Strong Foundations
Essential Support for Musculoskeletal Health

A Quality Partnership
Quality of Movement = Quality of Life

A healthy musculoskeletal system gives us the ability to move with ease and provides form, support, and stability to the body. Your patients who have occasional discomfort after strenuous physical activity may also experience an impact on mobility that limits independence and creates stress. MediHerb and Standard Process offer a wide range of premium herbal and nutritional products to support all aspects of musculoskeletal health—from the maintenance of bone, muscle, and joint health to the support of these tissues through acute sports-related demands.
Bone Complex
› Beneficially influences healthy bone remodeling and density
› Combines high-quality extracts of Epimedium, Kudzu, Red Clover, and Black Cohosh for optimal strength
› Contains flavonoids from Epimedium, Kudzu, and Red Clover. Research has shown flavonoids may help support strong bones
› Ideal support for mature women’s bone health

Gotu Kola Complex
› Promotes the normal development of bone and other connective tissue
› Contains high-quality extracts of Gotu Kola, Grape Seed, and Ginkgo biloba with guaranteed levels of important components for optimal strength and quality

Ostrophin PMG®
› Combines synergistic nutrients with veal bone PMG™ extract for natural bone health support
› Contains natural bone proteins and other organic factors that naturally occur in bone and are important for optimal bone health

Calcifood® Powder or Calcifood® (Wafers)
› Helps the body build strong, healthy bones
› Calcifood Powder contains 600 mg of calcium, and Calcifood (chewable wafers) contains 200 mg of calcium per serving
› Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.
› Calcifood Powder can be mixed in a supplement shake or added to foods.

Research Supported
Bone Health Daily Fundamentals packs supply a convenient 30-day supply of Calcifood (chewable wafers), Ostrophin PMG, Cataplex® D, and Cruciferous Complete™.
Read the research summary on how these products maintained bone-resorption rates in the Research and Development section at standardprocess.com.
Joints and cartilage are under enormous pressure. With age, they often become susceptible to wear that affects function. To maintain healthy mobility, it’s important to provide support for cartilage synthesis, support the body’s normal processes for tissue repair, and promote natural anti-inflammatory response to periodic challenges like strenuous exercise.

**Ligaplex® II**
- Supports tissue and joints to maintain connective tissue health, especially for long-term management
- Nutritional compounds for support of proper formation and maintenance of skeletal tissues
- Involved in maintenance of healthy fluid levels
- Contains nutritional yeast for protein and B-complex vitamins to support the body’s natural repair process

5275 40 Capsules 5300 150 Capsules

**Glucosamine Synergy®**
- Combines *Boswellia serrata* with minerals and glucosamine to help maintain healthy joint function
- Maintains healthy connective tissue
- Supports joint health and the body’s normal connective tissue repair process

4635 90 Capsules

**Boswellia Complex**
- Provides joint support to maintain an active lifestyle
- Combines high-quality extracts of *Boswellia*, *Turmeric*, *Celery Seed*, and *Ginger* for optimal strength
- Benefits the body’s normal inflammation responses to strenuous exercise
- Helps maintain the integrity of the cartilage

M1152 40 Tablets  M1157 120 Tablets

**Saligesic**
- Contains a high-potency extract of Willow Bark standardized for its salicin content that has been proven to support musculoskeletal health in European clinical trials
- Has been shown to support a healthy musculoskeletal system, especially the knees, hips, and lower back
- Maintains healthy joints and promotes muscle tissue relaxation
- Relieves exercise-related musculoskeletal discomfort

M1395 40 Tablets

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.
Support for Strenuous Exercise Discomfort

Occasional discomfort related to vigorous exercise or overdoing physical exertion is common in people who lead active lifestyles. Active bodies need to be well supported to promote tissue repair and the continuation of optimal function.

