

## Patient Education - Supplements for Osteoarthritis Pain

[www.JeffreyPengMD.com](http://www.JeffreyPengMD.com) | [youtube.com/c/JeffreyPengMD](https://youtube.com/c/JeffreyPengMD)

The best available clinical trial evidence suggests the following:

High effect size in reducing symptoms:

- Turmeric & Curcumin 1000mg daily
- Boswellia Serrata extract 100mg daily, increase to 250mg daily as needed

Low to moderate effect size in reducing symptoms:

- Glucosamine 1500mg & Chondroitin 800-1200mg daily (G&C must be taken together)

Low effect size in reducing symptoms:






- Vitamin D 2000 IU daily

Likely no benefit in reducing symptoms:

- Omega-3 & fish oil

Insufficient evidence:

- Type 2 Collagen

<p>Glucosamine &amp; Chondroitin For Joint Pain &amp; Arthritis: <a href="https://youtu.be/ERfMAqLLd_4">https://youtu.be/ERfMAqLLd_4</a></p> 	<p>Turmeric &amp; Curcumin For Joint Pain &amp; Arthritis: <a href="https://youtu.be/B4Wf5-K5PmM">https://youtu.be/B4Wf5-K5PmM</a></p> 	<p>Omega-3 &amp; Fish Oil For Joint Pain &amp; Arthritis: <a href="https://youtu.be/CIVQYr5c21w">https://youtu.be/CIVQYr5c21w</a></p> 
<p>Type 2 Collagen For Joint Pain &amp; Arthritis: <a href="https://youtu.be/l1h5v663x4E">https://youtu.be/l1h5v663x4E</a></p> 	<p>Boswellia Serrata For Joint Pain &amp; Arthritis: <a href="https://youtu.be/klEePlw76ls">https://youtu.be/klEePlw76ls</a></p> 	<p>Vitamin D For Joint Pain &amp; Arthritis: <a href="https://youtu.be/BMYi0X3Dn1c">https://youtu.be/BMYi0X3Dn1c</a></p> 