Equine Insulin Resistance Glucosamine Products

Both oral Glucosamine and injectable (N-acetyl glucosamine) from compounding pharmacies should be avoided.

Why do you need to avoid Glucosamine?

Many studies are showing Glucosamine can do the following:

3. “…demonstrate that induction of Insulin Resistance by Glucosamine results in reduction of the blood flow rate as well as the uptake of glucose…” (Diabetes Journal, 2000).
4. “Probably a good idea to avoid Glucosamine if you have diabetes” (Mayo Clinic, 2007).
5. “Diabetics should be alert to potential blood sugar changes” (Harvard Medical School, 2007).
6. N-Acetylglucosamine can create abnormal crosstalk/signaling in cells leading to dysregulation in diabetes, including glucose toxicity and possible neurodegenerative disease.
7. Oral Glucosamine supplementation’s role in increasing intraocular (eye) pressure - “possibility that permanent damage can result from prolonged use of Glucosamine supplementation is not eliminated”. FYI: Increase in intraocular eye pressure is one symptom in Glaucoma.
8. Due to it being linked to increasing problems with eyes, Insulin Resistance, Diabetes, Asthma, skin, blood pressure, and cardiac events. Mayo clinic: cataract risk, dry eyes, asthma, diabetes.

To be fair and make you aware, there are a few studies that say it may not affect Glucose:


What to look for to not accidentally feed or give Glucosamine:

- Many joint products have it - look very carefully on label and at products with flex, joint, gluco, or glyco
- Many products to treat Laminitis have Glucosamine. That is surprising
- Pentaussie Injectable - has glucosamine added to Pentosan. Do not use.
- Polyclonol Injectable - has Glucosamine added to Chondroitin/Hyaluronate. Do not use.
- Some senior feeds are adding Glucosamine to mix. Avoid these feeds
What can I use in place of Glucosamine?

1. Oral Chondroitin - many types are available in catalogs. Double check it is not a Chondroitin/Glucosamine combination. You want plain Chondroitin.
2. Adequan - Has PSGAG and contains no Glucosamine
3. MSM Oral - safe, effective product to help stiff horses. One tablespoon in the morning and one in the evening. Costs less than a nickel a day
4. Oral Hyaluronic Acid (Hyaluronate). Make sure only this is in the product
5. Injectable Hyaluronic Acid - Legend IV

Visit www.equinemed surg.com for additional information and helpful links.

Proper diet and exercise are essential for horse health. This product is a supplement to help maintain horse health. This product is not intended to diagnose, treat, cure, or prevent disease.