

SUPPLEMENTS

4a. Are you **currently** using 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
 Yes (if yes, specify below)

4b. If yes, what herbs, mixtures, or other supplements that are taken by mouth are you currently using **specifically for your arthritis or joint symptoms?**

- 1. Aloe Vera or Aloe Vera juice
- 2. Apple cider vinegar, cranberry juice and honey (or vinegar) or any other similar special drink mixture
- 3. Borage oil, black current oil or evening primrose oil
- 4. Boron
- 5. Boswellia, guggel
- 6. Bovine cartilage
- 7. Bromelain
- 8. Cat's claw
- 9. Cayenne
- 10. Chondroitin
- 11. Cod liver oil
- 12. Copper
- 13. Devil's claw
- 14. Eucalyptus
- 15. Fish oil and/or omega-3 fatty acids
- 16. Flaxseed oil
- 17. Garlic
- 18. Gelatin or Certo in grape juice
- 19. Ginger
- 20. Glucosamine