

**Please Take One!**



## **SUPPLEMENT OF THE MONTH: Hyaluronan**

---

### **What is Hyaluronan and where is it found?**

Hyaluronan (hyaluronic acid) is a substance found naturally in the body in cartilage, synovial fluid, the skin and in the eye. It is mainly taken to alleviate joint disorders, such as osteoarthritis, since it acts as a cushion and a lubricant. It can be taken orally or injected into the joints directly, as well as used topically.

### **What are the benefits?**

Orally, hyaluronan is used to treat osteoarthritis and joint pain and stiffness. Injections of hyaluronan directly into the joints have been shown to supplement the natural synovial fluid in the joint, which helps relieve pain and inflammation. It is also an adjunct during cataract surgery and a treatment to oral mouth sores. Hyaluronan is also used as a lip filler in plastic surgery. Topically, hyaluronan can be used for aging skin and is found in products such as Juvederm. It may also be used for wound healing, burns, skin ulcers and may affect the way the body responds to injury.

### **Are there interactions with food or medications?**

None known.

### **Are there side effects?**

After an injection, Hyaluronan may cause swelling in the joint and redness or soreness at the injection site. Rarely, it can cause an allergic reaction. Women who are pregnant or nursing should consult a physician before taking hyaluronan.