



Can I feed 'Flex' joint care supplements alongside other joint care supplements?

We hear this question occasionally, and it's probably prompted on some occasions by owners not being sure what is individually the best type of supplement and sometimes because they are trying to get the best features from more than one product. Sometimes the owner may also want something that can be given with, or to reduce the dependency on prescription drugs such as non inflammatory steroids that may have long term side effects .

Answer

The first point to make is that as Flex Greenshell and Flex Celadrin are both products based on naturally occurring or present ingredients they are completely SAFE to feed with any other supplements.

The second point to understand is that there is evidence that there is some degree of dose dependency in all joint supplements. This means that if you feed less, you will get less effect. So feeding a less than optimum amount of several types together may mean that you don't get the full benefit of each type, though overall you could still get a good result - you just can't be sure sometimes.

There are however some guidelines that may help you make informed choices about what type of supplements may be mixed with good results.

TYPES based on or containing	GOES WELL WITH	TYPE
Glucosamine, glucosamine HCL, chondroitin sulphate, hylauronic acid, MSM (methylsulphurmethane)		NSAID's. Green lipped mussel, Celadrin
Prescription non steroidal anti-inflammatories known as NSAID's (Rimadyl etc)		Glucosamine/chondroitin. Green lipped mussel.
Green lipped mussel extracts and concentrates		NSAID's
Plant extracts that include enzymes. Herbal remedies.		Glucosamine/chondroitin. Green lipped mussel.
Esterified oils eg. fish oils, Celadrin		Glucosamine/chondroitin.

SUMMARY

Flex greenshell has worked well in conjunction with prescription NSAID's as it contains natural sources of polyaminoglycans (glucosamine, chondroitin) and the VitaminE/Selenium combination that research has linked to good joint health. However as it is the most 'complete' type of supplement it does not normally need to be mixed.

Flex Celadrin is predominantly an anti-inflammatory and so is complemented by glucosamine/chondroitin.