




# Dietary Supplements for Treating Osteoarthritis:

a systematic review and meta-analysis

Reference: Liu X et al. Dietary supplements for treating osteoarthritis: a systematic review and meta-analysis. Br J Sports Med. 2017 Oct 10.

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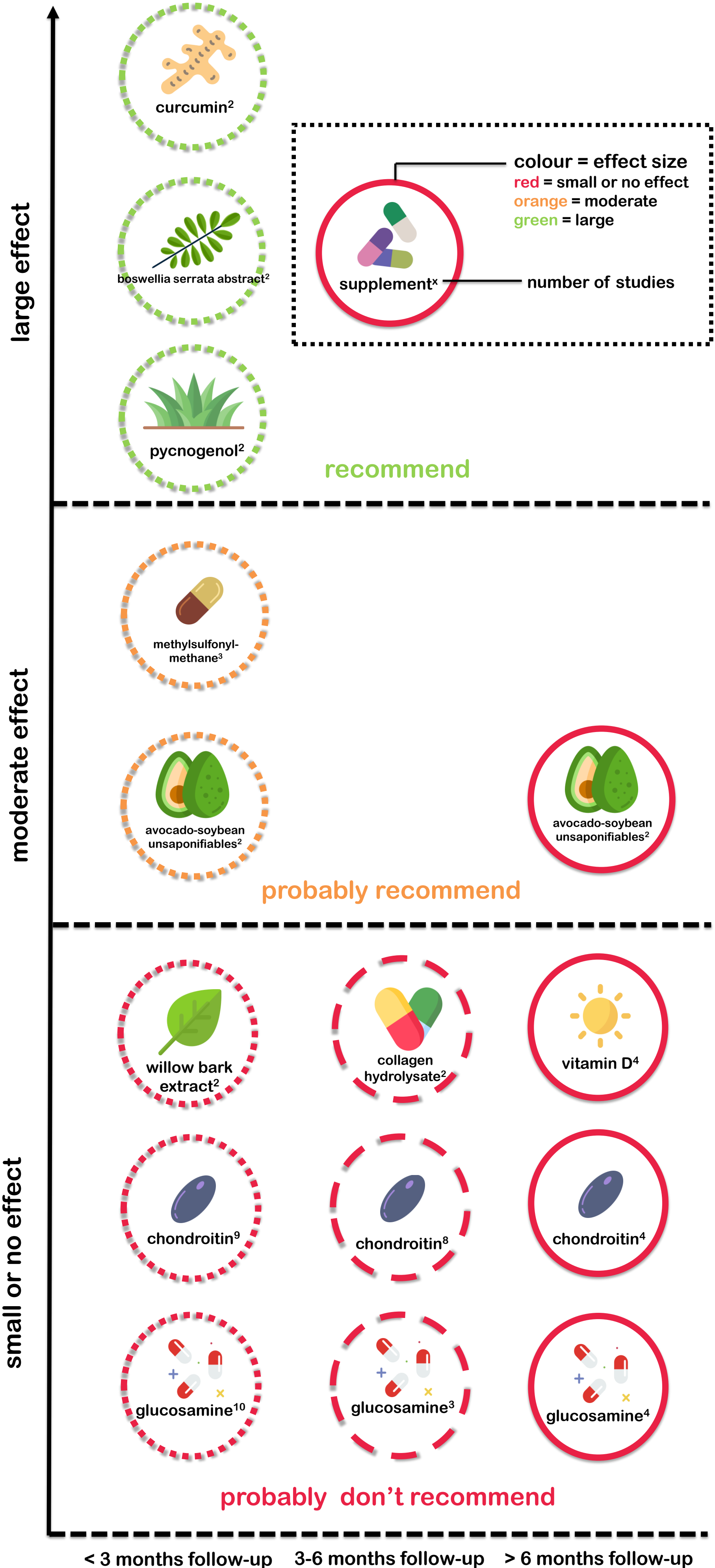
## BACKGROUND & METHODS

-  Dietary supplements are commonly taken for osteoarthritis, but are they safe and effective?
-  A systematic review with random effect meta-analysis which provides the highest level of evidence for efficacy was conducted.
-  Inclusion criteria: randomised controlled trials, placebo controlled trials, and hand, hip or knee osteoarthritis trials.







## RESULTS

69 records, 11 586 participants and 20 supplements were identified. Only supplements with more than one study are included below.



## CONCLUSION

-  The most widely used supplements have little or no effect
-  Overall, supplements have moderate effects at short term however, only small or no effects at medium and long term.
-  Some little-know supplements appear to have larger effects (boswellia serrata extract, pynogenol, curcumin)
-  Current data is of low quality

