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COMPASS

GREEN LIPPED MUSSEL

100% natural

**R3.30 per capsule
(Capsules sold individually)**

For humans, dogs & cats

Excellent treatment for
joint pain, arthritis & helps
with dull coats (especially in cats).



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Now presents Compass Green Lipped Mussel capsules

Green-Lipped Mussel Supplements: All You Need to Know

Named for its green edges, the green-lipped mussel — also known as the New Zealand mussel — is a shellfish native to New Zealand. It has been claimed to have medicinal properties and thus become popular as a supplement. The mussel contains several anti-inflammatory compounds claimed to treat inflammatory conditions, including asthma and arthritis. This article explains everything you need to know about green-lipped mussel supplements, including their potential benefits, forms, and safety.

Green-lipped mussels are packed with nutrients

Interest in the mussel's potential health benefits began in the early 1970s and stemmed from the observation that Māori people had a lower incidence of arthritis than people who lived inland. It was later determined that the mussels were a rich source of anti-inflammatory omega-3 fatty acids, especially eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Furthermore, researchers have identified other types of fatty acids from the mussels. They may also possess anti-inflammatory effects by inhibiting enzymes and proteins that produce inflammation and pain. Similarly, green lipped-mussels contain chondroitin sulphate, a component of connective tissues like joints and bones that may reduce inflammation in the same way. In addition to these anti-inflammatory nutrients, the mussels are a good source of zinc and an excellent source of iron, selenium, and several B-vitamins.

Safety and side effects

As green-lipped mussels are a type of shellfish, you should avoid these supplements if you have a shellfish allergy or intolerance. You should also avoid the supplements if you're pregnant or lactating due to a lack of safety information. Outside of these populations, some adverse side effects have been noted with green-lipped mussel supplements. For example, early studies reported liver inflammation associated with a brand of supplements that contained toxins produced by the mussel. Other reported adverse effects linked with green-lipped mussel supplements include fluid retention, nausea, and upset stomach. That said, more recent studies have failed to find serious adverse side effects associated with supplements containing the mussel.

Finally, green-lipped mussel supplements may negatively interact with or enhance the side effects of certain medications, such as blood thinners and anti-inflammatory medications like nonsteroidal anti-inflammatory drugs (NSAIDs). Keep these things in mind before trying a green-lipped mussel supplement, or talk with your doctor if you're unsure whether this supplement is safe for you.

