

Glucosamine and Chondroitin

- Dr. Kollias is recommending you start taking an over-the-counter joint supplement that contains two compounds call glucosamine and chondroitin.
- Dr. Kollias recommends you take one of two brands: **Cosamin DS** or **OsteoBiflex**.
- These brands are the **only two** that have been evaluated in clinical trials to be effective in helping improve your joint health.
- These brands come in several varieties (double, triple strength, etc.). You can take any variety you like as long as you are taking **1,500 mg per day**.
- Dr. Kollias recommends you buy the medication in bulk at either Costco or Sam's Club (if you have a membership) as they are often cheaper than a pharmacy or supplement store.
- If your insurance company will cover the cost of this medication with a prescription, please let us know and we can provide that for you.
- If you have any questions or concerns, please contact us at the number above.