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### **개국약사의 Glucosamine 함유 건강기능식품에 대한 올바른 자세에 대한 연구**

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Glucosamine is a simple molecule derived from glucose, the principal sugar found in blood. Glucosamine appears to be a generally safe treatment, and has not been associated with significant side effects. Some studies suggest that glucosamine supplements can relieve pain and improve mobility in osteoarthritis. There are some evidences that glucosamine might actually slow the progression of the disease. However, these evidences are highly inconsistent. Furthermore, the efficacy of glucosamine for the treatment of osteoarthritis has not been rigorously addressed in scientific basis. Therefore, present report compiled research articles of double-blind placebo-controlled clinical trials of glucosamine, specifically, addressing the feasibility of the supplement for the treatment or management of osteoarthritis.