



Glucosamine is an Excellent Joint Preventive Supplement

By James Johnson
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All of us have felt aching joint pains the morning after a tough training session or competition. For some, these pains can be an early sign of arthritis that has developed from preexisting training or competition injuries, a condition generally referred to as

“secondary” osteoarthritis. Unlike cases of “primary” osteoarthritis, secondary cases involve deteriorating cartilage caused by injury and should always be evaluated by medical specialists. The good news, though, is that competitive athletes can protect their joints and cartilage while also

alleviating secondary arthritis pains they may already be experiencing.

Glucosamine is vital to joint and cartilage health, and all individuals produce it within their bodies. When we grow older, however, our bodies produce increasingly less amounts glucosamine, an “essential”