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Joint Supplements Offered by Bend Equine in Review

The following is a summary of joint supplements that hopefully will help everyone sort through the mire. Please be aware that a great deal of advantages that are promoted in nutritional products are company claims and not necessarily supported by scientific research. The following products and companies do seem to be at the top of their game as far as we can tell. These products can only be purchased through a veterinarian. There are many products on the market that can be found for a cheaper price, however the quantity and quality of the ingredients are not equivalent. Like many things, you get what you pay for with joint supplements.

Cosequin ASU PLUS – The first and most clinically researched oral joint supplement on the market today. Cosequin is known as a quality product and now has ASU (Avocado/Soybean Unsaponifiables), Hyaluronic Acid (HA) and Green Tea added to the original formula. ASU has been clinically proven to be chondroprotective, to help reduce pain and inflammation, and is found to work best when combined with glucosamine and chondroitin sulfate. HA is a lubricating component of joint fluid that is often injected intra-articularly however some studies have recently shown that it is bioavailable in an oral form and may be a beneficial ingredient in oral joint supplements. Green Tea is an antioxidant and free radical scavenger. Cell culture research shows Green Tea may inhibit chemical mediators that cause cartilage damage.

Total Ingredients per dose: Glucosamine - 7,200mg; Chondroitin sulfate-1,200 mg; ASU – 1,050mg; Hyaluronic Acid- 50mg; Green Tea- 15mg.
Recommended daily dose: 2 scoops. Doses per container: 61.

Cost per day - \$2.78.

Advantages: ASU ingredient adds to the chondroprotective quality of the product; Cosequin is one of the most clinically researched products on the market today; includes Hyaluronic Acid which may increase the lubricating effect of the joint supplement; it is the only product to contain an antioxidant such as Green Tea

Disadvantages: contains slightly less Chondroitin than GLC 5500 (relevance unknown), contains less HA than OrthoChonHA and Platinum CJ (relevance unknown)

GLC 5500 Rx – This is a new product from GLC that is reported by the company to be 60% more bioavailable to the horse than regular GLC 5500. Increased bioavailability is due to the addition of Acristatin TM, an all-natural releasing agent. The company claims that the addition of Acristatin means that 60% more glucosamine becomes available (absorbed) by the horse. If this claim is true, this product could be the most powerful product on the market. GLC 5500 contains 4 different forms of glucosamine as well as chondroitin sulfate.

Total Ingredients per dose: Glucosamine - 7,800 mg; Chondroitin sulfate – 2,400 mg
Recommended daily dose: 2 scoops. Doses per container: 90.

Cost per day - \$1.76

Advantages: Contains Acristatin ingredient which potentially increases bioavailability

Disadvantages: Does not contain Hyaluronic Acid

OrthoChon- Platinum brand powdered joint supplement that includes Glucosamine, MSM, as well as anti-inflammatory/pain relieving herbs such as Devil's Claw. Devil's Claw is a banned substance by some horse show organizations because of its pain relieving abilities. Platinum, therefore, also makes OrthoChon II which does not include Devil's Claw in its formulation.

OrthoChon total Ingredients per dose: Glucosamine- 7,700mg; MSM-7,700mg.
Recommended daily dose: 2 scoops. Dosage per container: 29.

Cost per day - \$2.27

OrthoChon II total Ingredients per dose: Glucosamine - 8300mg; MSM- 8300mg.
Recommended daily dose: 2 scoops. Dosage per container: 29.

Cost per day- \$1.94

Advantages: Original formula OrthoChon includes devils claw which may act as a natural pain reliever for horses who are suffering from orthopedic pain

Disadvantages: Does not contain Chondroitin- there is some evidence in people that the effect of Glucosamine and Chondroitin when used together is more effective than when used separately; the use of MSM, though not harmful, is an outdated theory and of unknown efficacy; cost

OrthoChonHA- Platinum brand powdered joint supplement that includes all of the ingredients of OrthoChon plus HA (hyaluronic acid). HA is a lubricating component of joint fluid that is often injected intra-articularly however some studies have recently shown that it is bioavailable in an oral form and may be a beneficial ingredient in oral joint supplements. OrthoChon HA comes in a formula that includes Devils Claw (OrthoChon HA) or a formula that excludes Devils Claw for horses in competition (OrthoChon II HA).

OrthoChonHA total Ingredients per dose: Glucosamine - 7,450mg; MSM- 7,450mg; Hyaluronic Acid- 500mg
Recommended daily dose: 2 scoops. Doses per container: 29.

Cost per day - \$3.87

OrthoChon II HA total Ingredients per dose: Glucosamine - 8,300mg; MSM- 8,300mg; Hyaluronic Acid- 500mg
Recommended daily dose: 2 scoops. Doses per container: 29.

Cost per day - \$3.67

Advantages: Contains HA which may increase the lubricating effect of the joint supplement; OrthoChon HA includes devil's claw which may act as a natural pain reliever for horses who are suffering from orthopedic pain

Disadvantages: Does not contain Chondroitin- there is some evidence in people that the effect of Glucosamine and Chondroitin when used together is more effective than when used separately; the use of MSM though not harmful, is an outdated theory and of unknown efficacy; cost

Platinum Performance CJ- Platinum brand product that is a complete vitamin and mineral supplement that includes Omega 3 fatty acids (potent anti-inflammatory compound and important for coat and hoof quality), Glucosamine, MSM, Hyaluronic Acid and ASU. This is an all-in-one supplement with quality ingredients.

Total Ingredients per dose: Glucosamine total per dose- 9350mg; MSM- 8500mg; ASU- 2,000mg ASU; Hyaluronic Acid-100mg.
Recommended daily dose: 2 scoops. Doses per container: 29.

Cost per day- \$4.76

Advantages: All-in-one supplement with comprehensive joint health ingredients

Disadvantages: Cost; Does not contain Chondroitin- there is some evidence in people that the effect of Glucosamine and Chondroitin when used together is more effective than when used separately ; there is not quite enough selenium in CJ for selenium deficient regions such as Central Oregon, we recommend including a ½ dose of Platinum selenium yeast to make this the “perfect” supplement.