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<td><strong>MSM (OptiMSM®)</strong>&lt;br&gt;77589 – 90 tablets&lt;br&gt;77580 – 180 tablets</td>
<td>Take 1 – 3 tablets daily.&lt;br&gt;Each tablet contains:&lt;br&gt;1000 mg</td>
<td>• MSM is biologically active sulfur, which is necessary for the formation of muscle tissue, connective tissue, and support structure inside the bones<em>¹&lt;br&gt;• In a 12-week clinical trial, 50% of participants experienced significant improvement in joint and physical function</em>²&lt;br&gt;Note: Sulfur is not the same as Sulfa, an antibiotic class of drugs</td>
<td>1. Jacob SW, et al. The Miracle of MSM: The Natural Solution for Pain. New York, NY: GP Putnam’s Sons; 1999:18.&lt;br&gt;2. Kim LS, et al. Efficacy of methylsulfonylmethane (MSM) in osteoarthritis pain of the knee: a pilot clinical trial. Osteoarthritis Cartilage, 2006;14(3):286-94.</td>
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## ADDITIONAL CONSIDERATIONS

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| **Joint Gel®**  
266015 – 2 oz. roll-on  
266016 – (9) 2 oz. roll-on  
1-Menthol  1.25%  
**Roll on to affected area not more than 3 to 4 times daily. For best results, massage into skin until absorbed.**  
**Over-the-Counter (OTC) Topical Analgesia**  
**For the temporary relief of minor aches and pains of muscles and joints associated with arthritis, simple backache, sprains and strains.**  
| **AlzCLEAR™**  
05916 – 60 UltraCaps™  
Turmeric (Curcuma longa) (90% curcuminoids)  
**Take 2 UltraCaps daily, between meals.**  
**Two UltraCaps contain:**  
1.2 g  
**Additional Support**  
**Product & Ingredient** | **Dosage** | **Features** | **Reference**
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**Saventaro®** cats claw | Take 1 capsule three times daily for the first 10 days, and 1 capsule daily thereafter. | - In a clinical study, improved joint health by 53.2% vs. 24.1% in placebo group*<sup>1</sup>  
- Supports joint health by modifying the immune system*<sup>2,3</sup>  
- Supports the body’s ability to regulate immune function and provide the right level of immune-boosting activity for optimal health*<sup>2,3</sup> | 1. Mur E, et al. *Randomized double blind trial of an extract from the pentacyclic alkaloid-chemotype of Uncaria tomentosa for the treatment of rheumatoid arthritis*. J Rheumatol. 2002;29:678-81.†  

79853 – 30 capsules  
79859 – 90 capsules

Cat’s Claw (pentacyclic chemotype) (1.3% pentacyclic oxindole alkaloids (POAs))  
Free from harmful levels of tetracyclic oxindole alkaloids (TOAs), which can negate effects of product

*Saventaro® is a registered trademark of Immodal Pharmaka Gesellschaft M.B.H.

**Eskimo-3®** fish oil | Take up to 5 g daily with meals in the form of:  
- 3 original softgels (1.5 g) 3 times daily  
- 1 teaspoon liquid (5 mL)  
- 5 PurEFA softgels (5 g) | - EPA/DHA are precursors to the body’s natural anti-inflammatory components<sup>1</sup>  
- Clinically shown to improve function by at least 20% in 20% of participants<sup>1</sup>  

72190 – 105 ml  
72297 – 105 softgels

Eskimo® PurEFA™ 1000mg fish oil | Each daily serving contains 1.5 – 5 g fish oil and provides:  
- 210-900 mg EPA  
- 125-580 mg DHA |  |  

72622 - 150 softgels

Omega-3 Fatty Acids  
14-18% EPA**  
8.3-11.7% DHA**  
Pharmaceutical grade  
High purity  
Naturally stable  
**EPA=eicosapentaenoic acid  
**DHA=docosahexaenoic acid

*Eskimo-3® is a registered trademark of Cardinova Aktiebolag.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
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| MSM (OptiMSM<sup>®</sup>) | Take 1 – 3 tablets daily. Each tablet contains: 1,000 mg | Joint & Connective Tissue Support*  
- MSM is biologically active sulfur, which is necessary for the formation of muscle tissue, connective tissue, and support structure inside the bones*  
| 77589 – 90 tablets  
77580 – 180 tablets | | | |
| Methylsulfonylmethane (MSM) | | | |
| OptiMSM<sup>®</sup> is a registered trademark of Cardinal Nutrition. | | | |
| ADDITIONAL CONSIDERATIONS | | | |
| Joint Gel® | Roll on to affected area not more than 3 to 4 times daily. For best results, massage into skin until absorbed. | Over-the-Counter (OTC) Topical Analgesia  
| 266015 – 2 oz. roll-on  
266016 – (9) 2 oz. roll-on | 1-Menthol 1.25% | | |
| | | | |

