



GUIDE TO SUPPORT  
**BONE & JOINT HEALTH**  
FOR HEALTHY AGING<sup>†</sup>



PUSHING POTENTIAL.

<sup>†</sup>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.

**Douglas Laboratories®** researches, develops and manufactures the right suite of rigorously designed, science-based, healthy aging supplements, and provides customized practice support. With a 60-year heritage of innovating and designing products to meet the needs of healthcare professionals, we push the potential of both clinical practices and patients to continually perform at their personal best, today and in the future. Douglas Laboratories is both GMP and NSF International registered, and is approved to produce NSF Certified for Sport® products.†

## BONE & JOINT

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. Fortunately, a healthful diet, exercise and proper supplementation can help us maintain healthy mobility and an active lifestyle well into our later years.†

**BONE & JOINT | JOINT, MUSCLE, DISC**

**BONE & JOINT | OMEGA FATTY ACIDS**

**BONE & JOINT | OSTEO SUPPORT†**

**BONE & JOINT | CLINICAL PROTOCOL**

Joint and Musculoskeletal Support Protocol† ..... 10

## 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 has been retained as a medical consultant in advising Douglas Laboratories. He is compensated for this service.

# JOINT, MUSCLE, DISC



Move Active™ Once Daily Joint Support<sup>†</sup> contains UC-II® collagen with undenatured type II collagen from chicken sternum cartilage in a proprietary blend of devil's claw and bromelain formulated for optimal joint health as we age.<sup>†</sup> UC-II® has been shown to support joint comfort, mobility and function compared to glucosamine and chondroitin in active individuals, in just one small capsule daily.<sup>†</sup>

## Move Active™ Once Daily Joint Support<sup>†</sup>

Formula	Size
8503	30 Capsules

**Suggested Usage:** 1 Daily  
View the [Joint and Musculoskeletal Support Protocol<sup>†</sup>](#) on pg. 10

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 30

Amount Per Serving	%DV
UC-II® Standardized Cartilage .....	40 mg *
Total Collagen.....	10 mg
Proprietary Blend .....	25 mg *
Devil's Claw Extract (root) and Bromelain	

\*Daily Value not established.

Other ingredients: Gelatin (capsule), potassium chloride (stabilizer), microcrystalline cellulose and vegetable stearate.

UC-II® brand collagen with undenatured type II collagen (U.S. Patents 7,846,487, 7,083,820 and EPO Patent EP1435906B1; Canadian patent CA 2459981C; and Japanese Patent JP 4800574B2). UC-II® is a registered trademark of InterHealth N.I.

## Boswellia-Turmeric Complex

Formula	Size
INF	60 Tablets

**Suggested Usage:** 2 Daily

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.<sup>†</sup>

### SUPPLEMENT FACTS

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
<i>Boswellia serrata</i> (gum).....	750 mg *
(dried extract, standardized to 65% boswellic acids)	
Turmeric Root.....	750 mg *
(dried extract, standardized to 95% total curcuminoids)	
Devil's Claw Root.....	100 mg *
(dried extract, standardized to 5% total idoid glycosides expressed as harpagoside)	

\*Daily Value not established.

Other ingredients: Cellulose, stearic acid, silica, magnesium stearate, ethylcellulose, purified water, ammonium hydroxide, medium chain triglycerides, oleic acid and sodium alginate.

## Glucosamine + MSM Forte™

Formula	Size
83909	60 Capsules
	120 Capsules
	250 Capsules

**Suggested Usage:** 1 Daily  
View the [Joint and Musculoskeletal Support Protocol<sup>†</sup>](#) on pg. 10

Glucosamine + MSM Forte™ capsules contain 500 mg of pure glucosamine sulfate and 250 mg of methylsulfonylmethane (MSM). Ascorbic acid, proanthocyanidins and bromelain are also included to provide additional aid in maintaining the health of aging joints.<sup>†</sup> Individual results may vary.

### SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid) .....	50 mg 83%
Glucosamine Sulfate 2 KCl (from crab and shrimp).....	500 mg *
Methylsulfonylmethane (MSM) .....	250 mg *
Grape seed extract (containing proanthocyanidins) .....	10 mg *
Bromelain .....	10 mg *

\*Daily Value not established.

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

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

<sup>†</sup>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.

