

GUIDE TO **BONE & JOINT** SUPPORT FOR HEALTHY LIVING[†]



PUSH YOUR POTENTIAL.

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Our bones and joints play a critical role in our musculoskeletal system, a network that includes our muscles, ligaments, tendons and other connective tissue. It is well established that as a consequence of normal aging, we see many changes in the musculoskeletal system that can lead to decreased mobility and quality of life. Decreases in bone density, changes in cartilage and connective tissue, and altered muscle function can all occur as part of the normal aging process. Changes in muscle function are also observed as a part of normal aging. Fortunately, a healthful diet, exercise and proper supplementation can help us maintain healthy mobility and an active lifestyle well into our later years.†



CLINICAL ADVISOR

Martin P. Gallagher, M.D., D.C.†

Dr. Martin Gallagher has the rare distinction of being triple-licensed as a board-certified family physician, chiropractor and medical acupuncturist. He has extensive experience lecturing on integrative medicine and chiropractic care. Dr. Gallagher also co-developed the Douglas Laboratories Joint, Tendon, Ligament formulas to use for musculoskeletal support or in conjunction with regenerative therapies, such as prolotherapy, PRP, acupuncture and manipulation.

† Dr. Gallagher is a retained advisor to Douglas Laboratories.



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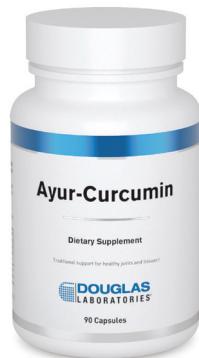
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PL Denotes private label-eligible formula

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

JOINT, MUSCLE, DISC

Ayur-Curcumin (PL)
(Turmeric)*Traditional support for healthy joints and tissues[‡]*An Ayurvedic Curcumin supplying 300 mg of turmeric in each capsule for support of healthy joint and tissue function.[‡]**SUGGESTED USAGE: 1 DAILY**Serving Size 1 Capsule
Servings Per Container 90

Amount Per Serving	
Turmeric (<i>Curcuma longa</i> , root, standardized to 95% curcumin)	300 mg

Other ingredients: Microcrystalline cellulose, gelatin (capsule), vegetable stearate and magnesium silicate

Formula	Size
7683	90 Capsules

Boswellia-Turmeric Complex (PL)
*Musculoskeletal and joint health[‡]*Boswellia-Turmeric Complex tablets contain a combination of three standardized botanical extracts: *Boswellia serrata*, turmeric root and devil's claw. This formula can help provide normal recovery support after exercise or activity of the joints and muscles.[‡]**SUGGESTED USAGE: 2 DAILY**

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	
<i>Boswellia serrata</i> (gum resin exudate, standardized to 70% boswellic acids)	750 mg
Turmeric Extract (rhizome, standardized to 95% total curcuminoids)	750 mg
Devil's Claw Extract (secondary roots, standardized to 5% total iridoid glycosides expressed as harpagoside)	100 mg

Other ingredients: Microcrystalline cellulose, ethylcellulose, coating (sodium alginate, purified stearic acid, ethylcellulose), vegetable stearate, stearic acid and silica

Formula	Size
INF	60 Tablets

Bromelain 500 mg (PL)
*Musculoskeletal health[‡]*Bromelain 500 mg supplies a high level of enzymatic activity per capsule. Bromelain is a proteolytic enzyme indicated for support of the musculoskeletal system.[‡]**SUGGESTED USAGE: 1-4 DAILY**Serving Size 1 Vegetarian Capsule
Servings Per Container 60

Amount Per Serving	
Bromelain (2,400 GDU/gram)(from pineapple stem)	500 mg

Other ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate

Formula	Size
202478	60 Vegetarian Capsules

Glucosamine + MSM Forte™ (PL)
*Joint health[‡]*Glucosamine + MSM Forte™ capsules contain 500 mg of pure glucosamine sulfate and 250 mg of methylsulfonylmethane (MSM). Ascorbic acid and bromelain are also included to provide additional aid in maintaining the health of aging joints.^{‡A}**SUGGESTED USAGE: 1 DAILY**

