

Joint Support

1. Glucosamine Sulfate- 1500 mg day for one bottle. After first bottle reduce to 1000 mg day. GS helps build the matrix of the joint cartilage in doing so it helps the water absorption of the joint thus helping the joint's ability to absorb shock.
 2. Fish oil – 2 caps a day for anti-inflammatory affects
 3. Keep up with weight bearing exercise. The 2 worst things you can do for your joint cartilage is to over or under use it. Remember use it or lose it.
- For smokers or people who have tried glucosamine sulfate with no success you can try Glucosamine Synergy from standard process. It is the Cadillac of Glucosamine giving support to all the tissues around the joint. It is worth a 3 month trial to evaluate if this greater level of support is needed
 - All glucosamine should be straight GS and the benefits should be noticed within the first two months of taking the supplement. If you were to go off of GS it will take a month before symptoms progressively start to worsen again.