## Glucosamine Plus™ Extra Strength

**Formula** **Size**

GSXV 90 Vegetarian Capsules

**Suggested Usage:** 1-3 Daily

View the **Joint and Musculoskeletal Support Protocol**† on pg. 10

Glucosamine Plus™ Extra Strength capsules contain a combination of high-dose glucosamine sulfate and chondroitin sulfate. Glucosamine sulfate is an important precursor for the synthesis and maintenance of connective tissues. Chondroitin sulfate also supports formation of connective tissues.† Individual results may vary.

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 90

Amount Per Serving	%DV
Glucosamine 2 KCl (from crab and shrimp) .....	500 mg *
Chondroitin Sulfate .....	400 mg *

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

## Hyaluronic Acid Vegetarian Source

**Formula** **Size**

99154 60 Tablets

**Suggested Usage:** 1-2 Daily

View the **Joint and Musculoskeletal Support Protocol**† on pg. 10

Hyaluronic Acid Vegetarian Source supplies 30 mg of non-animal source, high-molecular weight hyaluronic acid in each tablet for joint fluid support.†

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 60

Amount Per Serving	%DV
Hyaluronic Acid (non-animal source).....	30 mg *

\*Daily Value not established.

Other ingredients: Sodium hyaluronate, cellulose, vegetable stearate and silica.

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

## Joint, Tendon, Ligament I

**Formula** **Size**

201691 90 Vegetarian Capsules

**Suggested Usage:** 3 Daily

View the **Joint and Musculoskeletal Support Protocol**† on pg. 10

Joint, Tendon, Ligament I is formulated with specific ingredients to support joint mobility 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 mobility and resilience.† AprésFlex® 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.

### SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Manganese (as amino acid chelate).....	2 mg 100%
Cynatine® FLX (soluble Keratin).....	500 mg *
MSM (methylsulfonylmethane).....	400 mg *
L-Arginine.....	400 mg *
L-Proline.....	250 mg *
Glycine.....	250 mg *
AprésFlex® Boswellia serrata extract (gum resin).....	100 mg *
(standardized to 20% 3-O-Acetyl-11-Keto-B-Boswellic Acid)	
Strawberry fruit Extract.....	25 mg *
( <i>Fragaria vesca</i> )(standardized to 2% polyphenols)	
Spinach leaf Extract.....	25 mg *
( <i>Spinacia oleracea</i> )(standardized to 1.5% polyphenols)	
Silicon (as amino acid chelate).....	15 mg *
Enzogenol® Pine Bark Extract.....	10 mg *
( <i>Pinus radiata</i> )(standardized to 80% proanthocyanidins)	
Hyaluronic Acid (as sodium hyaluronate).....	5 mg *

\*Daily Value not established.

Other Ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, cellulose, vegetable stearate and silica.

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

Enzogenol® is a registered trademark of Enzo Nutraceuticals.

AprésFlex® 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.

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

## Joint, Tendon, Ligament II

Formula	Size
201690	90 Vegetarian Capsules

**Suggested Usage:** 3 Daily

View the **Joint and Musculoskeletal Support Protocol**<sup>†</sup> on pg. 10

Joint, Tendon, Ligament II (Stem Cell Support) is a unique formula designed to support healthy stem cell function and assist in new tissue growth.<sup>†</sup> Specific nutrients, such as vitamin C and pterostilbene, have been shown to support normal mesenchymal cell growth, migration and proliferation.<sup>†</sup> The combination of L-carnosine, vitamin D<sub>3</sub>, green tea and blueberry have been studied for their ability to influence stem cell activity.<sup>†</sup> This formula can be combined with Joint, Tendon, Ligament I for optimal results.

### SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving		%DV
Vitamin C (as Ascorbic Acid).....	1,000 mg	1,667%
Vitamin D-3.....	1,000 IU	250%
Vitamin K-2 (as menaquinone-7).....	45 mcg	56%
Folate (as L-methylfolate, Metafolin®).....	400 mcg	100%
Vitamin B-12 (methylcobalamin).....	500 mcg	8,333%
L-Carnosine.....	250 mg	*
Green Tea leaf Extract.....	250 mg	*
(Camellia sinensis)(standardized to 98% polyphenols, 80% catechins, 45% EGCG, decaffeinated)		
Wild Blueberry fruit Extract.....	250 mg	*
(Vaccinium angustifolium) (standardized to 4% polyphenols)		
Pterostilbene (methylated resveratrol, pTeroPure™).....	50 mg	*

\*Daily Value not established.

