

## Pharmaceutical Grade Supplements

### Fish Oil:

- Helps maintain EPA and DHA levels
- Assists in preventing heart disease
- Combats depression and anxiety
- Proven beneficial in treatment of Osteoarthritis

*\*Please note: Nordic Natural Pro Omega is highly concentrated therefore only one teaspoon per day is needed*

### Products we offer:

#### ***Nordic Natural Pro Omega***

- Lemon Flavor
- \$71.95/ 8 oz.

#### ***Quell Fish Oil Ultra EPA***

- \$37/ take one capsule twice a day
- Good substitute for patients not tolerating liquid fish oil, or who travel frequently

### Cosamin DS (Glucosamine/ Chondroitin)

- Helps treat arthritis
- Prevents cartilage degeneration
- Supports the structure and function of joints
- Assists with pain from osteoarthritis
- Combats degenerative disc disease

### Products we recommend:

- Nutramax Laboratories, Cosamin DS Exclusive Formula  
*Available at Costco and other Retail Outlets*
- Initial 1 to 2 months: Take 3 capsules daily
- 3+ months: Take 1 capsule twice a day
- \$61.99/230 soft gel capsules

### Optimized Curcumin

- Dietary Supplement for healthy aging cognitive function and memory support

### Products we offer:

- Optimized Curcumin with Neurophenol
- \$45/60 Capsules
- Take 1 capsule twice a day

### Vitamin D

- Promotes calcium absorption
- Maintains calcium
- Needed for bone growth and remodeling
- Helps to reduce inflammation
- Assists in maintaining muscle mass and balance
- Elevates mood and energy

### Products we offer:

- Vitamin D 5000 IU 100 tablets
- Made in the USA
- Take once daily with food
- \$11.60/100 Tablets