



Arthro Support References

- Anderson JW, et al. Glucosamine effects in humans: a review of effects on glucose metabolism, side effects, safety considerations and efficacy. *Food Chem Toxicol.* 2005 Feb;43(2):187-201
- Brien S, et al. Bromelain as an adjunctive treatment for moderate-to-severe osteoarthritis of the knee: a randomized placebo-controlled pilot study. *QJM.* 2006 Dec;99(12):841-50.
- Bruyere O, et al. Correlation between radiographic severity of knee osteoarthritis and future disease progression. Results from a 3-year prospective, placebo-controlled study evaluating the effect of glucosamine sulfate. *Osteoarthritis Cartilage.* 2003 Jan;11(1):1-5
- Bruyere O, et al. Glucosamine sulfate reduces osteoarthritis progression in postmenopausal women with knee osteoarthritis: evidence from two 3-year studies. *Menopause.* 2004 Mar-Apr;11(2):138-43
- Bruyere O, Reginster JY. Glucosamine and chondroitin sulfate as therapeutic agents for knee and hip osteoarthritis. *Drugs Aging.* 2007;24(7):573-80.
- Chantre P, et al. Efficacy and tolerance of *Harpagophytum procumbens* versus diacerhein in treatment of osteoarthritis. *Phytomedicine.* 2000 Jun;7(3):177-83.
- Das A Jr, Hammad TA. Efficacy of a combination of FCHG49 glucosamine hydrochloride, TRH122 low molecular weight sodium chondroitin sulfate and manganese ascorbate in the management of knee osteoarthritis. *Osteoarthritis Cartilage.* 2000 Sep;8(5):343-50.
- Chou MM, et al. Effects of chondroitin and glucosamine sulfate in a dietary bar formulation on inflammation, interleukin-1 beta, matrix metalloproteinase-9, and cartilage damage in arthritis. *Exp Biol Med (Maywood).* 2005 Apr;230(4):255-62.
- Grant L, et al. A review of the biological and potential therapeutic actions of *Harpagophytum procumbens*. *Phytother Res.* 2007 Mar;21(3):199-209.
- Hale LP, et al. Proteinase activity and stability of natural bromelain preparations. *Int Immunopharmacol.* 2005 Apr;5(4):783-93.
- Herrero-Beaumont G, et al. Glucosamine sulfate in the treatment of knee osteoarthritis symptoms: a randomized, double-blind, placebo-controlled study using acetaminophen as a side comparator. *Arthritis Rheum.* 2007 Feb;56(2):555-67.
- Iovu M, et al. Anti-inflammatory activity of chondroitin sulfate. *Osteoarthritis Cartilage.* 2008 Jul 28. [Epub ahead of print]
- Jang BC, et al. Glucosamine hydrochloride specifically inhibits COX-2 by preventing COX-2 N-glycosylation and by increasing COX-2 protein turnover in a proteasome-dependent manner. *J Biol Chem.* 2007 Sep 21;282(38):27622-32. Epub 2007 Jul 16.
- Leblan D, et al. *Harpagophytum procumbens* in the treatment of knee and hip osteoarthritis. Four-month

results of a prospective, multicenter, double-blind trial versus diacerhein. *Joint Bone Spine*. 2000;67(5):462-7.

Leffler CT, et al. Glucosamine, chondroitin, and manganese ascorbate for degenerative joint disease of the knee or low back: a randomized, double-blind, placebo-controlled pilot study. *Mil-Med*. 1999 Feb;164(2):85-91.

Matheson AJ, Perry CM. Glucosamine: a review of its use in the management of osteoarthritis. *Drugs Aging*. 2003;20(14):1041-60.

Meulyzer M, et al. Comparison of pharmacokinetics of glucosamine and synovial fluid levels following administration of glucosamine sulphate or glucosamine hydrochloride. *Osteoarthritis Cartilage*. 2008 Sep;16(9):973-9. Epub 2008 Mar 4.

Monfort J, et al. Biochemical basis of the effect of chondroitin sulfate on osteoarthritis articular tissues. *Ann Rheum Dis*. 2007 Jul 20.