Serving Size 1 Capsule

Amount Per Serving	
Vitamin C (as ascorbic acid)	50 mg
Glucosamine Sulfate 2 KCl (from crab and shrimp)	500 mg
Methylsulfonylmethane (MSM)	250 mg
Grape Seed Extract (containing proanthocyanidins)	10 mg
Bromelain (<i>Ananas comosus</i> , stem)	10 mg

Other ingredients: Gelatin (capsule), microcrystalline cellulose, silica and vegetable stearate

OptiMSM® (distilled methylsulfonylmethane) is a proprietary ingredient exceeding industry standards for optimal purity. OptiMSM® is a registered trademark of Bergstrom Nutrition, Inc

Contains: Shellfish (crab, shrimp)

^AIndividual results may vary

Formula	Size
83909	120 Capsules 250 Capsules

Glucosamine Plus™

Joint health‡

Glucosamine Plus™ contains a combination of glucosamine sulfate and chondroitin sulfate. Glucosamine sulfate is a well-absorbed source of glucosamine, an important precursor for the synthesis and maintenance of connective tissues. Chondroitin sulfate also supports formation of connective tissues, primarily joint cartilage, and helps support existing cartilage.†^Δ

SUGGESTED USAGE: 1-3 DAILY

Serving Size 1 Vegetarian Capsule • Servings Per Container 120

Amount Per Serving	
Glucosamine Sulfate (from crab and shrimp)	250 mg
Chondroitin Sulfate	200 mg

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule), vegetable stearate and silica

Contains: Shellfish (crab, shrimp)

†Individual results may vary

Formula	Size
GCSP	120 Vegetarian Capsules

Hyaluronic Acid (PL)

Joint health‡

Hyaluronic acid (HA) is produced by keratinocytes and is a member of a large family of glycosaminoglycans, the main components of the extracellular matrix. It is abundant in tissues and fluids, with the highest concentrations in synovial fluid, vitreous humor and skin. HA helps to support joint health and provides supplemental support for skin health.‡

SUGGESTED USAGE: 1 CAPSULE, 1-2 TIMES DAILY

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	
Hyaluronic Acid (from sodium hyaluronate, low molecular weight)	70 mg

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule)

Formula	Size
202262	60 Vegetarian Capsules

Joint, Tendon, Ligament I

Support for joint mobility and ligaments‡

[Formulated by Martin P. Gallagher, M.D., D.C.]*

Joint, Tendon, Ligament I is formulated with specific ingredients to support joint function and the ligament structure. Cynatine® FLX is a solubilized keratin, a protein found naturally in the body with natural antioxidant activity clinically shown to support joint function and resilience. ApresFlex® is the next-generation *Boswellia serrata* extract providing enhanced-absorption AKBA for healthy joints. This formula can be combined with Joint, Tendon, Ligament II if indicated for optimal results.‡

SUGGESTED USAGE: 3 DAILY

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	
Manganese (as manganese amino acid chelate)	2 mg
Cynatine® FLX (soluble keratin)	500 mg
MSM (methylsulfonylmethane)	400 mg
L-Arginine	400 mg
L-Proline	250 mg
Glycine	250 mg
ApresFlex® <i>Boswellia serrata</i> Extract (gum, standardized to 20% 3-O-acetyl-11-keto-B-boswellic acid)	100 mg
Strawberry Fruit Extract (<i>Fragaria X ananassa</i> , standardized to 2% polyphenols)	25 mg
Spinach Leaf Extract (<i>Spinacia oleracea</i> , standardized to 1.5% polyphenols)	25 mg
Silicon (as silicon amino acid chelate)	15 mg
Enzogenol® Pine Bark Extract (<i>Pinus radiata</i> , standardized to 80% proanthocyanidins)	10 mg
Hyaluronic Acid (as sodium hyaluronate)	5 mg

Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate, microcrystalline cellulose and silica

Cynatine® FLX is a registered trademark of Roxlor, LLC.

