

JOINT AND MUSCULOSKELETAL | SUPPORT PROTOCOL[‡]

[Developed by Martin P. Gallagher, M.D., D.C.]⁺

Protocol Objectives:

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[‡] <ul style="list-style-type: none"> To help maintain healthy bone structure[‡] 	K2-D3 With Astaxanthin Cal-6+Mg.[™]	1 tablet daily 3 tablets daily
Advanced Bone Support[‡] <ul style="list-style-type: none"> To support positive bone metabolism and formation[‡] 	Ultra Osteo-Guard[®] with Bonolive[®] or Bone CoFactors	2 tablets twice daily 6 capsules daily
Daily Joint Support[‡] <ul style="list-style-type: none"> To help maintain healthy joint and muscle structure[‡] 	Wobenzym[®] N, Wobenzym[®] PS, or Wobenzym[®] Plus Glucosamine + MSM Forte[™] or Glucosamine Plus[™] Extra Strength	2 or 3 tablets twice daily without food 1-3 capsules daily 1-3 capsules daily
Joint Comfort[‡] <ul style="list-style-type: none"> To promote daily joint comfort, mobility, resilience and protection[‡] 	Joint, Tendon, Ligament I Boswellia-Turmeric Complex QÜELL[®] Fish Oil Ultra EPA Wobenzym[®] N, Wobenzym[®] PS, or Wobenzym[®] Plus	3 capsules daily 2 tablets daily 2-4 softgels daily 2 or 3 tablets twice daily without food
Support for muscle mass and strength[‡] <ul style="list-style-type: none"> To support new muscle tissue growth[‡] To help preserve lean muscle mass[‡] 	Muscle Protect[™] with HMB[®]	1-2 scoops daily

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

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

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

Available for download at www.douglaslabs.com/joint_bonesupportprotocol