

Boomers Supplement Joint Health

(NAPSA)—There may be good news for baby boomers, senior citizens or anyone else who suffers from joint pain. Certain types of supplements reduce joint pain and protect cartilage. The news is significant, as the Centers for Disease Control estimates joint pain and arthritis affect nearly 70 million Americans.

While the cause of joint pain varies it's now believed supplements made with chondroitin sulfate (CS) can help treat most cases. Chondroitin sulfate (which is already an approved drug in Europe) can help inhibit enzymes that break down joint cartilage and it stimulates the synthesis of new cartilage. When combined with a substance called glucosamine, CS is thought to be even more effective.

However, it's important that consumers do their homework before choosing a joint supplement. "Although many brands of chondroitin sulfate and glucosamine are available over the counter, many products do not actually contain the amounts claimed on the label," says David S. Hungerford, Chief, Division of Arthritis Surgery, Johns Hopkins University. Hungerford and the FDA recommend consumers contact supplement makers to find out the following, before they buy:

- Learn what information a firm has to substantiate the claims it makes for its product. Be aware that some unscrupulous companies provide so-called "proof" of their claims by citing undocumented reports from satis-



Some doctors now recommend supplements to reduce joint pain.

fied customers, or "internal" graphs and charts that could be mistaken for legitimate, evidence-based research results.

- Does the supplement company have information to share about the tests it has conducted on the safety and efficacy of the ingredients in the product?

In the U.S., the only company that makes joint-health supplements with a combination of chondroitin sulfate and glucosamine backed by published, controlled studies for efficacy, safety and absorption is Nutramax Laboratories. The National Institute of Health is studying the 95 percent pure low molecular weight CS found in Nutramax's supplement, Cosamin DS. The product meets the FDA's suggestions outlined above.

For more information, visit www.nutramaxlabs.com.