ApresFlex® is a registered trademark of Laila Nutraceuticals exclusively licensed to PL Thomas - Laila Nutra LLC. U.S. Patent #8,551,496 and other patents pending.

Enzogenol® is a registered trademark of Enzo Nutraceuticals.

*Dr. Martin Gallagher is a retained advisor to Douglas Laboratories.

Formula	Size
201691	90 Vegetarian Capsules



Joint, Tendon, Ligament II

Support for healthy stem cell activity[‡]

[Formulated by Martin P. Gallagher, M.D., D.C.]*

Joint, Tendon, Ligament II is a unique formula designed to support healthy stem cell function and tissue health. Vitamin C plays a role in supporting the function of mesenchymal cells. Folate and vitamin B₁₂ are essential for cellular health. The combination of L-carnosine, vitamin D₃, green tea and blueberry have been studied for their ability to support stem cell activity. This formula can be combined with Joint, Tendon, Ligament I for optimal results.[‡]

SUGGESTED USAGE: 3 DAILY

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	
Vitamin C (as ascorbic acid)	1,000 mg
Vitamin D ₃ (as cholecalciferol)	25 mcg (1,000 IU)
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	500 mcg
L-Carnosine	250 mg
Green Tea Leaf Extract (<i>Camellia sinensis</i> , standardized to 98% polyphenols, 75% catechins, 45% EGCG, decaffeinated)	250 mg
Wild Blueberry Fruit Extract (<i>Vaccinium angustifolium</i> , standardized to 4% polyphenols)	250 mg
Pterostilbene (methylated resveratrol, pTeroPure®)	50 mg
Vitamin K ₂ (as menaquinone-7)	45 mcg

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, silica, and vegetable stearate

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

pTeroPure® is a trademark of ChromaDex, Inc.

*Dr. Martin Gallagher is a retained advisor to Douglas Laboratories.

Formula	Size
201690	90 Vegetarian Capsules

Muscle Protect™ with HMB (PL)

Supports lean muscle mass and muscle function[‡]

Muscle Protect™ with HMB provides a leucine-rich blend of essential amino acids combined with HMB®, vitamin D₃ and glutamine for muscle maintenance. Leucine, a branched-chain amino acid, has an anabolic role in muscle protein synthesis and may specifically benefit aging adults by preserving healthy muscle mass and function. β-Hydroxy-β-methylbutyrate (HMB) is a metabolite of leucine that supports lean muscle mass through two unique mechanisms: decreased muscle degradation and increased protein synthesis. Vitamin D and glutamine provide additional support for muscle health.[‡]



SUGGESTED USAGE: 1 SCOOP, 1-2 TIMES DAILY

Serving Size 1 Scoop (9.15 g) • Servings Per Container 30

Amount Per Serving	
Calories	20
Total Carbohydrate	<1 g
Vitamin D ₃ (as cholecalciferol)	12.5 mcg (500 IU)
Calcium	210 mg
L-Glutamine	2 g
myHMB® Calcium β-Hydroxy-β-methylbutyrate monohydrate (HMB)	1.5 g
Amino9™ Amino Blend	3.35 g
L-Leucine, L-Lysine, L-Threonine, L-Isoleucine, L-Valine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan	

Other ingredients: Natural orange flavor, natural vanilla and other natural flavors, citric acid, stevia leaf extract, monk fruit extract (*Siraitia grosvenorii*), turmeric (for color)

Amino9™ is a registered trademark of Compound Solutions Inc.

myHMB® Nutritional uses of Calcium β-Hydroxy-β-Methylbutyrate Monohydrate (HMB) and Vitamin D are licensed to Douglas Laboratories under U.S. Patent # 8,815,280, # 9,259,430, #9,539,224 and #9,707,241.

