

WHY GLUCOSAMINE IS NOT RECOMMENDED

FOR JOINT ISSUES IN NURSING MOMS ?



The safety of this treatment has not been established in the lactating population.

It is not regulated by the FDA, and the products may contain varying amounts of the active substance.

There is no validated effective dose.



People allergic to shellfish may show an allergic response to glucosamine.

It may interact with other drugs, such as blood thinners.

It may worsen osteoarthritis.

It may cause liver toxicity and gastrointestinal discomfort.



References:

1. Do glucosamine and chondroitin supplements actually work for arthritis?; Harvard Health
2. Glucosamine Sulfate; NCBI
3. Glucosamine; Mount Sinai