

Joint Supplements w/ Hyaluronic Acid, Benefits of

Drs. Foster & Smith Educational Staff

Sodium hyaluronate or [Hyaluronic acid](#) (HA), is an important component of joint fluid.

HA and chondroitin may protect the joint by increasing the viscosity of the joint fluid and reducing inflammation. This nonsulfated glycosaminoglycan (GAG) is made by cells in the cartilage and joint lining and designed to act as a lubricant. It has been found not only to increase the thickness of the joint fluid, therefore offering more cushioning for the joint, but HA also inhibits damaging enzymes as well as jump starting the body into manufacturing its own sodium hyaluronate. The importance of HA in the joint tissue and synovial fluid should not be understated.

This supplement can be given orally as well as administered directly into the joint through [injection](#). Studies have shown that supplementation of [hyaluronic acid](#) can achieve positive results in horses. It can be effective on horses with a larger amount of wear and tear on their joints due to competition and training as well as horses with osteoarthritis. Horse owners have come to rely on HA supplements for better joint health. It can be administered alone

or in combination with other nutraceuticals like [glucosamine](#) for the management of their horse's arthritis and joint conditions.