Formula	Size
57737P	275 g (9.7 oz) Powder

Turmeric Max-V (PL)

Support for joint and muscle function[‡]

Turmeric Max-V supplies 100 mg of turmeric with 95% standardized curcumin. Turmeric provides support for joint and muscle function.[‡]

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Capsule

Servings Per Container 60

Amount Per Serving	
Turmeric Herbal Extract	100 mg
(Curcuma longa L., root, standardized to provide 95 mg curcumin)	
Turmeric (Curcuma longa L., rhizome, non-standardized)	100 mg

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule), vegetable stearate and silica

Formula	Size
77377	60 Vegetarian Capsules

Wobenzym® N

Broad spectrum systemic enzyme support for healthy joints, immune balance and healthy aging†

Wobenzym® N is the authentic German formula of systemic enzymes. This well-known classic enzyme preparation is designed to promote healthy joints and muscles, as well as systemic processes that contribute to the healthy aging process.‡

SUGGESTED USAGE: 3, TWICE DAILY, 45 MINUTES BEFORE A MEAL

Serving Size 3 Tablets

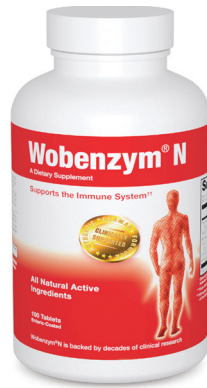
Amount Per Serving	
Pancreatin** 56,000 USP Units Protease (pancreas) <i>Sus scrofa</i>	300 mg
Papain** 492 FIP-Units*** <i>Carica papaya</i>	180 mg
Rutoside Trihydrate** (rutin) <i>Sophora japonica</i>	150 mg
Bromelain** 675 FIP-Units <i>Ananas comosus</i>	135 mg
Trypsin** 2,160 FIP-Units (pancreas) <i>Sus scrofa</i> and/or <i>Bos taurus</i>	72 mg
Chymotrypsin** 900 FIP-Units (pancreas) <i>Bos taurus</i>	3 mg

Other ingredients: Cellulose, vegetable-based enteric coating, vegetable stearate, natural vanilla flavor and purified water

**From dried purified aqueous extracts.

***FIP is the measurement of enzyme activity according to the methods of the International Pharmaceutical Federation.

Formula	Size
201213	100 Tablets 200 Tablets 400 Tablets 800 Tablets



Wobenzym® Plus

Helps to maintain healthy joints, mobility and flexibility; temporary relief from everyday aches, pains and muscle soreness; and speedy recovery following exertion†

Clinically researched Wobenzym® Plus is the most potent Wobenzym® formula yet. With its increased activity compared to Wobenzym® N and a convenient, 4-tablets-a-day dose, patients require fewer pills to consume than other Wobenzym® formulations. Wobenzym® Plus is offered in the form of enteric-coated tablets and provides a specific formulation of proteolytic enzymes to help maintain healthy joint function; offer temporary relief of everyday aches, pains and muscle soreness; and support fast recovery following exertion. Wobenzym® has been made in Germany since the 1960s and has been clinically researched over the past 50+ years in over 200 clinical trials.‡

SUGGESTED USAGE: 2, TWICE DAILY, 45 MINUTES BEFORE A MEAL

Serving Size 2 Tablets

Amount Per Serving	
Bromelain** (1,350 FIP***-units) (from pineapple (<i>Ananas comosus</i> var <i>comosus</i>) stem)	270 mg
Trypsin (4,320 FIP***-units) (from porcine (<i>Sus scrofa</i>) or bovine (<i>Bos taurus</i>) pancreas)	144 mg
Rutoside Trihydrate (rutin) (from <i>Styphnolobium japonicum</i> flower bud)	300 mg

Other ingredients: Microcrystalline cellulose, calcium phosphate, hydroxypropyl cellulose, vegetable stearate, enteric coating (sodium alginate, medium chain triglycerides, ethylcellulose, stearic acid, oleic acid, purified water) and purified water

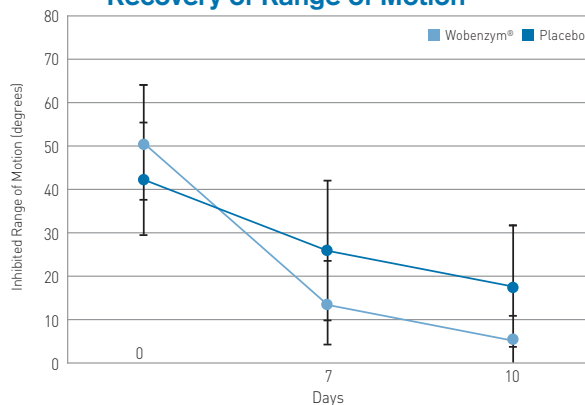
**From dried purified aqueous extract.

