

Supplements

Supplement	Properties	Outcome	Concerns
Turmeric	Anti-inflammatory	Lack of “good” scientific evidence Huge amount of anecdotal evidence Alternative sources suggest effective dose is around 200mg of turmeric combined with 15mg black pepper (piperine)	Side effects include: <ul style="list-style-type: none"> ○ Nausea ○ Stomach upsets ○ Headache ○ Rashes ○ Yellow stools
Chondroitin	Cartilage repair	Some evidence to suggest it might help with OA pain, especially in knees. Probably sufficient to improve QoL. Works with or without glucosamine. Suggested dose is 800mg – 1200mg in divided doses	Minimal side effects, but may interact with blood thinners
Gamma-linoleic acid (Evening Primrose Oil, Borage oil) – omega 6	Anti-inflammatory	Possibly improves pain. No agreement on optimal dose	Take less than 3000mg a day. Can interact with blood thinners and may cause GI side effects
Omega 3 (fish oils, flaxseed, algae, hemp)	Anti-inflammatory	Little scientific evidence that it improves pain	Interact with blood thinners and immune suppressants
Vitamin D	Bone health (enables absorption of calcium and phosphate)	Little scientific evidence of reducing pain – however deficiency can cause bone pain. Public health advice – everyone should take a 10microgram supplement, especially in the winter months	Do not take more than 100micrograms a day
Willow Bark	Natural pain reliver, related to aspirin	Some evidence to support its use in pain management (240mg dose)	Very similar to NSAID, tell your HCP May interfere with clotting
Devils Claw	Anti-inflammatory	Some evidence to support its use. More trials needed	Interacts with many commonly taken medications, inc. painkillers, stomach meds, blood thinners – tell your HCP