

JOINT AND MUSCULOSKELETAL | SUPPORT PROTOCOL[†]

[Developed by Martin P. Gallagher, M.D., D.C.]^{††}

Protocol Objectives:

This protocol provides supplemental recommendations and dosing guidelines to support the health of joints, tendons, ligaments, soft tissues and musculoskeletal structure.[†]

Clinical Objective	Select from the Following Recommendations**	Dosing
Daily Bone Health[†] <ul style="list-style-type: none"> To help maintain healthy bone structure[†] 	K2-D3 With Astaxanthin Cal-6+Mg.[™]	1 tablet daily with food 3 tablets daily with food
Advanced Bone Support[†] <ul style="list-style-type: none"> To support positive bone metabolism and bone formation[†] 	Bone CoFactors	3 capsules twice daily with food
Daily Joint Support[†] <ul style="list-style-type: none"> To help maintain healthy joint and muscle structure[†] 	Glucosamine + MSM Forte[™] or Glucosamine Plus[™] Extra Strength	1-3 capsules daily 1-2 tablets daily
Cartilage Health[†] <ul style="list-style-type: none"> To help maintain healthy cartilage[†] To promote joint comfort and function[†] To help provide fluid and cushion around joints[†] 	Move Active[™] Once Daily Joint Support[†] Hyaluronic Acid Vegetarian Source QÜELL Fish Oil[®] Ultra EPA	1 capsule daily without food 1-2 tablets daily 2 softgels daily with food
Joint Comfort[†] <ul style="list-style-type: none"> To promote daily joint comfort, mobility, resilience and protection[†] 	Joint, Tendon, Ligament I Optimized Curcumin With Neurophenol[™] QÜELL Fish Oil[®] Ultra EPA	3 capsules daily 2 capsules daily 2-4 softgels daily with food
Support during use of Regenerative Joint Therapy (Prolotherapy/PRP, etc.)[†] <ul style="list-style-type: none"> To support new tissue growth, stem cell function and cellular proliferation[†] 	Joint, Tendon, Ligament I Joint, Tendon, Ligament II	3 capsules daily 3 capsules daily with food
Systemic Enzyme Therapy <ul style="list-style-type: none"> To maintain healthy joints, mobility and flexibility[†] To provide temporary relief from everyday aches, pains and muscle soreness[†] To help speed recovery following exertion[†] 	Wobenzym[®] N, Wobenzym[®] PS or Wobenzym[®] Plus	N: 3 tablets twice daily without food PS: 3 tablets twice daily without food Plus: 2 tablets twice daily without food Take on EMPTY STOMACH (45 minutes before a meal or 2 hours after a meal)

Where multiple supplements are suggested, please note that the patient may not require all of them.**

^{††}Dr. Gallagher has been retained as a medical consultant in advising Douglas Laboratories. He is compensated for this service.

This information is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

Available for download at www.douglaslabs.com/joint_bonesupportprotocol

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[†]THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.