

# Chondroitin Sulfate & Glucosamine In The Treatment Of Heart Disease

“Study showed a 65% reduction in cardiovascular related deaths”

In other Tuesday Minutes we have talked about the value of both Chondroitin Sulfate and Glucosamine in the treatment of Osteoarthritis. Dr. Alex Vasquez said it this way, “Glucosamine and chondroitin are the ‘building blocks’ from which cartilage is built and oral supplementation is intended to enhance cartilage anabolism and to thus counteract the enhanced cartilage catabolism seen in destructive arthritic processes.”

In previous segments we built on that foundation sharing reduced rates of heart disease and the work of Dr. Lester Morrison, the past chairman of the Department of Arteriosclerosis Research at Loma Linda University. Dr. Morrison spent 50 years of his life studying heart disease which killed his mother, father and many other family members. He worked with rats then extrapolated the data to humans in a 120 patient trial and had tremendous success over conventionally treated heart patients.

The short version of the Morrison study is: “Over a 2.5 year period, 60 controls

**Dramatic** Reduction In  
**Heart Disease**  
Using Just Nutrients

“ Study showed a 65% reduction in cardiovascular related deaths ”

Purified Chondroitin Sulfates

treated with conventional medicine had 21 coronary episodes requiring hospitalization whereas the experimental, chondroitin sulfate group had only 3 coronary episodes. The dose was 1500 mg of a purified chondroitin sulfate. You can see a link to the right for more information.

But a new study gives further credence to the use of this unique cartilage builder. Dr. Dana King from West Virginia University and his research partner Jun Xiang assessed data from 16,686 adults who completed the National Health and Nutrition Examination Survey from 1999 to 2010.

Of the 16,686 adults, 658 took glucosamine/chondroitin supplements for at least 1 year. All of the participants were at least 40 years old. King and Xiang merged these data with 2015 mortality figures. The median time patients were followed was 107 months, almost 9 years.

The major variable was taking a glucosamine/chondroitin supplement every day for a year or longer. After controlling for various factors such as participants' age, sex, smoking status and activity level, the researchers found that taking glucosamine / chondroitin every day for a

year or longer was associated with a 39% reduction in all-cause mortality.

It was also linked to a 65% reduction in cardiovascular-related deaths, which includes deaths from stroke, coronary artery disease and heart disease, the United States' biggest killer. King said, "Once we took everything into account, the impact was pretty significant," The results appear in the Journal of the American Board of Family Medicine, you can see a link to the right.

I wonder what would have happened if they took the product every day for the entire study, or if the amount was standardized. In the Morrison study we know 1500 mg of a purified preparation was given. In the new study we don't know the brand or dose taken. We just know that questionnaires were completed and 658 participants said they took it for at least a year.

But regardless of my questions, the fact that there was a 39% reduction in all-cause mortality and a 65% reduction in cardiovascular related deaths is very impressive. And for me, the fact that 3 large studies compliment Dr. Morrison's lifelong work on cardiovascular benefits makes it a slam dunk for anyone with osteoarthritis, genetic or pre-existing cardiovascular conditions. Thanks for taking time to be with me, I look forward to being with you again next Tuesday.