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Recently highlighted nutraceuticals for preventive management of osteoarthritis

Ravalli S *et al.* Nutraceuticals for preventive management of osteoarthritis

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Abstract

Osteoarthritis (OA) is a chronic degenerative disease of articular cartilage with limited options of treatment. This reality encourages clinicians to suggest preventive measures to delay and contain the outbreak of the pathological conditions. Articular cartilage and synovium suffering from OA, are characterised by an inflammatory state and by significant oxidative stress phenomenon, responsible for pain, swelling and loss of mobility in the advanced stages. This review will focus on olive oil for its ability to exert positive effects on the entire joint, reducing pro-inflammatory cytokines release and increasing lubricin synthesis. olive leaf extract, since it maintains lubrication by stimulating the synthesis of

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