### 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