

# Evidence-based Natural Health

Professor Shaun Holt

## Important recent studies

**Glucosamine**  
The current role of glucosamine in the treatment of osteoarthritis

**ARTHRASTORY**  
2007: Mapalispapras  
Positive effects on knee osteoarthritis symptoms and structure

**THE LANCET**  
No proven value for the use of glucosamine and chondroitin in osteoarthritis

Glucosamine  
Chondroitin  
Collagen

