Musculoskeletal Health Protocol*

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.

FOUNDATIONAL SUPPORT

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

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

FOCUSED SUPPORT

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
Bone Health	DEXA Scan		2 capsules, 1-3 times daily, with meals
Joint Comfort	Self-reported joint discomfort	Collagen JS (Order Code: CJS6 / CJS1) Provides 1,000 mg of BioCell Collagen® in two capsules to support the composition, integrity and mobility of joints¹	2 capsules, 1-2 times daily, with meals and 8-10 oz water
		Glucosamine Sulfate (Order Code: GS16 / GS11 / GS13) Supports joint function, health and comfort and enables the synthesis of proteoglycans for cartilage strength and resilience	1 capsule, 1-2 times daily, with meals
		Joint Complex [‡] (Order Code: JC3 / JC6) Features UC-II® undenatured type-II collagen complex, hyaluronic acid and MSM to support joint health, flexibility and comfort	1 capsule daily, with a meal



FOCUSED SUPPORT (CONTINUED)

The products in this category support common clinical objectives related to musculoskeletal health.[‡] Choose from the options listed below:

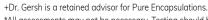
CLINICAL OBJECTIVE:	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Muscle Mass and Function	Anthropometric measurements, dietary intake and muscle strength assessments	Refer to ou Age-Related Muscle I	

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
Ligament Health	Self-reported stiffness and occasional discomfort	Ligament Restore [‡] (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
Spinal Disc Integrity	X-ray for disc height, Spinal range of motion	Disc-Flex (Order Code: DIS1) A combination of ingredients that promote strength, flexibility and comfort of spinal discs ¹	2 capsules daily, with meals

Available for download at PureEncapsulationsPro.com/Protocols



^{*}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.