Other Ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, silica and vegetable stearate.

## Optimized Curcumin With Neurophenol™

Formula	Size
202028	60 Vegetarian Capsules

**Suggested Usage:** 2 Daily

View the **Joint and Musculoskeletal Support Protocol**<sup>†</sup> on pg. 10

Optimized Curcumin With Neurophenol™ is a unique formula containing two clinically supported and trademarked ingredients: Longvida® Optimized Curcumin with extended absorption and bioavailability, and Neurophenol™, a proprietary blend of standardized blueberry and grape extracts.<sup>†</sup>

### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving		%DV
LONGVIDA® Optimized Curcumin Extract.....	400 mg	*
(from <i>Curcuma longa</i> root)		
Proprietary Neurophenol™ blend.....	300 mg	*
Providing 85 mg of flavonoids (monomers, oligomers, flavonols, anthocyanidins, and phenolic acids) from: Grape Extract (fruit, <i>Vitis vinifera</i> ) and Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> )		

\*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, phosphatidylcholine (from soy), stearic acid, maltodextrin, ascorbyl palmitate and silicon dioxide.

**longvida** is patent protected by EP 1993365, other patents pending, and is a registered trademark of Verdure Sciences, Inc.



<sup>†</sup>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.

## Wobenzym® N

Formula	Size
201213	100 Tablets 200 Tablets 400 Tablets 800 Tablets

**Suggested Usage:** 3, twice daily, 45 minutes before a meal  
View the **Joint and Musculoskeletal Support Protocol**<sup>†</sup> on pg. 10

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.<sup>†</sup>

### SUPPLEMENT FACTS

Serving Size 3 Tablets

Amount Per Serving	%DV
Pancreatin** 56,000 USP units protease..... 300 mg (pancreas) <i>Sus scrofa</i>	*
Papain** 492 FIP-units*** <i>Carica papaya</i> .....	*
Bromelain** 675 FIP-units <i>Ananas comosus</i> .....	*
Trypsin** 2,160 FIP-units (pancreas).....72 mg <i>Sus scrofa</i> and/or <i>Bos taurus</i>	*
Chymotrypsin** 900 FIP-units.....3 mg (pancreas) <i>Bos taurus</i>	*
Rutoside trihydrate** (Rutin) <i>Sophora japonica</i> .....	*

\*Daily Value not established.

\*\*From dried purified aqueous extracts

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

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

## Wobenzym® Plus

Formula	Size
201910	120 Tablets 240 Tablets 480 Tablets

**Suggested Usage:** 2, twice daily, 45 minutes before a meal  
View the **Joint and Musculoskeletal Support Protocol**<sup>†</sup> on pg. 10

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.<sup>†</sup> Wobenzym® has been made in Germany since the 1960s and has been clinically researched over the past 50+ years in over 200 clinical trials.

### SUPPLEMENT FACTS

Serving Size 2 Tablets

Amount Per Serving	%DV
Bromelain**(1350 FIP***-units)..... 270 mg (from pineapple ( <i>Ananas comosus</i> var <i>comosus</i> ) stem)	*
Trypsin (4320 FIP***-units)..... 144 mg (from porcine ( <i>Sus scrofa</i> ) or bovine ( <i>Bos taurus</i> ) pancreas)	*
Rutoside trihydrate (Rutin)..... 300 mg (from <i>Styphnolobium japonicum</i> flower bud)	*

\*Daily Value not established.

\*\* From dried purified aqueous extract.

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

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.

## 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 <sup>†</sup>	Reduced dose vs. Wobenzym® PS	Enhanced enzymatic activity vs. Wobenzym® N	Classic formula

## Wobenzym® PS

Formula	Size
200870	100 Tablets
	180 Tablets

**Suggested Usage:** 3, twice daily, 45 minutes before a meal  
View the **Joint and Musculoskeletal Support Protocol**† on pg. 10

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.

### SUPPLEMENT FACTS

Serving Size 3 Tablets

Amount Per Serving	%DV
Bromelain** 1,350 FIP-units*** ..... 270 mg	*
<i>Ananas comosus</i>	
Trypsin** 4,320 FIP-units ..... 144 mg	*
(pancreas) <i>Sus scrofa/Bos taurus</i>	
Rutoside trihydrate (Rutin) ..... 300 mg	*
<i>Sophora japonica</i>	

\*Daily Value not established.

