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2. Chondroitin/glucosamine

# Chondroitin and glucosamine

**Generic name:** chondroitin and glucosamine [ *kon-DROI-tin-and-gloo-KOE-sa-meen* ]

**Brand names:** Chondroitin-Glucosamine, Schiff Move Free, Schiff Move Free Caplets, Cosamin DS, Osteo Bi-Flex, ... [show all 15 brands](#)

**Dosage forms:** oral capsule (200 mg-250 mg; 400 mg-500 mg; with Multiple Vitamins and Minerals), ... [show all 3 dosage forms](#)

**Drug class:** [Nutraceutical products](#)



[Medically reviewed](#) by Drugs.com on Dec 18, 2024. Written by [Cerner Multum](#).

[Uses](#)   [Side effects](#)   [Warnings](#)   [Before taking](#)   [What to avoid](#)   [Interactions](#)

## What is chondroitin and glucosamine?

[Chondroitin](#) is a naturally occurring substance formed of sugar chains. Chondroitin is believed to help the body maintain fluid and flexibility in the joints.

[Glucosamine](#) is sugar protein that helps your body build cartilage (the hard connective tissue located mainly on the bones near your joints). Glucosamine is a naturally occurring substance found in bones, bone marrow, shellfish and fungus.

Chondroitin and glucosamine is a combination product that has been used in alternative medicine as a **possibly effective** aid in treating [osteoarthritis](#) pain.

Other uses **not proven with research** have included treating [rheumatoid arthritis](#), [osteoporosis](#), cataracts, [glaucoma](#), bladder problems, [heart disease](#), [high cholesterol](#), or TMJ (temporomandibular joint disease).

It is not certain whether chondroitin and glucosamine is effective in treating any medical condition. Medicinal use of this product has not been approved by the FDA. Chondroitin and glucosamine should not be used in place of medication prescribed for you by your doctor.

Chondroitin and glucosamine is often sold as an herbal supplement. There are no regulated manufacturing standards in place for many herbal compounds and some marketed supplements have been found to be contaminated with toxic metals or other drugs. Herbal/health supplements should be purchased from a reliable source to minimize the risk of contamination.

Chondroitin and glucosamine may also be used for purposes not listed in this product guide.

## Chondroitin and glucosamine side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

Although not all side effects are known, chondroitin and glucosamine is thought to be possibly safe when taken for up to 2

years.

Stop using chondroitin and glucosamine and call your healthcare provider at once if you have:

- irregular heartbeats; or
- swelling in your legs.

**Common side effects of chondroitin and glucosamine may include:**

- nausea, diarrhea, [constipation](#);
- stomach pain, gas, bloating;
- [hair loss](#); or
- puffy eyelids.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Chondroitin / glucosamine side effects](#) (more detail)

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## Warnings

Follow all directions on the product label and package. Tell each of your healthcare providers about all your medical conditions, allergies, and all medicines you use.

## Before taking this medicine

You should not use this product if you are allergic to chondroitin and glucosamine; or

- if you take [warfarin](#) ([Coumadin](#), [Jantoven](#)).

Ask a doctor, pharmacist, or other healthcare provider if it is safe for you to use this product if you have:

- asthma;
- an allergy to shellfish (oyster, crab, shrimp);
- diabetes;
- [high blood pressure](#), high cholesterol;
- [prostate cancer](#); or
- bleeding or blood clotting disorder such as [hemophilia](#).

**Ask a doctor before using chondroitin and glucosamine if you are pregnant or breastfeeding.**

Do not give any herbal/health supplement to a child without medical advice.

## How should I take chondroitin and glucosamine?

When considering the use of herbal supplements, seek the advice of your doctor. You may also consider consulting a practitioner who is trained in the use of herbal/health supplements.

If you choose to use chondroitin and glucosamine, use it as directed on the package or as directed by your doctor, pharmacist, or other healthcare provider. Do not use more of this product than is recommended on the label.

Do not use different formulations of chondroitin and glucosamine at the same time without medical advice. Using different formulations together increases the risk of an overdose of chondroitin and glucosamine.

If you need surgery or dental work, stop taking chondroitin and glucosamine at least 2 weeks ahead of time.

Call your doctor if the condition you are treating with chondroitin and glucosamine does not improve, or if it gets worse while using this product.

Store at room temperature away from moisture and heat.

## What happens if I miss a dose?

Skip the missed dose if it is almost time for your next scheduled dose. **Do not** use extra chondroitin and glucosamine to make up the missed dose.

## What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

## What should I avoid while taking chondroitin and glucosamine?

Follow your healthcare provider's instructions about any restrictions on food, beverages, or activity.

## What other drugs will affect chondroitin and glucosamine?

Other drugs may affect chondroitin and glucosamine, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Tell your doctor about all your current medicines and any medicine you start or stop using.

 [Chondroitin / glucosamine drug interactions](#) (more detail)

## Does chondroitin/glucosamine interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

+

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## Further information

- Consult with a licensed healthcare professional before using any herbal/health supplement. Whether you are treated by a medical doctor or a practitioner trained in the use of natural medicines/supplements, make sure all your healthcare providers know about all of your medical conditions and treatments.

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.


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### DRUG STATUS

Availability	
	Rx and/or OTC
CSA Schedule*	
N/A	Not a controlled drug



## User Reviews & Ratings

5.9 / 10

[54 Reviews](#)

## Images

[Osteo bi-flex \(chondroitin / glucosamine\) chondroitin sulfate 200 mg / glucosamine hydrochloride 250 mg \(OSTEO BI-FLEX\)](#)



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