

Provider's Name: \_\_\_\_\_

Pin#: NDS-10376

## Protocol for Back and Neck Pain

Back and neck pain can be caused by many factors and can be acute or chronic. This protocol addresses mild to moderate back and neck pain, acute or chronic, caused by general inflammation.

The following nutrients are recommended for back and neck pain:

- **Magnesium Glycinate (100 mg)** – Klaire Labs (KLA-V827-10)/100 Veg Caps  
*Dosage: To bowel tolerance*  
Start with one capsule twice per day (or if using liquid, one serving twice per day), and increase dosage by one capsule per day, until magnesium causes a laxative effect. Subtract one capsule to determine your individual daily dosage. If you do not want to take Magnesium tablets, then consider, Liquid Magnesium.  
**Liquid Magnesium (400 mg)** – Trace Minerals Research (TRM-IOM01)/2 Fl. Oz.  
Adequate magnesium is necessary for proper muscle functioning. Magnesium deficiency promotes excessive muscle tension. \*1
- **Vitamin D3 (2,000 IU)** - Metabolic Maintenance (MMP-00664)/120 Caps  
*Dosage: One capsule daily*  
New research on vitamin D has revealed that it has an anti-inflammatory effect and that a high percentage of Americans are deficient in this key nutrient. \*2
- **Super Omega-3 Gems Fish Oil Concentrate (1000 mg)** – Carlson (CAL-1522)/250 Softgels  
*Dosage: Two capsules twice daily*  
Omega-3 fatty acids are shown to decrease inflammation, supporting cardiovascular and joint health. Omega-3 fatty acids are deficient in the majority of Americans' diets. \*3
- **Ultra Inf-Zyme Forte-** American Biologics (AMB-10218)/180 Tabs  
*Dosage: Three tablets up to three times daily on an empty stomach*  
This proteolytic formula lowers overall inflammation. These enzymes are not used to digest food, but instead are taken away from meals, to help break down inflammatory proteins in the blood.

\*1 Potential drug interactions with Magnesium: Magnesium inhibits calcium entry into smooth muscle cells and may therefore have additive effects with calcium channel blockers.

\*3 Potential drug interactions with fish oil: Monitor patients taking fish oils and drugs that affect bleeding.

\*2 Potential drug interactions with vitamin D3: Calcipotriene is a Vitamin D analog used topically for psoriasis, and supplementing with vitamin D could cause hypercalcemia. Thiazide diuretics decrease urinary calcium excretion, which could lead to hypercalcemia if supplements are taken concurrently.

*We have some items available for purchase in the office; if ordering online a shipping fee will apply.*

**Supplements are offered to our patients with the understanding that they are part of an uncovered treatment plan. All supplements will be sold to the individual patient; we will not submit to any insurance.**