

JOINT AND MUSCULOSKELETAL

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Protocol Objective:

This protocol will provide 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 To help maintain healthy bone structure	K₂-D₃ With Astaxanthin Formula: 202114	2 tablets daily with food
Advanced Bone Support To support positive bone metabolism and formulation	Bone CoFactors Formula: 201940	6 capsules daily
Daily Joint Support To help maintain healthy joint and muscle structure	Wobenzym® PS Formula: 200870 OR Wobenzym® Plus Formula: 201910 OR Wobenzym® N Formula: 201213	2 or 3 tablets twice daily without food
	Glucosamine Plus™ Extra Strength Formula: GSXV	1-3 capsules daily
Joint Comfort To promote daily joint comfort, mobility, resilience and protection	Boswellia-Turmeric Complex Formula: INF	2 tablets daily
	Wobenzym® PS Formula: 200870 OR Wobenzym® Plus Formula: 201910 OR Wobenzym® N Formula: 201213	2 or 3 tablets twice daily without food
Support for muscle mass and strength To support new muscle tissue growth To help preserve lean muscle mass	Muscle Protect™ with HMB Formula: 57737P	1-2 scoops daily
	Vitamin D 1,000 IU Formula: 83007	1-2 tablets daily with food

Available for download at: douglaslabs.com/protocols

*Dr. Martin Gallagher is a retained advisor to Douglas Laboratories.

‡Please note that patients may not require all supplements listed.

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