

Provider's Name: _____

Pin#: NDS-10376

Protocol for Osteoarthritis

Osteoarthritis (OA) is a chronic disease of the joints (especially the weight bearing joints) that develops when the linings of joints degenerate, leading to pain and decreased mobility and function.

The following nutrients are recommended for osteoarthritis:

- **Super Omega-3 Gems Fish Oil Concentrate (1,000 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. *1
- **Vitamin D3 (2,000 IU)**- Metabolic Maintenance (MMP-00664)/120 Caps
Dosage: One capsule daily
New research in 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
- **ArthroSoothe**- Designs for Health (DFH-ARS120)/120 Caps
Dosage: Two capsules twice daily
One month supply. *3
Key Ingredients: Glucosamine Sulfate, MSM, Boswellia, Green Lipped Mussel, Turmeric
- **Curcumin (Turmeric) Phytosome**- Doctor's Best (DBS-00225)/60 Veg. Caps
Dosage: Two capsules daily, up to two caps BID
Curcumin is a natural anti-inflammatory, provides pain relief, and supports cognitive function.

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

*2 Potential drug interactions with Vitamin D3: Calcipotrience 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 vitamin D supplements are taken concurrently.

*3 For ArthroSoothe:

Potential drug interactions with Glucosamine: Patients taking warfarin should be advised to avoid or use glucosamine cautiously, as it may have a minor anticoagulant effect.
Shellfish allergies: People with shellfish allergies should not take any products with glucosamine.

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.