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Joint Health

Recommended supplements for overall joint health:

1. **Ginger 550mg** – 3 times daily with food
2. **Niacin (no flush/flush free) 500mg** – 3 times daily with food (for pain)
3. **Sam-E 400mg-800mg** - 30 minutes prior to meals (may gradually work up to 1600mg over 2 weeks if needed in divided doses over 800mg)
4. **Boswellia 800mg** – everyday with food
5. **Glucosamine and Chondroitin (about 200mg/2400mg)** – per day with food.
***Do not take if seafood allergy.*
6. **MSM 100mg** – per day with food
7. **Feverfew 380mg** – 1-3 per day (until pain lessens) with food
8. **Stinging Nettle Root 300mg-500mg** – per day with food
9. **EGCG (from green tea) 500mg** – per day with food
10. **Bromelain 500mg** – per day with food
11. **Collagen 1000mg** – per day with food
12. **Omega 3 Fish Oil 400mg** - per day with food (may take frozen if stomach upset occurs)
13. **Hyaluronic Acid 50-200mg** - per day with food in divided doses