

We continue this month with the second series of article on Joint Products/Anti-Inflammatory Products. Our focus this time is on joint supplements in liquid, paste, powdered and pelleted form.

There are a lot of good supplements for joints in the market today from various manufacturers. Most of these products contain key ingredients needed to alleviate pain, reduce inflammation and improve joint action. The table below list most of the key ingredients contained in joint products and the minimum dosage needed for them to be effective and produces results:

Joint supplements major ingredients	Minimum daily dose	Comments
Glucosamine Hydrochloride or Sulfate*	10,000mg	1,500mg to 2500mg if combined
Chondroitin Sulfate*	1,400mg and up to double	500mg to 1,00mg if combined
Hyaluronic Acid ( HA)*	250mg	10mg to 25mg if combined
Methylsulfonylmethane ( MSM*	10,000mg up to 30,000mg	Close to 10,000 if combined
Devil's Claw	500mg	
Yucca	10,000mg	

\*Most critical ingredients

Here is a sample list of products of recommended joint supplements with Glucosamine, Chondroitin, HA, MSM

With HA	With MSM	With Glucosamine+Chondroitin+HA+MSM
Conquer (liquid,powder, paste)	Animed MSM	Cosequin, Cosequin ASU
Lubrisyn Liquid	Premium MSM from	Tri-Lube Xtra,Arthroxygen from Uckele
Super Hyaluronic (liquid, powder, paste)	Vitaflex MSM, Sure Nutrition from Farnam	ReitSport HA, Hyla Sport from Horsetech
HylaMotion paste from Farnam	Select the Best MSM	Corta-Fix/, Absorbine Flex-Maxfrom Equine America-Absorbine
	Kinetic MSM	OmniCethyl HA from Peak
	Super MSM	Chondrogen EQ
		Platform Joint from Farnam

The Editor