



Glucosamine/Chondroitin (G/C) Supplements

G/C supplements are over-the-counter products that have been found to be safe and significantly beneficial for most animals with arthritis. Due to their classification as supplements, however, their purity is loosely regulated. Some brands have been found to contain only a small percentage of the G/C they claim to have on their label. While there are undoubtedly numerous brands of high quality G/C, the five brands that we are most confident in at this time are:

1. Cosequin (Nutramax)
2. GCM (Castle Peak label)
3. Osteo-Bi-Flex (sundown)
4. Gluco-Pro
5. Twin-Lab Maxlife (Not Twin-Lab Joint Fuel)

These supplements come in two strengths, either 500 mg/400mg G/C, or 250 mg/200-mg G/C.

The recommended dose is as follows (using the 500 mg/400mg tablets):

	<u>1st Month</u>	<u>Thereafter</u>
Under 10 lb	½ in the a.m.	¼ in the a.m.
10 - 25 lbs	1 in the a.m.	½-1 in the a.m.
26 - 50 lbs	1 in the a.m., 1 in the p.m.	1 in the a.m.
50 - 100 lbs	2 in the a.m., 1 in the p.m.	1 in the a.m., 1 in the p.m.
Over 100 lbs	2 in the a.m., 2 in the p.m.	2 in the a.m., 1 in the p.m.

Three to four weeks is generally required to appreciate the maximum effect, but most owners report seeing a noticeable difference in their pet within 1-2 weeks. The Product is safe for cats and dogs.