

Media Release

February 2014

CHC Welcomes Study Results: Benefits of Taking Glucosamine and Chondroitin

Chief Executive Officer of the Complementary Healthcare Council of Australia (CHC), Mr Carl Gibson, has welcomed results from a two-year University of Sydney study¹, which show that daily supplementation with a combination of glucosamine and chondroitin sulphate may significantly reduce joint space narrowing in the knees.

The clinical trial was conducted in people with symptomatic knee osteoarthritis, a condition that continues to be a leading cause of 'years lived with disability' around the globe.

"Many Australians purchase glucosamine and/or chondroitin supplements to relieve joint pain, and in the hope that this will slow the rate of joint destruction and cartilage loss," said Mr Gibson.

The results of the randomised, double-blind, placebo-controlled study indicated that daily doses of 1500mg of glucosamine sulphate (Sanofi-Aventis) and 800mg of chondroitin sulphate (Pureflex, TSI) resulted in a statistically significant decrease of joint space narrowing, when compared with placebo.

"These are exciting results – especially for the large number of Australians that suffer from osteoarthritis of the knee. These results clearly show the benefits of taking a combination of glucosamine and chondroitin."

"The Australian complementary medicine industry continues to invest in clinical trials, building on the data that shows the contribution that complementary medicines can make to individual and community health."

"These study results highlight the importance of research, and the importance of more Government support for studies that look at the use of complementary medicines."

"As highlighted in the CHC's Federal Pre-Budget Submission 2014/15, and given that less than half of one per cent of National Health and Medical Research Council (NHMRC) funding supported complementary medicine research this previous year, now is a pivotal time for Government to support our Australian complementary medicines research resources," Mr Gibson concluded.

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¹ Fransen M, Agaliotis M, Nairn L, et al. doi:10.1136/annrheumdis-2013.203954. *Glucosamine and chondroitin for knee osteoarthritis: a double blind randomised placebo-controlled clinical trial evaluating single and combination regimens.*

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