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### Protocols

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| **Eskimo-3® fish oil** | 72190 – 105 ml 72297 – 105 softgels | Take up to 5 g daily with meals in the form of:  
- 3 original softgels (1.5 g) 3 times daily  
- 1 teaspoon liquid (5 mL)  
- 5 PurEFA softgels (5 g) | *Helps support the body’s anti-inflammatory response*[^1,2]  
*Omega-3 fatty acids favorably affect chondrocyte gene transcription, which in turn enhances cellular repair capabilities.*[^3] |
| **Eskimo® PurEFA™ 1000mg fish oil** 72622 - 150 softgels | Omega-3 Fatty Acids  
- 14-18% EPA**  
- 8.3-11.7% DHA**  
  | Pharmaceutical grade  
  | High purity  
  | Naturally stable  
  | **EPA= eicosapentaenoic acid**  
  | **DHA= docosahexaenoic acid** | |
| **Lyprinol® 266007 – 60 softgels** | Stabilized Green-Lipped Mussel Extract (from *Perna canaliculus*) | Take 2 softgels twice daily for 3-6 weeks; then 1 to 2 softgels per day. Two softgels provide: 200 mg | *In clinical study, more than 70-76% of participants experienced significant joint health support*[^4]  
*Effectively inhibits 5’-lipoxygenase (LOX) and cyclooxygenase (COX) pathways in the body*[^2,3] |
† |


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<td><strong>Bio-Zyme®</strong> systemic enzymes  &lt;br&gt; 74251 – 100 tablets  &lt;br&gt; 74250 – 200 tablets  &lt;br&gt; Blend of:  &lt;br&gt; Pancreatic Enzymes 10X(full strength, undiluted)  &lt;br&gt; Protease 81,250 USP  &lt;br&gt; Amylase 81,250 USP  &lt;br&gt; Lipase 6,500 USP  &lt;br&gt; Trypsin  &lt;br&gt; Papain  &lt;br&gt; Bromelain  &lt;br&gt; Amylase  &lt;br&gt; Lipase  &lt;br&gt; Lysozyme  &lt;br&gt; Chymotrypsin</td>
<td>Take 2 tablets on an empty stomach 3 times daily.  &lt;br&gt; Two tablets contain: 325 mg  &lt;br&gt; 75 mg  &lt;br&gt; 50 mg  &lt;br&gt; 50 mg  &lt;br&gt; 10 mg  &lt;br&gt; 10 mg  &lt;br&gt; 10 mg  &lt;br&gt; 2 mg</td>
<td>Supports the body’s natural anti-inflammatory response*1,2</td>
<td>1. Chintalacharuvu SR, et al. Treatment of collagen induced arthritis by proteolytic enzymes: immunomodulatory and disease modifying effects. J Rheumatol. 2001 Sep;28(9):2049-59.  &lt;br&gt; 2. Miller PC, et al. The effects of protease supplementation on skeletal muscle function and DOMS following downhill running. J Sports Sci. 2004 Apr;22(4):365-72.†</td>
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| **Bio-Zyme®** systemic enzymes  
74251 – 100 tablets  
74250 – 200 tablets | Take 2 tablets on an empty stomach 3 times daily.  
Two tablets contain:  
325 mg | • Attenuates muscle soreness due to occasional overuse by supporting the body's natural anti-inflammatory response*1,2  
75 mg  
50 mg  
50 mg  
10 mg  
10 mg  
| Blend of:  
Pancreatic Enzymes 10X (full strength, undiluted)  
Protease 81,250 USP  
Amylase 81,250 USP  
Lipase 6,500 USP  
Trypsin  
Papain  
Bromelain  
Amylase  
Lipase  
Lysozyme  
Chymotrypsin |  |  |  |
| **PSI Daytime**  
266003 – 60 UltraCaps™  
Turmeric (*Curcuma longa*) (95% curcumin)  
White Willow (*Salix alba*) (15% salicin) | Take 2 UltraCaps 2 times daily.  
Two UltraCaps contain:  
50 mg  
200 mg | • Turmeric helps support the body’s natural anti-inflammatory response*1  
• It inhibits interleukin-8 (IL-8) and tumor necrosis factor-α (TNF-α), two compounds that play an important role in the inflammatory response*2  
• White willow bark significantly reduces pain and relieves inflammation due to occasional overuse*3  
| **MSM (OptiMSM®)**  
77589 – 90 tablets  
77580 – 180 tablets  
Methylsulfonylmethane (MSM)  
OptiMSM® is a registered trademark of Cardinal Nutrition. | Take 1 – 3 tablets daily.  
Each tablet contains:  
1,000 mg | • MSM is biologically active sulfur, which is necessary for the formation of muscle tissue, connective tissue, and support structure inside the bones*1  
• Also helps reduce pain due to occasional overuse*1  
Note: Sulfur is not the same as Sulfa, an antibiotic class of drugs  
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