***FIP is the measurement of enzyme activity according to the methods of the International Pharmaceutical Federation.

Formula	Size
201910	120 Tablets 240 Tablets 480 Tablets

WOBENZYM® FOR JOINT HEALTH†

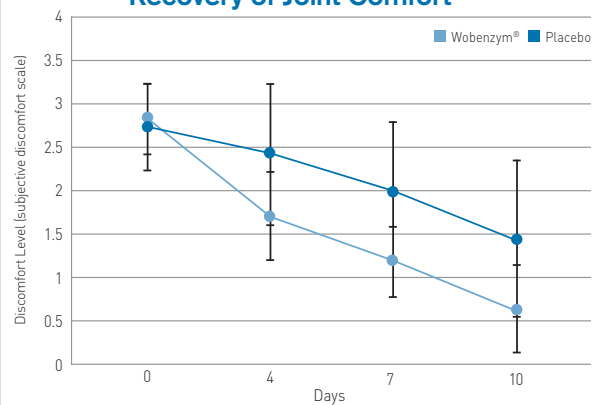
Recovery of Range of Motion‡



All subjects received Wobenzym® vs. placebo daily and were evaluated after 10 days for ankle comfort, mobility, swelling, and the number of days until subject was able to return to work and/or exercise training. Wobenzym® demonstrated superiority compared to placebo.‡

Rahn HD. Deutsche Zeitschrift für Sportmedizin 1995;9:426-431.

Recovery of Joint Comfort‡



Subjects who received Wobenzym® experienced improvement at Day 7 and were able to return to work and/or training faster than the comparator.‡

Wobenzym® PS

Professional-strength systemic enzyme support for healthy joints, temporary relief from everyday aches and pains, and speedy recovery following exertion[‡]

Wobenzym® PS contains the authentic German Phlogenzym formula used by health professionals in Europe, providing a clinically supported formulation of specific systemic enzymes to help maintain healthy joints, mobility and flexibility. Wobenzym® PS (Professional Strength) is offered in the form of enteric-coated tablets and is available exclusively to health professionals.[‡]

SUGGESTED USAGE: 3, TWICE DAILY, 45 MINUTES BEFORE A MEAL

Serving Size 3 Tablets

Amount Per Serving	
Bromelain** 1,350 FIP-Units*** <i>Ananas comosus</i>	270 mg
Rutoside Trihydrate (rutin) <i>Sophora japonica</i>	300 mg
Trypsin** 4,320 FIP-Units*** (pancreas) <i>Sus scrofa/Bos taurus</i>	144 mg

Other ingredients: Microcrystalline cellulose, calcium phosphate, hydroxypropyl cellulose, vegetable-based enteric-coating, vegetable stearate, silica and natural vanilla flavor

**From dried purified aqueous extract.

***FIP is the measurement of enzyme activity according to the methods of the International Pharmaceutical Federation.

Formula	Size
200870	100 Tablets 180 Tablets

Visit douglaslabs.com/bone-joint for

ADDITIONAL JOINT, MUSCLE, DISC PRODUCTS:

NAME	FORMULA
Ayur-Boswellia Serrata	7671-90X
Glucosamine Sulfate	80688-250X
Mag-Malate	MGM
Malic Acid + Magnesium Tablets.....	85059-180X
QÜELL® Fish Oil Ultra EPA.....	200979-60X
Ultra-Joint Forte	99075-90X

