

## **Dr. Rashidi Nutritional Support Recommendations II**

### **BACK AND JOINT PAIN**

#### **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.