\*\*From dried purified aqueous extracts.

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

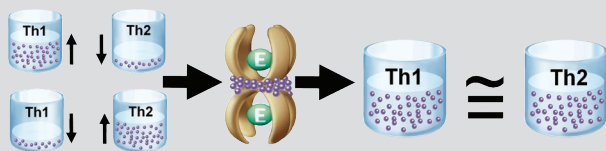
Other Ingredients: Microcrystalline cellulose, calcium phosphate, hydroxypropyl cellulose, vegetable-based enteric-coating, vegetable stearate, silica, natural vanilla flavor.

Visit [www.douglaslabs.com/bone\\_joint.html](http://www.douglaslabs.com/bone_joint.html) for

## ADDITIONAL JOINT, MUSCLE, DISC PRODUCTS:

Name	Formula
Ayur-Boswellia Serrata.....	7671-90X
Ayur-Curcumin (Turmeric) .....	7683-90X
Bromelain-5000 .....	7500-60X
Cetyl Myristoleate .....	79809-60X
Cetyl Myristoleate .....	79809-120X
Gluco-Flex Forte® .....	80690-90X
Glucosamine Plus™ .....	GCSP
Glucosamine Sulfate .....	80688-60X
Glucosamine Sulfate .....	80688-250X
Joint Health Pack with Wobenzym® .....	66401-60X
Mag-Malate .....	MGM
Malic Acid + Magnesium Tablets .....	85059-90X
Malic Acid + Magnesium Tablets .....	85059-180X
Proteozyme Forte™ .....	7049-60X
Proteozyme Forte™ .....	7049-90X
Resvera-Gold® .....	8500-60X
Turmeric Max-V .....	77377-60X
Ultra Joint Forte .....	99075-90X
Vegetarian Proteozyme Forte .....	99445-100X
Xtra-Cell® Mesenchyme .....	99456-8XC
Xtra-Cell® Joint Support .....	99459-24XC

### Cytokines and a Balanced Immune System



A balance between Th1 and Th2 cytokine responses is best for optimal health.†

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## OMEGA FATTY ACIDS



QÜELL Fish Oil® is Supercritical CO<sub>2</sub> extracted oils in triglyceride form, manufactured in Germany exclusively for Douglas Laboratories®. QÜELL Fish Oil® is unique among other fish oils for its supercritical extraction, purity, bioavailability and concentrations. It is offered in fish gelatin softgels, and the taste and smell of fish is significantly reduced due to the supercritical extraction. Ultra EPA contains a higher ratio of EPA to DHA that is indicated for cardiovascular, joint or general health.†

### QÜELL Fish Oil® Ultra EPA

Formula	Size
200979	60 Softgels
<b>Suggested Usage:</b> 2 Daily	
View the <a href="#">Joint and Musculoskeletal Support Protocol†</a> on pg. 10	

#### SUPPLEMENT FACTS

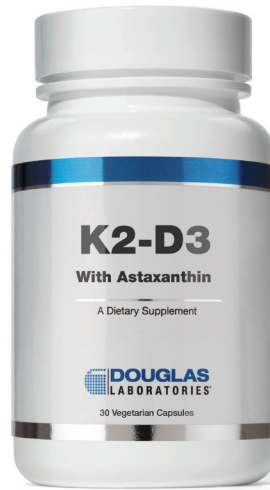
Serving Size 2 Softgels • Servings Per Container 30

Approximate Amount Per Serving	%DV
Calories.....	10
Calories from Fat.....	10
Total Fat.....	2%
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate.....	1,250 mg *
Providing:	
EPA (Eicosapentaenoic Acid).....	800 mg *
DHA (Docosahexaenoic Acid).....	150 mg *

\*Daily Value not established

Other Ingredients: Gelatin (capsule, from fish [Tilapia]), glycerin, water, natural-source mixed tocopherols, rosemary extract (leaf). This product contains fish oil (anchovies, sardines, mackerel).