Nakamura H, et al. Effects of glucosamine administration on patients with rheumatoid arthritis. *Rheumatol In*. 2007 Jan;27(3):213-8.

Pavelká K, et al. Glucosamine sulfate use and delay of progression of knee osteoarthritis: a 3-year, randomized, placebo-controlled, double-blind study. *Arch Intern Med*. 2002 Oct 14;162(18):2113-23.

Piperno M, et al. Glucosamine sulfate modulates dysregulated activities of human osteoarthritic chondrocytes in vitro. *Osteoarthritis Cartilage*. 2000 May;8(3):207-12.

Reginster JY, et al. Long-term effects of glucosamine sulphate on osteoarthritis progression: a randomised, placebo-controlled clinical trial. *Lancet*. 2001 Jan 27;357(9252):251-6.

Reginster JY, et al. Symptom and structure modifying properties of chondroitin sulfate in osteoarthritis. *Med Chem*. 2007 Oct;7(10):1051-61.

Rovetta G, et al. A two-year study of chondroitin sulfate in erosive osteoarthritis of the hands: behavior of erosions, osteophytes, pain and hand dysfunction. *Drugs Exp Clin Res*. 2004;30(1):11-6.

Ruane R, Griffiths P. Glucosamine therapy compared to ibuprofen for joint pain. *Br J Community Nurs*. 2002 Mar;7(3):148-52.

Simánek V, et al. The efficacy of glucosamine and chondroitin sulfate in the treatment of osteoarthritis: are these saccharides drugs or nutraceuticals? *Biomed Pap Med Fac Univ Palacky Olomouc Czech Repub*. 2005 Jun;149(1):51-6.

Stuart K, Panitch A. Influence of chondroitin sulfate on collagen gel structure and mechanical properties at physiologically relevant levels. *Biopolymers*. 2008 Oct;89(10):841-51.

Tat SK, et al. Chondroitin and glucosamine sulfate in combination decrease the pro-resorptive properties of human osteoarthritis subchondral bone osteoblasts: a basic science study. *Arthritis Res Ther*. 2007;9(6):R117.

Uebelhart D. Clinical review of chondroitin sulfate in osteoarthritis. *Osteoarthritis Cartilage*. 2008 Jul 30. [Epub ahead of print]

Uebelhart D, et al. Intermittent treatment of knee osteoarthritis with oral chondroitin sulfate: a one-year,

randomized, double-blind, multicenter study versus placebo. *Osteoarthritis Cartilage*. 2004 Apr;12(4):269-76.

Uitterlinden EJ, et al. Glucosamine decreases expression of anabolic and catabolic genes in human osteoarthritic cartilage explants. *Osteoarthritis Cartilage*. 2006 Mar;14(3):250-7.

Valvason C, et al. Influence of glucosamine sulphate on oxidative stress in human osteoarthritic chondrocytes: effects on HO-1, p22(Phox) and iNOS expression. *Rheumatology (Oxford)*. 2008 Jan;47(1):31-5.

Vlachojannis J, et al. Systematic review on the safety of Harpagophytum preparations for osteoarthritic and low back pain. *Phytother Res*. 2008 Feb;22(2):149-52.

Walker AF, et al. Bromelain reduces mild acute knee pain and improves well-being in a dose-dependent fashion in an open study of otherwise healthy adults. *Phytomedicine*. 2002 Dec;9(8):681-6.

Wang SX, et al. The effects of glucosamine hydrochloride on subchondral bone changes in an animal model of osteoarthritis. *Arthritis Rheum*. 2007 May;56(5):1537-48.

Warnock M, et al. Effectiveness and safety of Devil's Claw tablets in patients with general rheumatic disorders. *Phytother Res*. 2007 Dec;21(12):1228-33.

Wegener T, Lüpke NP. Treatment of patients with arthrosis of hip or knee with an aqueous extract of devil's claw (*Harpagophytum procumbens* DC.). *Phytother Res*. 2003 Dec;17(10):1165-72.

Zerkak D, Dougados M. The use of glucosamine therapy in osteoarthritis. *Curr Rheumatol. Rep* 2004 Feb;6(1):41-5.

Last Updated: Nov 2008