Glucosamine May Help to Reduce Pain and Potentially Improve Function in Osteoarthritis

Melissa Scott August 08, 2017

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(Newswire.net -- August 8, 2017) Orlando, FL -- Osteoarthritis affects millions of adults in the United States alone, and worldwide its prevalence continues to increase. There are pharmaceutical drugs available but there are also natural alternatives such as glucosamine.

A clinical trial reveals that glucosamine may help to reduce pain and may potentially improve function in osteoarthritis. Glucosamine is actually a naturally-occurring substance in the body. It is a major component of the cartilage in the joint and can also be derived from shellfish, such as crab and lobsters.

"The glucosamine levels in the body are thought to decrease as people age," said Divine Bounty spokesperson, Melissa Scott.

Since glucosamine may be considered essential for cartilage health, reduced levels of it inside the body may actually have undesirable effects.

Osteoarthritis is characterized by the wear and tear in the joint cartilage due to overuse or injury. According to experts, years of walking and doing physical activities could lead to the deterioration of cartilage health.

Glucosamine is believed to slow down this cartilage deterioration process, provide osteoarthritis pain reduction, and improve joint mobility.

This natural ingredient is thought to provide natural building blocks for repair, growth, and maintenance of cartilage. It is thought to function in the same way as a natural ingredient called chondroitin, which helps the cartilage retain water, lubricate the joint, and prevent cartilage breakdown.

Glucosamine has long been believed to be as effective as certain nonsteroidal anti-inflammatory drugs (NSAIDs) in easing the symptoms of osteoarthritis. However, it can take twice as long as these pharmaceutical drugs to work.

In 2005, a review of 20 studies of glucosamine revealed that glucosamine may help to improve joint pain and stiffness as well as function.

The largest study to date is the 2006 Glucosamine/Chondroitin Arthritis Intervention Trial (GAIT). It studied 1,600 individuals with knee osteoarthritis.

The first phase of the study revealed that a small subset of participants with moderate-to-severe arthritis had significant relief from pain through the use of glucosamine and chondroitin.

NSAIDs are some of the most popular medications used not just by individuals with arthritis, but also athletes. There are several benefits of using these pharmaceutical drugs, and one is that they can ease pain and fight inflammation.

However, it is important to remember three things. One is that the effects of these medications are only temporary. Second, they are not formulated to properly address the root cause of the arthritis problem.

And lastly, their use has been linked with side effects. Using glucosamine has been thought to be a safer option since it doesn’t cause side effects.

There are many arthritis sufferers nowadays who incorporate glucosamine in their daily diet.

(www.amazon.com/vegetarian-glucosamine-supplement/dp/B0126ZF0B0)
About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at http://www.DivineBounty.com.

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