-sugar complexes (glycosylated proteins and lipids). It is used in the synthesis of the components found in cartilage including glycosaminoglycans, proteoglycans, and hyaluronic acid.

OSTEOARTHRITIS

Pain management: Glucosamine is effective for pain management in osteoarthritis. A double blind clinical evaluation reported that glucosamine was more effective at relieving pain after 8 weeks than ibuprofen¹. This is due to a number of factors; one being its mild anti-inflammatory effect², and secondly by slowing down of the progression of osteoarthritis³ and the degradation of cartilage, providing a disease modifying agent⁴.

Cartilage: Sulphate is required for the creation of cartilage glycosaminoglycan. There is an increase in synovial fluid sulphate with glucosamine sulphate supplementation, but not with sodium sulphate supplementation⁵, making glucosamine sulphate the preferred choice for arthritic patients.

Alleviation of symptoms: In one double blind placebo controlled trial, 20 patients with established osteoarthritis were given either glucosamine sulphate 1500mg or a placebo over a period of 6-8 weeks. Significant alleviation of symptoms including restricted movement, articular pain and joint tenderness were associated with glucosamine sulphate supplementation. The use of glucosamine sulphate resulted in a significantly large proportion of patients who experienced lessening or disappearance of symptoms within the trial period. No adverse reactions were reported in those treated with glucosamine⁵.

Joint space narrowing: Another double blind placebo controlled trial which included 212 patients with knee osteoarthritis involved giving 1500mg glucosamine sulphate or a placebo for 3 years. Upon analysis, the glucosamine supplementation group had significantly less joint space narrowing compared to the placebo which suggests that glucosamine sulphate has a disease modifying effect⁴.

Reduction in knee replacements: Placebo controlled studies suggest that taking glucosamine sulphate long term (for more than a year) significantly decreases the need for knee replacements in patients with osteoarthritis⁶. Over 50% of patients taking the placebo required knee replacement surgery, showing the significant disease modification activity of glucosamine sulphate.

ATHLETES AND PHYSICAL WORKERS

Prevention and recovery: Athletes and physical workers put a lot of strain on their joints, meaning they may experience osteoarthritis sooner or more frequently than the non-athletic population. Glucosamine sulphate has benefits for both prevention of osteoarthritis and for a quicker recovery from cartilage related injuries. The sulphur component of glucosamine sulphate contributes toward the synthesis of glutathione, a major antioxidant and detoxifier made by the body. Sulphur's contribution to glutathione gives glucosamine sulphate clinical applications for athletic injuries⁷. Studies suggest that decreased antioxidant status, including glutathione play a role in slow healing activity⁸.

Injuries: Another benefit of glucosamine sulphate is for injuries that involve cartilage damage. One placebo controlled study demonstrated glucosamine sulphate to be useful in the management of cartilage injury induced knee pain⁹.

HOW SHOULD GLUCOSAMINE SULPHATE 1500MG BE TAKEN?

Take one tablet per day with food. Swallow with water.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING GLUCOSAMINE SULPHATE 1500MG?

Glucosamine sulphate is intended for use exclusively by individuals who wish to improve the symptoms of joint conditions, athletes and physical workers and is not suitable for the following:

- Pregnant and lactating woman,
- Children,

Consult your health professional before taking glucosamine sulphate 1500mg if you are on any medication or have diabetes.

FEATURES

- High potency 1500mg per tablet
- Convenient one a day formula
- Sourced from non-shellfish vegetarian material

HEALTH NEEDS



JOINTS AND
MUSCLES



SENIOR'S HEALTH

SCIENTIFIC REFERENCES

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9. British Journal Sports medicine. 2003;37:1

