

blood count, and hemoglobin), urinalyses, and on cardiovascular parameters (pressure and pulse rate) (Monauni *et al.* 2000; Pouwels *et al.* 2001). Interestingly, GlcN exerts an inhibitory effect on platelets *in vivo* by suppressing thromboxane A₂ production, ATP release and platelet aggregation, so it is considered as safe anti-platelet agent (Lu-Suguro *et al.* 2005).

Nevertheless, the reported adverse effects of GlcN are generally uncommon and minor, such as nausea, vomiting, headache, dyspepsia and skin allergies (Delafuente 2000). However, it should be taken into consideration that GlcN is made from the shells of crab, lobster, and shrimp. Thus, it should be avoided in people with shellfish allergies since it can develop facial and throat swelling (Dahmer and Schiller 2008; Matheu *et al.* 1999).