

# Musculoskeletal Health Protocol<sup>‡</sup>

DEVELOPED IN COLLABORATION WITH FELICE GERSH, M.D.\*



This protocol was developed with Felice Gersh, MD, an award-winning physician board-certified in Integrative Medicine, to help you deliver the most effective care for your patients. Included are recommendations for foundational health and targeted interventions to support bone health, joint comfort, muscle mass and more.<sup>‡</sup>

## FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle, consider the following foundational supplements to support overall health and well-being:<sup>‡</sup>

- [O.N.E.™ Multivitamin](#) (ONE1 / ONE6 / ONE3)
- [Probiotic G.I.](#) (PGI6)
- [Magnesium \(glycinate\)](#) (MG1 / MG3 / MG9)
- [EFA Essentials](#) (EFA1/ EFA6)

## FOCUSED SUPPORT

The products in this category support common clinical objectives related to musculoskeletal health.<sup>‡</sup>

Choose from the options listed below:

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT <sup>‡</sup>	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Bone Health	DEXA Scan	<b><a href="#">Calcium K/D</a></b> (Order Code: CKD1) Offers a high elemental level of calcium plus vitamins K <sub>1</sub> , K <sub>2</sub> and D <sub>3</sub>	2 capsules, 1-3 times daily, with meals
		<b><a href="#">Collagen JS</a></b> (Order Code: CJS6 / CJS1) Provides 1,000 mg of BioCell Collagen® in two capsules to support the composition, integrity and mobility of joints <sup>‡</sup>	2 capsules, 1-2 times daily, with meals and 8-10 oz water
Joint Comfort	Self-reported joint discomfort	<b><a href="#">Glucosamine Sulfate</a></b> (Order Code: GS16 / GS11 / GS13) Supports joint function, health and comfort and enables the synthesis of proteoglycans for cartilage strength and resilience <sup>‡</sup>	1 capsule, 1-2 times daily, with meals
		<b><a href="#">Joint Complex<sup>‡</sup></a></b> (Order Code: JC3 / JC6) Features UC-II® undenatured type-II collagen complex, hyaluronic acid and MSM to support joint health, flexibility and comfort <sup>‡</sup>	1 capsule daily, with a meal

<sup>‡</sup>This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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## FOCUSED SUPPORT (CONTINUED)

The products in this category support common clinical objectives related to musculoskeletal health.†

Choose from the options listed below:

CLINICAL OBJECTIVE†	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
<b>Muscle Mass and Function</b>	Anthropometric measurements, dietary intake and muscle strength assessments	Refer to our <a href="#">Age-Related Muscle Loss Protocol‡</a>	

## ADDITIONAL CONSIDERATIONS

The products in this category offer alternative or added support.†

Choose from the options listed below:

CLINICAL OBJECTIVE†	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
<b>Ligament Health</b>	Self-reported stiffness and occasional discomfort	<a href="#">Ligament Restore‡</a> (Order Code: LR2 / LR1) A blend of ingredients to maintain healthy tendons, ligaments and joints†	2 capsules, 2 times daily, with meals and 8-10 oz water
<b>Spinal Disc Integrity</b>	X-ray for disc height, Spinal range of motion	<a href="#">Disc-Flex</a> (Order Code: DIS1) A combination of ingredients that promote strength, flexibility and comfort of spinal discs†	2 capsules daily, with meals

Available for download at [PureEncapsulationsPro.com/Protocols](https://PureEncapsulationsPro.com/Protocols)

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†Dr. Gersh is a retained advisor for Pure Encapsulations.

\*All assessments may not be necessary. Testing should be used at the discretion of the healthcare provider.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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