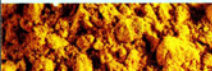


**Table 2: Suggested Supplements for Fibromyalgia, Migraine, and Arthritis<sup>a</sup>**

Supplement	Mechanism of Action	Suggested Dosage	Common Adverse Reactions	Special Considerations <sup>b</sup>
<b>Cat's claw</b>	Inhibits TNF- $\alpha$ and NF- $\kappa$ B	60-100 mg/d	Mild GI distress, headache	Dosing depends on species used and extraction method; Krallendorn is one commonly used proprietary formula.
<b>Chondroitin</b> 	Inhibits NF- $\kappa$ B	800-1,200 mg/d	Not different from placebo	Should use disease-free animal source due to bovine spongiform encephalopathy concerns
<b>Devil's claw</b>	Inhibits COX-2, affecting PGE <sub>2</sub> , TxB <sub>2</sub> , IL-1B, and TNF- $\alpha$	600 mg qid; 50-100 mg/d harpagoside	GI distress, rash	Standardized to 2% harpagosides and 3% iridoid glycosides
<b>Ginger</b> 	Inhibits COX, LOX, and leukotriene synthesis	170 mg tid (EV. EXT 33) or 255 mg bid (EV.EXT 77)	GI distress	Dried ginger may be a better anti-inflammatory than fresh ginger
<b>Glucosamine</b>	Stimulates chondrocytes; inhibits PGE	500 mg tid	GI distress	
<b>MSM</b>	Inhibits oxidative effects of stimulated neutrophils	3-6 g/d	GI distress, fatigue, insomnia	
<b>Omega-3</b>	Competitively inhibits COX and LOX	At least 2.7 g/d EPA+DHA	GI distress	Less data for OA and for the use of flax seed or flax seed oil
<b>SAMe</b>	Inhibits norepinephrine; affects neurotransmitters; increases proteoglycan synthesis	200-1,600 mg/d, (most common: 400 mg bid)	GI distress, dizziness	
<b>Turmeric</b> 	Inhibits NF- $\kappa$ B, PGE <sub>2</sub> , leukotrienes, NO	1200 mg/d curcumin	GI distress	
<b>White Willow</b>	Nonselectively inhibits COX-1/COX-2	120-240 mg/d salicin	Gastritis, GI distress	Primarily studied in treatment of low back pain as an adjunct to pharmaceuticals

<sup>a</sup>Based on references 2, 4-8, 10-45.

<sup>b</sup>Brand names and patented extracts listed are those used in clinical trials mentioned in article.

ASU, avocado-soybean unsaponifiables; bid, twice a day; COX, cyclooxygenase; DHA, docosahexaenoic acid; EPA, eicosapentaenoic acid; GI, gastrointestinal; HPA, hypothalamo-pituitary-adrenocortical axis; 5-HTP, 5-hydroxytryptophan; IL-1, interleukin 1; LOX, lipoxygenase; MSM, methylsulfonylmethane; NO, nitric oxide; PGE<sub>2</sub>, prostaglandin E<sub>2</sub>; qid, four times a day; SAMe, S-adenosylmethionine; tid, three times a day; TNF- $\alpha$ , tumor necrosis factor-alpha; TxB<sub>2</sub>, thromboxane B<sub>2</sub>