

Joint Support Product Recommendations

Each patient's individual needs should be evaluated before making recommendations. Use this chart as a guideline, and visit www.standardprocess.com/joint-health for more information.

Acute Joint Support (30 Days)		
Ligaplex® I	Ligaplex I contains nutrients that provide acute ligament and muscle support.*	> 2 capsules per meal, or as directed
Boswellia Complex (MediHerb)	Boswellia Complex helps maintain and support healthy joints.*	> 2 tablets 2 times daily, or as directed
Gotu Kola Complex (MediHerb)	Gotu Kola Complex helps support connective tissue. The herbs in this formula have been used traditionally as adaptogens to support the body during times of increased physical stress.*	> 2 tablets 2 times daily, or as directed
Subacute Joint Support (90 Days)		
Ligaplex® II	Ligaplex II supports tissue and joints to maintain connective tissue health.*	> 2 capsules per meal, or as directed
Boswellia Complex (MediHerb)	Boswellia Complex helps maintain and support healthy joints.*	> 1 tablet 2-4 times daily, or as directed
Long-Term Joint Health		
Glucosamine Synergy®	Glucosamine Synergy combines glucosamine, <i>Boswellia serrata</i> , and manganese to help maintain healthy joint function.*	> 1 capsule 3 times daily, or as directed
Boswellia Complex (MediHerb)	Boswellia Complex helps maintain and support healthy joints.*	> 1 tablet 2-4 times daily, or as directed

In any protocol, **Tuna Omega-3 Oil** supports the body's natural inflammatory response function as it relates to periodic exercise-related challenges and can increase absorption of boswellic acid.*

"Ligaplex II and Boswellia Complex are a great pairing to assist you in helping your patients achieve better joint health. These products are a wonderful adjunct to your practice to help you achieve better outcomes. I use both of them nearly every day in my practice." —Jeff Lavell, DC

"Research has shown that simultaneous intake of dietary fat helps the bioavailability of the boswellic acids in boswellia. What better way to achieve this than by recommending fish oil with boswellia? I have seen great clinical success with this combination."

—Kerry Bone, director of research and development at MediHerb and adjunct professor for New York Chiropractic College

*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.

Quality

From Seed to Supplement®



"Whole food nutrition begins with sun, water, and fertile soil."
—Dr. Royal Lee

Our Commitment to Quality

Since 1929, Standard Process has followed the whole food philosophy of our founder, Dr. Royal Lee. Many of our supplements contain unique combinations of whole food and other ingredients. Many of our raw materials are harvested from our certified organic farm. Our quality control measures assure product excellence in every stage, from farming through shipping.

Our Respect for the Earth

Our organic farming practices ensure that the quality of our farmland is maintained for generations to come. We use environmentally safe farming, manufacturing, and business practices.

Our Promise to You

Our goal is to create supplements that provide nutrition as close to nature as possible. We're proud that our products help health care professionals transform lives.

Distributed Through Health Care Professionals

The informed guidance of a health care professional is vital to the optimal use of nutritional and herbal supplements.

Joint Health and Nutrition

A Health Care Professional's Guide to Targeted Support for Joint Health



Have the conversation today!



WHOLE FOOD NUTRIENT SOLUTIONS
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Changing Lives Starts With You

Patients today are busier than ever—and their joints are feeling it. From the demands of work and family to the exertions of activities and hobbies, their joints and cartilage are experiencing the effects of aging and wear and tear.

Helping Patients Every Day

No matter how often your patients come to the office for appointments, you can help them address joint health every single day. Your encouragement is with them each time they exercise, eat foods that help support a healthy inflammatory response, and take the supplements that best complement their treatment.

By recommending Standard Process and MediHerb® supplements, you are establishing yourself as a trusted health care professional who values the nutritional component of health and healing. You are sending a message that quality whole food ingredients and herbal support matter. Above all, you are caring for patients in ways that extend beyond office visits.

You are changing lives.

Identify the Joint Challenge

Many people experience minor exercise-related joint pain and stiffness that affect their quality of life and ability to do the things they love. Do your patients fall into any of these categories?

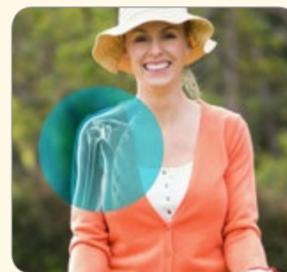


'Tech Neck' Syndrome

Found primarily in people between the ages of 15 and 35, tech neck syndrome is caused by the repetitive motion of looking down to use mobile devices. This position puts much more stress on the neck and spine than looking straight forward with a properly aligned head. Tilting the head forward affects posture, can cause disc issues, and is associated with minor neck and back pain.

FACT

The head weighs about 10 pounds, but the stress from **tech neck creates as much as 60 pounds of stress** on the neck, spine, and surrounding muscles and ligaments.



Aging Joints

Many people experience joint challenges as they age. Aging bodies don't recover from joint challenges the same way, or in the same time frame, that they did in the past. Minor joint pain and immobility can impact quality of life.

FACT

By 2030, the number of **adults 65 and older in the United States will reach about 71 million.**

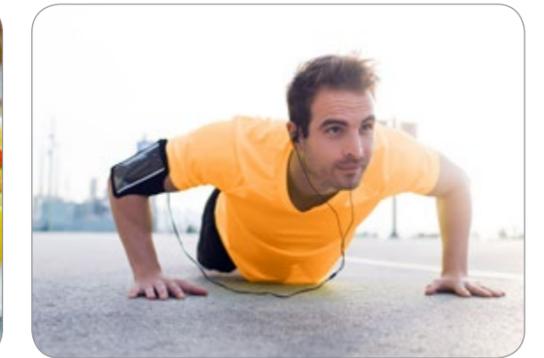


Active-Lifestyle Wear and Tear

Being active is a way of life for many Americans. Whether they're trying to reach a personal best time in an upcoming 5K race or simply staying fit with the sports and activities they love, no one wants to be sidelined by minor joint pain.

FACT

The U.S. Centers for Disease Control and Prevention recommends adults ages 18-65 need **150 minutes per week of moderate-intensity aerobic activity and muscle-strengthening activities at least twice per week.**



Evaluate Habits and Lifestyle

Help patients understand the crucial role nutrition can play in supporting joint health. To best evaluate each individual patient, initiate a conversation about lifestyle, focusing on nutrition, diet, and exercise.

Nutrition

Given proper nutrition and herbal support, the human body has an amazing ability to heal itself. High-quality supplements made from whole food and other ingredients, when taken according to individualized recommendations, fill nutritional gaps by providing nutrients the way nature intended.*



Diet

Patients should be encouraged to avoid processed foods high in refined sugars and trans fats. Fresh fruits and vegetables, complex carbohydrates, healthy fats, and lean proteins are good general dietary additions to support joint health.

Exercise

Movement, activity, and exercise can be beneficial to maintain joint health, flexibility, range of motion, and muscle strength. Depending on the joint challenge, recommended activities may include yoga, walking, and resistance training.

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