

## Dr. Rashidi Nutritional Support Recommendations II

### ARTHRITIS

#### **WELLNESS ESSENTIALS JOINT FOCUS:**

Convenient packets for AM/PM use. 2 packets per day will include Kaprex... 2 tablets/day, Glucosamine...3 tablets/day and EPA/DHA 720...2 tablets/day

**KAPREX:** For pain and inflammation, use 1-2 tablets twice daily

**CHONDRO CARE:** Provides glucosamine sulfate, chondroitin sulfate to diminish arthritis symptoms when used consistently. Be patient, may need 3-4 months to notice benefit in more severe cases. Use 6 tabs/day.

**CALAPATITE:** To restore bone calcium, and prevent calcium withdrawal from the bones, which occurs when blood levels are low, and contributes to aching bones, so often seen in women after 40, as menopause accelerates calcium loss from the bones. 1000-1500 mg/day

**ULTRAPOTENT C:** Necessary for the repair and maintenance of all joint tissues. Start at 500 mg twice daily, may increase to 2 tablets three times daily.

**EPA/DHA 720:** Essential omega 3 fatty acids from cold water fish provide anti-inflammatory benefit, reducing joint pain and stiffness, and improves flexibility. Start with 1 twice daily with a meal, can be increased to 2 twice daily with a meal. Repeating effect is avoided if capsules are kept refrigerated.

**COLLAGENICS:** MSM and more provides important building blocks needed for all joint tissue, studies show also acts as pain reliever at higher doses. Start at 2 tablets once daily, increase as needed to 2 tablets 3 times/day.