WOBENZYM® COMPARISONS

Ingredients	Wobenzym® Plus Dose per Serving	Wobenzym® PS Dose per Serving	Wobenzym® N Dose per Serving
Pancreatin	none	none	300 mg
Papain	none	none	180 mg
Bromelain	270 mg	270 mg	135 mg
Rutin	300 mg	300 mg	150 mg
Trypsin	144 mg	144 mg	72 mg
Chymotrypsin	none	none	3 mg
Pill Description	Round tablet slightly larger than PS/N	Small round tablet Size 6	Small round tablet Size 6
Daily Dose	4 tablets daily	6 tablets daily	6 tablets daily
Benefits	Reduced dose vs. Wobenzym® PS	Enhanced enzymatic activity vs. Wobenzym® N	Classic formula

[‡]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

OSTEO SUPPORT

Bone CoFactors

Bone health†

Bone CoFactors is formulated to provide essential vitamins and minerals in combination with a milk protein fraction called MBP® that helps to support bone strength. MBP® has the distinctive function of balancing osteoblast and osteoclast activity, which complements the function of other nutrients in Bone CoFactors for bone health.‡

SUGGESTED USAGE: 6 DAILY

Serving Size 6 Capsules • Servings Per Container 30

Amount Per Serving	
Vitamin D ₃ (as cholecalciferol)	50 mcg (2,000 IU)
Calcium (from microcrystalline hydroxyapatite)	500 mg
Phosphorus (from microcrystalline hydroxyapatite)	225 mg
Magnesium (as magnesium glycinate chelate complex)	200 mg
Zinc (as zinc monomethionine, OptiZinc®)	10 mg
Copper (as copper amino acid chelate)	1 mg
Manganese (as manganese amino acid chelate)	2 mg
Vitamin K ₂ (as menaquinone-7)	90 mcg
Boron (as boron amino acid chelate)	3 mg
MBP® (milk protein)	40 mg

Other ingredients: Gelatin (capsule), microcrystalline cellulose, vegetable stearate and silica

Contains: Milk

MBP® is a registered trademark of MEGMILK SNOW BRAND Co., Ltd. in the U.S.A.

MBP® is protected under multiple U.S. patents.

OptiZinc® is a trademark of InterHealth N.I.

Formula	Size
201940	180 Capsules

Cal-6+Mg.™ (PL)

Calcium complex to support healthy bones and teeth‡

Cal-6+Mg.™ is a special chelate complex of six sources of calcium with magnesium and other ingredients to assist the body in maintaining healthy bone structure. Calcium and magnesium are two primary minerals for supporting healthy bones and teeth as we age.‡



SUGGESTED USAGE: 3 DAILY

Serving Size 3 Tablets

Amount Per Serving	
Vitamin C (as ascorbic acid/ascorbyl palmitate)	80 mg
Vitamin D ₃ (as cholecalciferol)	10 mcg (400 IU)
Calcium (as calcium citrate/gluconate/carbonate/lactate/ascorbate and microcrystalline hydroxyapatite)	750 mg
Magnesium (as magnesium chelate/oxide/carbonate complex)	375 mg
Boron (as boron aspartate/citrate)	3 mg
Glutamic Acid (as glutamic acid HCl)	60 mg
L-Lysine (as L-lysine HCl)	29 mg

Other ingredients: Microcrystalline cellulose, coating (polyvinyl alcohol, titanium dioxide, polyethylene glycol, magnesium silicate, isopropanol), carnauba wax, ascorbyl palmitate, stearic acid and silica

Formula	Size
202396	90 Tablets 250 Tablets

DIFFERENCES IN FUNCTION BETWEEN MBP® AND OTHER INGREDIENTS IN BONE COFACTORS

Ingredients	Calcium nutrition		Promotion of bone formation‡			Maintains healthy bone metabolism‡	
	Provides calcium	Supports calcium absorption‡	Stimulates osteoblast activity‡	Promotes collagen formation by osteoblasts‡	Promotes bone calcification‡	Regulates osteoclast activity‡	Maintains healthy bone density‡
MBP®			●	●		●	●
Vitamin D		●					
Vitamin K					●	●	
Calcium	●						
Magnesium				●			

