

Glucosamine & Chondroitin Supplements Position Statement

Glucosamine and chondroitin supplements are non-formulary in North Central London. The evidence for these has not been reviewed at any formulary committee in North Central London.

Prescribers should not initiate glucosamine and chondroitin for any new patients.

Patients established on glucosamine and chondroitin should be reviewed with a view to having these supplements stopped.

NHS England category: Item of low clinical effectiveness, where there is a lack of robust evidence of clinical effectiveness or there are significant safety concerns.

- Glucosamine and chondroitin supplements are “nutraceuticals” which have been used to improve pain in osteoarthritis
- The mechanism of action of glucosamine is not understood, and there is limited evidence demonstrating efficacy
- NICE CG177 (Osteoarthritis care and management) “do not do” recommendation: “do not offer glucosamine or chondroitin products for the management of osteoarthritis.” [1]
- PrescQIPP has made available a patient information leaflet explaining why glucosamine and chondroitin supplements will no longer be prescribed [\[link\]](#) *

* PrescQIPP documents are available to organisations that subscribe to their service.

References

- [1] NICE, “CG 177: Osteoarthritis: care and management,” 02 2014. [Online]. Available: <https://www.nice.org.uk/guidance/cg177>.

Groups / Individuals who have overseen the development of this guidance:	Joint Formulary Support
Groups which were consulted and have given approval:	NCL Joint Formulary Committee
File name:	Glucosamine_chondroitin_position
Version number:	V1
Available on:	NCL JFC website
Disseminated to:	NCL Formulary Pharmacist NCL Heads of Medicines Management
Equality impact assessment:	Low
NCL Joint Formulary Committee Approval date:	January 2018
Review date:	January 2021