

SUPPLEMENTS AND NUTRITION BENEFICIAL IN OSTEOARTHRITIS

SUPPLEMENTS

- Glucosamine (1500) and chondroitin sulfate (1200mg), decreases pain.
- Vitamin D prevents cartilage loss through the regulation of type II collagen turnover. People with decreased articular cartilage thickness are more likely to be vitamin D *insufficient*; low level of vitamin D is a risk factor for the development of osteoarthritis.
 - Vitamin D3 preferable for supplementation, with varying ranges of recommended dosages. (RDAs) for vitamin D is 600 IU for ages 1–70, and 800 IU for ages 71 and older,
 - Treatment dosages for low vitamin D for patients with levels between 25–30 ng/mL are 2000–4000 IU D3 daily, and 50,000 IU once a week of D2 for 8 to 12 weeks for those with serum levels < 25 ng/mL
- 1-2 capsules of fish oil supplement per day
- Vitamin C Enhances collagen synthesis and soft tissue healing, and reduces pain.
- Vitamin E, reduces osteoarthritis pain and increases anti-oxidant enzymes.
 - Recommended upper limit for adults is 200 mg/day.
- Vitamin A, 650-750 µg/day
- Vitamin K, through green leaf vegetable consumption to include Brussel sprouts, spinach, kale and broccoli. The addition of a fat, like olive oil, improves the body's uptake.

NUTRITION

- Blueberries: findings are consistent with the reported beneficial effects of blueberry on bone tissue reported in animal studies, which suggest that blueberry may be a useful supplement for the prevention and/or management of osteoporosis and osteogenic process.
- Eat fish 1-2 times per week.
- Green tomato extract prevents bone loss, improves bone formation.
- Turmeric may be equally as effective as over the counter anti-inflammatories to help diminish pain and improve function of the joint. Curcumin is the active ingredient in turmeric.
- Dried plums and/or their extracts enhance bone formation and inhibit bone resorption through their actions on cell signaling pathways that influence osteoblast and osteoclast differentiation. One serving, 4 dried plums, recommended per day.