

# **Glucosamine and Chondroitin Sulfate are Effective in the Management of Osteoarthritis**

## **ABSTRACT**

The use of glucosamine and chondroitin sulfate for the symptomatic treatment of osteoarthritis has been a subject of controversy for several reasons. First the medical community in general took offense at the title of Theodosakis' book, *The Arthritis Cure*. Second, the medical community is becoming divided into "traditional" and "alternative" camps with deep skepticism between them. Third, the whole nutraceutical industry is essentially unregulated, with manufacturers making outrageous claims on products that have never been tested at all, are often of poor quality, and occasionally lacking in any active ingredient. However, for the nutraceutical evaluated here, there is abundant *in vitro*, *in vivo*, animal clinical, and human clinical evidence of both their efficacy and safety. They deserve a prominent place in the armamentarium of nonsurgical treatment of osteoarthritis.

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