
Osteoarthritis (OA) Nutritional Supplements

1. Glucosamine and Chondroitin Sulfate
 - a. Example: Cosamin DS
 - b. Glucosamine and chondroitin are structural components of normal cartilage.
 - c. Major studies involving these supplements have had conflicting results and overall have not shown them to be helpful for knee or hip OA pain; however, some patients find them to be beneficial.
2. MSM (Methylsulfonylmethane)
 - a. Can be bought as a supplement on its own (typically in powder form) or in combination with glucosamine and chondroitin.
 - b. Said to decrease joint inflammation, improve flexibility and restore collagen production. Sulfur is needed for our cells to get rid of byproducts of metabolism and excess fluids that can accumulate and cause swelling and tenderness.
 - c. Dietary sources include onions, garlic, cruciferous vegetables, nuts, seeds, milk and eggs.
3. SAmE (S-Adenosyl-L-Methionine)
 - a. Several studies have compared SAmE with nonsteroidal anti-inflammatory drugs (NSAIDs, such as ibuprofen and Naprosyn) and showed that each provided similar pain relief.
 - b. Cautions: May interact with use of antidepressants.
4. Fish Oil
 - a. Omega-3 fatty acids found in fish oil (DHA and EPA) can reduce inflammation which causes swelling and pain.
 - b. Best natural sources include salmon, tuna, sardines and mackerel.
5. Turmeric
 - a. Curcumin is the active ingredient in Turmeric.
 - b. Curcumin is strongly anti-inflammatory and is a potent antioxidant.
 - c. Turmeric is the spice that gives curry its yellow color.
6. Vitamin C
 - a. Antioxidants found in vitamin C may slow the progression of OA.
 - b. Vitamin C rich foods include red peppers, strawberries and citrus fruits.
7. Devil's Claw (Harpagophytum Procumbens)
 - a. Desert plant that grows in south Africa named for the miniature claw-like hooks that cover its fruit.
 - b. May have anti-inflammatory and antioxidant properties.

Further information regarding diet and tips for living with arthritis can be found on the Arthritis Foundation website at arthritis.org.