

# MUSCULOSKELETAL

Developed with Dr. Jacob Teitelbaum\*

## Protocol Objective:

To support musculoskeletal comfort.‡

| CLINICAL OBJECTIVE‡              | ASSESSMENT   | PRODUCT RECOMMENDATIONS*                                 | DOSING                   |
|----------------------------------|--|--|--------------------------|
| Support healthy joint structure  | Normal wear and tear of the joints                 | <b>Glucosamine Plus™ Extra Strength</b><br>Formula: GSXV | 1 capsule, 3 times daily |
| Support joint comfort            | Daily joint comfort, mobility, resilience          | <b>Boswellia-Turmeric Complex</b><br>Formula: INF        | 2 tablets daily          |
| Support healthy nerve function   | Nervous system assessment and blood glucose levels | <b>Ultra Benfotiamine</b><br>Formula: 201815             | 1 capsule, twice daily   |
|                                  |  | <b>Alpha-Lipoic Acid</b><br>Formula: LPA                 | 3-6 tablets, twice daily |
| Support muscle mass and strength | Muscle tissue growth and lean muscle mass          | <b>Muscle Protect™ with HMB</b><br>Formula: 57737P       | 1-2 scoops daily         |

Available for download at: [douglaslabs.com/protocols](https://douglaslabs.com/protocols)

\*Please note that patients may not require all supplements listed.

+Dr. Jacob Teitelbaum was a retained advisor for Douglas Laboratories.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.