



Glucosamine and Chondroitin Dosing

Patients who are taking Glucosamine and Chondroitin as a supplement in hopes of repairing their articular cartilage often ask the question of how they should take their supplement. There seems to be some confusion on whether the supplement should be taken at different times during the day.

My patients who are taking Glucosamine and Chondroitin supplement are usually taking two or three tablets per day. In the case of Osteo-Bi-Flex (<http://www.osteobiflex.com>) a person would often be taking maximum strength tablets, one tablet three times per day. I think the person should take the supplement in whatever way is the most convenient for them. If it works for them for example to take a tablet three times per day with meals then it is perfectly acceptable to do this. If however, they are forgetting to take a dose which usually is the nighttime dose, then it is perfectly acceptable for them to take the entire dose for the day at once, probably in the morning.

We are also frequently asked the question how long should I continue to take Glucosamine and Chondroitin. A person should continue to take it indefinitely if the particular joint or joints for which they are taking it are improved and feeling comfortable. Glucosamine and Chondroitin work over a long period of time to repair the articular cartilage and rebuild a healthy joint. I usually recommend that people take the maximum dose for at least three months before deciding whether it is working or not. You must stick with the recommended daily dose and be patient with what's happening to you.

Some person's notice changes within four-weeks , but it is not uncommon for improvement to take 8 to 12 weeks. Once improvement occurs and a person is definitely more comfortable taking the Glucosamine and Chondroitin combination, maintenance is very important. A maintenance dose for most people is two-thirds of the starting dose.



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Please consult Dr. Haverbush or a physician for specific treatment recommendations.

Thomas J. Haverbush, MD. P.C.

Office Address:

**315 E. Warwick Dr., Suite A
Alma, Michigan 48801
989-463-6092
Fax 989-463-8914**

Website Address:

www.orthopodsurgeon.com