Cartigenix HP® vs Glucosamine+Chondroitin

Comparison for Cartilage Support*

At a Glance	Cartigenix HP	Glucosamine + Chondroitin
Human Study Results: **Joint comfort**	**Pain scores decreased:*†** • About 75% in a 2024 study • About 73% in a 2022 study • About 68% in a placebo-controlled study (2025)	Mixed results: Some studies show modest effect, some show no improvement. Meta-analyses report small or no clinically relevant difference vs placebo (Clegg et al., 2006; Wandel et al., 2010; Zhu et al., 2018)
Human Study Results: **Mobility and function**	**Daily activity function score:*** • Increased about 79% (2024) **6-minute walk test:*** • Distance increased about 50% (RCT)	Small, inconsistent functional benefit
Human Study Results: **Cartilage regeneration**	**In placebo-controlled study on cartilage biomarkers:*** (RCT) • Regeneration markers increased • Degeneration markers decreased	BMJ meta-analysis: no effect on joint space narrowing; some small, inconsistent benefits reported in some participants (Wandel et al. 2010)
How Long Does it Take to Notice a Difference?	Some changes reported in as little as 15 days; **statistically significant by 90 days*†**	If effective, requires weeks to months
Safety	**Generally well tolerated with no adverse effects reported in studies**. Speak with your healthcare provider before adding any supplement to your routine.	Generally safe; caution with shellfish allergy, anticoagulants, GI upset. Speak with your healthcare provider before adding any supplement to your routine.
Quality and Purity	Every bottle is manufactured under Calroy's Total Quality System, with strict cGMP compliance and rigorous batch testing for identity, purity, and potency.	Variable quality/purity
Published Research Available	3 published human studies, including one that was double-blind and placebo controlled (RCT)*†	Dozens of randomized controlled trials (RCTs), several large meta-analyses (BMJ 2010, etc.)

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

CALROY HEALTH SCIENCES

CALROY
HEALTH SCIENCES

Citations for Further Reading

1. Desai DA, Shendge DP, Anand DS, Nair DS. Clinical effectiveness and tolerability of Celery seed and Boswellia serrata extract in osteoarthritis. Int J Orthop Sci. 2022;8(2):248-252. doi:**10.22271/ortho.2022.v8.i2d.3143**
2. Desai A, Anand S, Nair* S, Chorghe P. Assessing the effectiveness and NSAIDs sparing effect of celery seeds and Boswellia serrata in osteoarthritis management. Indian Journal of Orthopaedics Surgery. 2024;10(4). doi:10.18231/j.ijos.2024.052
3. Lozada CJ. Glucosamine in osteoarthritis: Questions remain. CCJM. 2007;74(1):65-71.
4. Clegg DO, Reda DJ, Harris CL, et al. Glucosamine, chondroitin sulfate, and the two in combination for painful knee osteoarthritis. N Engl J Med. 2006;354(8):795-808. doi:10.1056/NEJMoa052771
5. Glucosamine, Chondroitin Sulfate, and the Two in Combination for Painful Knee Osteoarthritis | New England Journal of Medicine. Accessed September 22, 2025. https://www.nejm.org/doi/full/10.1056/NEJMoa052771
6. Meng Z, Liu J, Zhou N. Efficacy and safety of the combination of glucosamine and chondroitin for knee osteoarthritis: a systematic review and meta-analysis. Arch Orthop Trauma Surg. 2023;143(1):409-421. doi:10.1007/s00402-021-04326-9
7. Vaidya N, Agarwal R, Dipankar DG, et al. Efficacy and Safety of Boswellia serrata and Apium graveolens L. Extract Against Knee Osteoarthritis and Cartilage Degeneration: A Randomized, Double-blind, Multicenter, Placebo-Controlled Clinical Trial. Pharm Res. Published online January 28, 2025. doi:10.1007/s11095-025-03818-2
8. Wandel S, Jüni P, Tendal B, et al. Effects of glucosamine, chondroitin, or placebo in patients with osteoarthritis of hip or knee: network meta-analysis. BMJ. 2010;341:c4675. doi:10.1136/bmj.c4675
9. Zhu X, Sang L, Wu D, Rong J, Jiang L. Effectiveness and safety of glucosamine and chondroitin for the treatment of osteoarthritis: a meta-analysis of randomized controlled trials. J Orthop Surg Res. 2018;13(1):170. doi:10.1186/s13018-018-0871-5

†As shown in a placebo-controlled, randomized, controlled human research study (Vaidya 2025) and an observational study (Desai 2024). A prospective study (n=1,236) similarly demonstrated significant improvements in pain scores, along with quality of life measures (Desai 2022).