



glucosamine reduces all cause mortality

Yes — observational studies have found that glucosamine use is associated with lower all-cause mortality, but this is not proof of causation. In a large cohort study, regular glucosamine use was linked to an adjusted hazard ratio of 0.85 for all-cause mortality, and an earlier U.S. study found a similar association with current use of glucosamine, with or without chondroitin.^{[1] [2]}

What the data show

The strongest evidence comes from epidemiology, not randomized trials. The 2020 BMJ cohort study reported lower mortality from all causes, cardiovascular disease, respiratory disease, digestive disease, and cancer among regular glucosamine users. An earlier analysis also found reduced total mortality, with current glucosamine use associated with an adjusted HR of 0.82.^{[2] [1]}

How to interpret it

These findings could reflect a true biological effect, but they could also be influenced by healthy-user bias, residual confounding, or differences in baseline health behavior among supplement users. The authors themselves note that prospective studies are still needed to confirm the link.^{[3] [2]}

Practical take

If you are asking whether glucosamine has credible longevity signals: yes, there is a reproducible association with lower mortality in population studies. If you are asking whether it has been proven to reduce mortality as an intervention, the answer is no — not yet.^{[1] [2] [3]}

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1. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3557824/>
2. <https://pubmed.ncbi.nlm.nih.gov/32253185/>
3. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8366581/>
4. <https://www.foundmyfitness.com/stories/k02w4f/glucosamine-reduces-risk-of-premature-death-from-all-causes-and-cardiovascular-diseases>
5. <https://ard.bmj.com/content/79/6/829>
6. <https://www.fightaging.org/archives/2020/07/glucosamine-supplementation-correlates-with-lower-all-cause-mortality/>
7. <https://glucosagreen.com/2022/04/21/can-regular-glucosamine-use-lower-mortality/>
8. <https://lifespan.io/topic/glucosamine-benefits-side-effects/>

9. <https://wvutoday.wvu.edu/stories/2020/12/01/gluocosamine-may-reduce-overall-death-rates-as-effectively-as-regular-exercise-says-wvu-study>
10. <https://www.vitafoodsinsights.com/bone-joint-health/gluocosamine-chondroitin-may-reduce-overall-mortality>