

KRAMER ORTHOPEDICS

www.kramerorthopedics.com · Tel: 949-720-1944

GLUCOSAMINE AND CHONDROITIN

DOSAGE:

Less than 120 pounds:

1000mg glucosamine **plus**
800mg chondroitin sulfates

Between 120 and 200 pounds:

1500mg glucosamine **plus**
1200mg chondroitin sulfates

More than 200 pounds:

2000mg glucosamine **plus**
1600mg chondroitin sulfates

*Vitamin C and the mineral Manganese increase the effectiveness of both.

Manganese 25-50mg daily.

Also found in: Nuts, beans, oatmeal, beef liver, and dried peaches. Manganese is usually lacking in processed foods.

Vitamin C 500-2000mg daily.

*Vitamin C serves as an antioxidant and is water soluble. It is eliminated from the body in just a few hours, so taking several smaller doses throughout the day is more effective than taking one large dose.

Other supplements that potentiate the benefits:

Niacinamide at 500-1000mg 3 times a day

Vitamin E at 400-1200 units once a day

Selenium at 400-800mcg once a day

Omega +3 fatty acids at 2-4 a day

Calcium, Magnesium, Zinc, Copper

It may take up 2 to 6 months to see the full benefit.

Side effects: May increase serum cholesterol in high cholesterol patients.
May cause gastric irritation.