K₂-D₃ With Astaxanthin PL

Cardiovascular and bone health[‡]

[Formulated by Theodore S. Piliszek, M.D.]*

K₂-D₃ with Astaxanthin supplies a significant amount of biologically active vitamin K₂ in the form of menaquinone-7 (MK-7) (soy-free), plus Vitamin D₃ for cardiovascular and bone health. Astaxanthin, an antioxidant, helps to support vascular health.[‡]

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	
Vitamin D ₃ (as cholecalciferol)	62.5 mcg (2,500 IU)
Astaxanthin (supercritical CO ₂ extract of <i>Haematococcus pluvialis</i> , entire plant)	2 mg
Vitamin K ₂ (as menaquinone-7)	180 mcg

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule) and vegetable stearate

*Dr. Theodore S. Piliszek is a retained advisor to Douglas Laboratories.

Formula	Size
202114	30 Vegetarian Capsules

Ultra Osteo-Guard[®] PL plus bonolive[®]

Bone and joint health[‡]

BONE & JOINT

Ultra Osteo-Guard[®] plus bonolive[®] provides a unique combination of chelated calcium, collagen, vitamin D₃, vitamin K₂, magnesium, and olive leaf to support bone strength and healthy bone mineralization throughout the lifespan. KoAct[®] is a calcium-hydrolyzed collagen chelate that was shown in a clinical study to support a healthy BAP/TRAP5b ratio, a biomarker of bone synthesis and resorption. Bonolive[®] is a unique olive leaf extract standardized to 40% oleuropein content that has been shown in various studies to promote bone formation by enhancing the number and activity of the bone-building cells. Bonolive[®] has also been clinically researched to support joint comfort during mobility.[‡]



SUGGESTED USAGE: 2, 2 TIMES DAILY

Serving Size 2 Tablets

Amount Per Serving	
Vitamin D ₃ (as cholecalciferol)	25 mcg (1,000 IU)
Calcium (from microcrystalline hydroxyapatite and KoACT [®] calcium collagen)	300 mg
Phosphorus (from microcrystalline hydroxyapatite)	85 mg
Magnesium (as magnesium glycinate/amino acid chelate)	100 mg

KoACT [®] Calcium Collagen Chelate (supplying 650 mg bovine collagen peptides)	1,000 mg
Bonolive [®] Olive Leaf Extract (standardized to 40% oleuropein)	125 mg
Boron (as boron amino acid chelate)	3 mg
Vitamin K ₂ (as menaquinone-7)	45 mcg

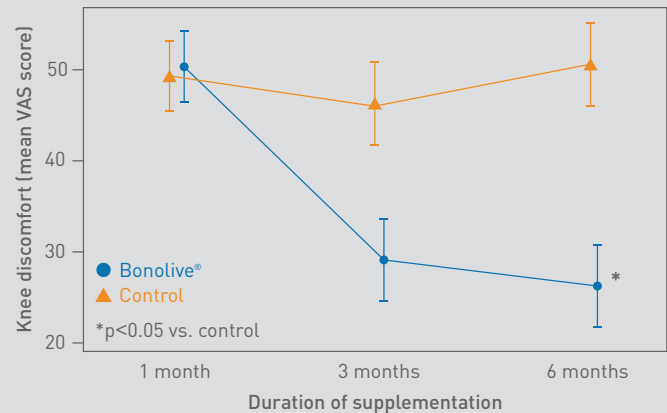
Other ingredients: Microcrystalline cellulose, d-hydroxypropyl cellulose, carboxymethylcellulose sodium, sunflower lecithin, tablet coating (hypromellose, glycerin)

KoACT[®] is a registered trademark of AIDP, Inc.

Bonolive[®] is a trademark of BIOACTOR B.V.

