SUPPLEMENTS

Entry Question

1. Have you ever used herbs, mixtures, or other supplements that are taken by mouth specifically for your arthritis or joint symptoms? If you aren't sure, look ahead to the list below and then come back to this question.

☐ No Please turn to the **purple** section, **Rubs, Lotions, Liniments, Creams and Oils**, on **page 9** to continue the booklet.

☐ Yes Please answer the questions below about supplements you may take by mouth.

II.	a. Have you **EVER** used this supplement for your arthritis or joint symptoms?	b. Are you **CURRENTLY** using this supplement for your arthritis or joint symptoms? If yes, for how long?	c. Do you plan to **CONTINUE** to use this supplement for your arthritis or joint symptoms?
Devil's claw	☐ No ☐ Yes	☐No ☐ Yes ______ (number of months)	☐ No ☐ Yes
Eucalyptus	☐ No ☐ Yes	☐ No ☐ Yes ______ (number of months)	☐ No ☐ Yes
Fish oil and/or omega-3 fatty acids	☐ No ☐ Yes	☐ No ☐ Yes ______ (number of months)	☐ No ☐ Yes
Flaxseed oil	☐ No ☐Yes	☐No ☐ Yes ______ (number of months)	☐ No ☐ Yes
Garlic	☐ No ☐ Yes	☐ No ☐ Yes ______ (number of months)	☐ No ☐ Yes
Gelatin or Certo in grape juice	☐ No ☐ Yes	☐No ☐ Yes ______ (number of months)	☐ No ☐ Yes
Ginger	☐ No ☐ Yes	☐ No ☐ Yes ______ (number of months)	☐ No ☐ Yes
Glucosamine	☐ No ☐ Yes	☐ No ☐ Yes ______ (number of months)	☐ No ☐ Yes