

## Chondroitin Sulfate and Glucosamine

You can purchase a combination pill at your local pharmacy or supermarket.

The dosage is **2400 to 2800 mg** of a combination of these two medications **twice daily**.

If you purchase them separately the dosage would be:

**1200 mg Chondroitin Sulfate**

**1600 mg Glucosamine**

**Take Twice daily**

**Vitamin "C"** is also necessary for healing and rebuilding of tissue.

The dosage should be **1000mg twice daily** of **timed released** and **buffered** to protect your stomach from irritation. This medication can be found as Calcium Ascorbate.

If you have questions, just take this paper to you pharmacist or nutrition (health) store and they will help you.

\*Chondroitin Sulfate and Glucosamine may contain shellfish