## OSTEO SUPPORT†



K2-D3 With Astaxanthin supplies a significant amount of biologically active vitamin K<sub>2</sub> in the form of menaquinone-7 (MK-7) (soy-free), plus Vitamin D<sub>3</sub> for cardiovascular and bone health.† The addition of astaxanthin, an antioxidant, helps to further support healthy oxidative stress biomarkers to systemic circulation and the vascular system.†

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

### K2-D3 With Astaxanthin

Formula	Size
202114	30 Vegetarian Capsules
<b>Suggested Usage:</b> 1 Daily	
View the <a href="#">Joint and Musculoskeletal Support Protocol†</a> on pg. 10	

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D-3 (cholecalciferol).....	2,500 IU 625%
Vitamin K-2 (as menaquinone-7).....	180 mcg 225%
Astaxanthin.....	2 mg *
(Supercritical CO <sub>2</sub> extract of Haematococcus pluvialis, entire plant)	

\*Daily value not established.

Other Ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate.

### Bone CoFactors

Formula	Size
201940	180 Capsules
<b>Suggested Usage:</b> 6 Daily	
View the <a href="#">Joint and Musculoskeletal Support Protocol†</a> on pg. 10	

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.†

††Dr. Piliszek has been retained as a medical consultant in advising Douglas Laboratories. He is compensated for this service.



**SUPPLEMENT FACTS**

Serving Size 6 Capsules • Servings Per Container 30

Amount Per Serving		%DV
Vitamin D-3	2,000 IU	500%
Vitamin K-2 (as Menaquinone-7)	90 mcg	113%
Calcium (from Microcrystalline Hydroxyapatite)	500 mg	50%
Phosphorus (from Microcrystalline Hydroxyapatite)	225 mg	23%
Magnesium (as Magnesium Glycinate Chelate Complex)	200 mg	50%
Zinc (as zinc monomethionine, OptiZinc®)	10 mg	67%
Copper (as Copper Amino Acid Chelate)	1 mg	50%
Manganese (as Manganese Amino Acid Chelate)	2 mg	100%
Boron (as Boron Amino Acid Chelate)	3 mg	*
MBP® (Milk Protein)	40 mg	*

\*Daily Value not established.

Other Ingredients: Gelatin (capsule, from bovine), cellulose, vegetable stearate, 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.

**Cal-6+Mg.™**

Formula	Size
7015	90 Tablets
	250 Tablets

**Suggested Usage:** 3 Daily

View the **Joint and Musculoskeletal Support Protocol**† on pg. 10

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 primary minerals for supporting healthy bones and teeth as we age.†

**SUPPLEMENT FACTS**

Serving Size 3 Tablets

Amount Per Serving		%DV
Vitamin C (Ascorbic Acid)	50 mg	83%
Vitamin D-3	400 IU	100%
Calcium	750 mg	75%
(from Calcium Citrate/Gluconate/Carbonate/Lactate/Ascorbate and Microcrystalline Hydroxyapatite)		
Magnesium	375 mg	94%
(from Magnesium Chelate/Oxide/Carbonate complex)		
Boron (from Boron Aspartate/Citrate)	3 mg	*
Glutamic Acid (from 75 mg Glutamic Acid HCl)	60 mg	*
L-Lysine (from 36 mg L-Lysine HCl)	29 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, croscarmellose sodium, stearic acid, vegetable stearate and silica.

Visit [www.douglaslabs.com/bone\\_joint.html](http://www.douglaslabs.com/bone_joint.html) for

**ADDITIONAL  
OSTEO SUPPORT+ PRODUCTS:**

Name	Formula
Dyna-Cal	202036-100X
Dyna-Cal	202036-250X
Ipriflavone	IPR
Liquid Cal/Mag/D	57568-450X
Osteo-guard® Plus Ipriflavone	OSG-IP
Strontium	200242-90X
UltraCAL	88050-120X
Ultra-Ostivone™	83916-60X

**DIFFERENCES IN FUNCTION BETWEEN MBP® AND OTHER SUBSTANCES 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†
<b>MBP®</b>			●	●		●	●
<b>Vitamin D</b>		●					
<b>Vitamin K</b>					●	●	
<b>Calcium</b>	●						
<b>Magnesium</b>				●			

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

## Protocol Objectives:

This protocol provides supplemental recommendations and dosing guidelines to support the health of joints, tendons, ligaments, soft tissues and musculoskeletal structure.<sup>†</sup>