Formula	Size
202461	60 Tablets 120 Tablets

Bonolive[®] Moderates Knee Discomfort While Walking in Healthy Adults: Results from a Randomized, Controlled Clinical Trial[‡]



In a 6-month clinical trial of 124 adults aged >55 y, bonolive[®] (250 mg/day) helped to moderate knee joint discomfort associated with walking. Results were significant in subjects with the highest discomfort ratings at baseline. Data shown here reflect the mean scores (+/- SEM) from this group only.[‡]

Visit douglaslabs.com/bone-joint for
ADDITIONAL
OSTEO SUPPORT PRODUCTS:

NAME	FORMULA
Dyna-Cal	202036-250X
Ipriflavone	IPR
Liquid Cal/Mag/D	57568-450X
Osteo-Guard [®] Plus Ipriflavone	OSG-IP
Strontium	200242-90X
Ultra-Ostivone [™]	83916-60X

JOINT AND MUSCULOSKELETAL

[Developed by Martin P. Gallagher, M.D., D.C]⁺

PROTOCOL OBJECTIVES:

This protocol will provide supplemental recommendations and dosing guidelines to support the health of joints, tendons, ligaments, soft tissues and musculoskeletal structure.[‡]

Clinical Objective [‡]	Select from the following Recommendations [*]	Dosing
Daily Bone Health[‡] <ul style="list-style-type: none"> To help maintain healthy bone structure[‡] 	K ₂ -D ₃ With Astaxanthin Cal-6+Mg. [™]	1 tablet daily 3 tablets daily
Advanced Bone Support[‡] <ul style="list-style-type: none"> To support positive bone metabolism and formation[‡] 	Ultra Osteo-Guard [®] with bonolive [®] or Bone CoFactors	2 tablets twice daily 6 capsules daily
Daily Joint Support[‡] <ul style="list-style-type: none"> To help maintain healthy joint and muscle structure[‡] 	Wobenzym [®] N, Wobenzym [®] PS, or Wobenzym [®] Plus Glucosamine + MSM Forte [™] or Glucosamine Plus [™] Extra Strength	2 or 3 tablets twice daily without food 1-3 capsules daily 1-3 capsules daily
Joint Comfort[‡] <ul style="list-style-type: none"> To promote daily joint comfort, mobility, resilience and protection[‡] 	Joint, Tendon, Ligament I Boswellia-Turmeric Complex QÜELL [®] Fish Oil Ultra EPA Wobenzym [®] N, Wobenzym [®] PS, or Wobenzym [®] Plus	3 capsules daily 2 tablets daily 2-4 softgels daily 2 or 3 tablets twice daily without food
Support for muscle mass and strength[‡] <ul style="list-style-type: none"> To support new muscle tissue growth[‡] To help preserve lean muscle mass[‡] 	Muscle Protect [™] with HMB	1-2 scoops daily

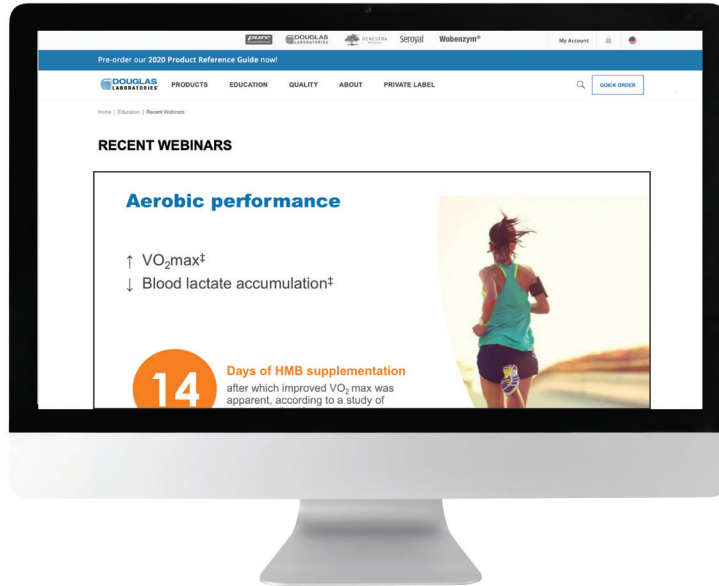
The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

^{*}Please note that patients may not require all supplements listed.

⁺Dr. Martin Gallagher is a retained advisor to Douglas Laboratories.

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