

CLINICAL PROTOCOLS

RHEUMATOID ARTHRITIS

A Suggested Nutritional Protocol for Rheumatoid Arthritis Support

Wobenzym® N

A sophisticated combination of the enzymes bromelain, papain, natural pancreatic enzymes trypsin and chymotrypsin, as well as the antioxidant flavonoid rutin have been clinically studied to promote healthy joints and muscles by balancing inflammation.

Suggested usage: *Three to four tablets, three times daily, 45 minutes before a meal or 1.5hrs after.*

OR

Vo-Vezyme™

A synergistic blend of several proteolytic enzymes designed to support the body's normal inflammatory and healthy processes. Suitable for vegetarians.

Suggested usage: *One tablet, three times daily, on an empty stomach. Either 30 minutes before a meal or 2 hours after.*

EPA/DHA Liquid (Pure Encapsulations)

An ultra-pure, molecularly distilled fish oil concentrate; provides 4600mg of fish oil per serving. The consumption of omega-3 fatty acids from fish has been associated with numerous benefits, including support for joint health.

Suggested usage: *1 or more teaspoon per day, with or between meals.*

Arth-Support Formula™

A comprehensive multivitamin mineral base with additional ingredients targeted specifically for arthritis, including shark cartilage powder and glucosamine sulfate.

Suggested usage: *Two tablets twice daily with meals.*

RheumaShield™

RheumaShield contains 10mg of native, undenatured type II collagen (UCII) from chicken sternum cartilage. Studies have shown that oral administration of native, undenatured, type II collagen significantly improves rheumatoid arthritis.

Suggested usage: *One capsule before bedtime (based on the work of Dr. Trentham from Harvard University).*

Ligament Restore (Pure Encapsulations)

Ligament Restore combines ingredients found naturally in tendons, ligaments and joints to help strengthen and support the maintenance and natural repair processes of healthy connective tissue

Suggested usage: *4 capsules per day, in divided doses, with 8–10 oz water, with meals.*