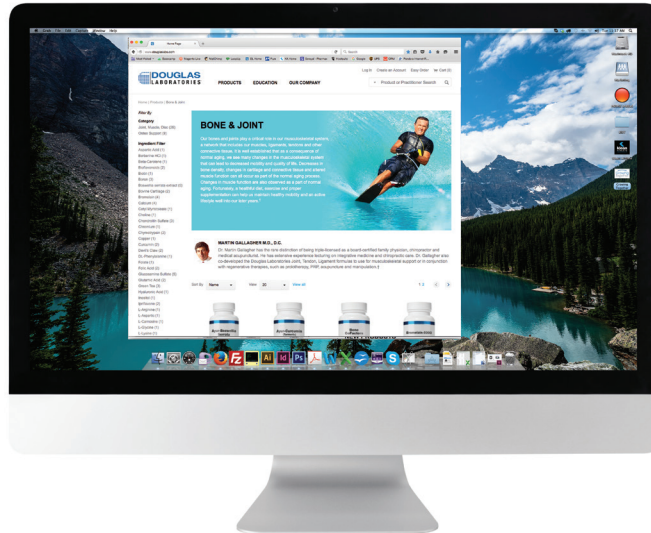
Clinical Objective	Select from the Following Recommendations <sup>†</sup>	Dosing
<b>Daily Bone Health<sup>†</sup></b> <ul style="list-style-type: none"> <li>To help maintain healthy bone structure<sup>†</sup></li> </ul>	<b>K2-D3 With Astaxanthin</b>  <b>Cal-6+Mg.™</b>	1 tablet daily with food  3 tablets daily with food
<b>Advanced Bone Support<sup>†</sup></b> <ul style="list-style-type: none"> <li>To support positive bone metabolism and bone formation<sup>†</sup></li> </ul>	<b>Bone CoFactors</b>	3 capsules twice daily with food
<b>Daily Joint Support<sup>†</sup></b> <ul style="list-style-type: none"> <li>To help maintain healthy joint and muscle structure<sup>†</sup></li> </ul>	<b>Glucosamine + MSM Forte™</b> or <b>Glucosamine Plus™ Extra Strength</b>	1-3 capsules daily  1-2 tablets daily
<b>Cartilage Health<sup>†</sup></b> <ul style="list-style-type: none"> <li>To help maintain healthy cartilage<sup>†</sup></li> <li>To promote joint comfort and function<sup>†</sup></li> <li>To help provide fluid and cushion around joints<sup>†</sup></li> </ul>	<b>Move Active™ Once Daily Joint Support<sup>†</sup></b>  <b>Hyaluronic Acid Vegetarian Source</b>  <b>QÜELL Fish Oil® Ultra EPA</b>	1 capsule daily without food  1-2 tablets daily  2 softgels daily with food
<b>Joint Comfort<sup>†</sup></b> <ul style="list-style-type: none"> <li>To promote daily joint comfort, mobility, resilience and protection<sup>†</sup></li> </ul>	<b>Joint, Tendon, Ligament I</b>  <b>Optimized Curcumin With Neurophenol™</b>  <b>QÜELL Fish Oil® Ultra EPA</b>	3 capsules daily  2 capsules daily  2-4 softgels daily with food
<b>Support during use of Regenerative Joint Therapy (Prolotherapy/PRP, etc.)<sup>†</sup></b> <ul style="list-style-type: none"> <li>To support new tissue growth, stem cell function and cellular proliferation<sup>†</sup></li> </ul>	<b>Joint, Tendon, Ligament I</b>  <b>Joint, Tendon, Ligament II</b>	3 capsules daily  3 capsules daily with food
<b>Systemic Enzyme Therapy</b> <ul style="list-style-type: none"> <li>To maintain healthy joints, mobility and flexibility<sup>†</sup></li> <li>To provide temporary relief from everyday aches, pains and muscle soreness<sup>†</sup></li> <li>To help speed recovery following exertion<sup>†</sup></li> </ul>	<b>Wobenzym® N,</b>  <b>Wobenzym® PS</b>  or  <b>Wobenzym® Plus</b>	<b>N:</b> 3 tablets twice daily without food  <b>PS:</b> 3 tablets twice daily without food  <b>Plus:</b> 2 tablets twice daily without food  Take on EMPTY STOMACH (45 minutes before a meal or 2 hours after a meal)

Where multiple supplements are suggested, please note that the patient may not require all of them.<sup>†</sup>

This protocol is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

Available for download at [www.douglaslabs.com/joint\\_bonesupportprotocol](http://www.douglaslabs.com/joint_bonesupportprotocol)

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