**Gotu Kola Complex**
- Combines high-quality extracts of Gotu Kola, Grape Seed, and Ginkgo biloba for optimal strength
- Supports the body’s normal tissue repair processes
- Promotes normal connective and epithelial tissue development (particularly in times of increased physical stress)
- Supports healthy blood vessels and natural drainage from the body tissues

**Ligaplex® I**
- Contains buckwheat, which supports the body’s natural anti-inflammatory response as it relates to periodic challenges like strenuous exercise
- Contains nutrients that provide acute ligament and muscle support
- Supports the body’s normal connective tissue repair and synthesis processes
- Supports healthy joints and muscles
- Supports bone growth and the synthesis of cartilage

**Nervagesic**
- Specially formulated by Kerry Bone to relieve nervous system discomfort
- Promotes relaxation in the nervous system and muscles, relieves muscular cramping, and eases exercise-related muscle discomfort
- Combines high-quality extracts of Corydalis, Jamaican Dogwood, and California Poppy, which contain many important compounds, including alkaloids, isoflavonoids, and other flavonoids, for optimal strength

**Boswellia Complex**
- Provides joint support to maintain an active lifestyle
- Combines high-quality extracts of Boswellia, Turmeric, Celery Seed, and Ginger for optimal strength
- Benefits the body’s normal inflammation responses to strenuous exercise
- Helps maintain the integrity of the cartilage
Efficient muscle contraction and relaxation requires an appropriate balance of minerals and other nutrients. Supporting muscle function may be particularly important during times of stress.

**Muscle Support**

**Myo-Plus®**
- Supports muscular health and function
- Provides support for increased oxygen demand during exercise
- Provides ingredients with antioxidant activity

**Kava Forte**
- Supports relief of muscular tension and effects of everyday stress
- Contains water-extracted Kava with a full spectrum of active constituents, including the kavalactones
- Standardized to provide 50 mg kavalactones per tablet

**Calcium Lactate Powder**
- Contains 800 mg of calcium and 160 mg of magnesium per serving
- Contains the proper balance of calcium and magnesium (5:1 ratio) to help with absorption of these two minerals
- Supports muscle contraction and nerve conduction
- Highly soluble calcium salt, more easily absorbed and easier to digest than calcium carbonate
- Calcium from a nondairy source
- Supports maintenance and function of cell membranes and membrane permeability
- Supports and helps maintain healthy bone density and remodeling

**Myotrophin PMG®**
- Combines bovine muscle PMG™ extract and calcium
- Supports the cardiovascular system
- Provides mineral extracts that support cellular health

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**Retail Pricing**

- Myo-Plus®: 5740, 90 Tablets
- Kava Forte: M1345, 40 Tablets
- Calcium Lactate Powder: 1925, 12 Ounces (340 g)
- Myotrophin PMG®: 5800, 90 Tablets
Each patient’s individual needs should be evaluated before making recommendations. Use this chart as a guideline.

### Bone Support: Maintenance, Short Term (Acute), Long Term (Chronic)

<table>
<thead>
<tr>
<th>Brand</th>
<th>Product</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard Process</td>
<td>Calcifood Powder</td>
<td>1 level tablespoon per day, or as directed M S</td>
</tr>
<tr>
<td>MediHerb</td>
<td>Calcifood (Wafers)</td>
<td>2 chewable wafers per meal, or as directed M S</td>
</tr>
<tr>
<td></td>
<td>Ostrophin PMG</td>
<td>1 tablet per meal, or as directed M S L GF</td>
</tr>
<tr>
<td></td>
<td>Bone Complex</td>
<td>1 tablet 3 times daily, or as directed M S L</td>
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<tr>
<td></td>
<td>Gotu Kola Complex</td>
<td>1 tablet 2-3 times daily, or as directed M L</td>
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<td></td>
<td></td>
<td>2 tablets 2 times daily, or as directed S</td>
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### Joint Support: Maintenance, Short Term (Acute), Long Term (Chronic)

<table>
<thead>
<tr>
<th>Brand</th>
<th>Product</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard Process</td>
<td>Ligaplex II</td>
<td>2 capsules per meal, or as directed M L</td>
</tr>
<tr>
<td></td>
<td>Glucosamine Synergy</td>
<td>1 capsule 3 times per day, or as directed M S L</td>
</tr>
<tr>
<td>MediHerb</td>
<td>Boswellia Complex</td>
<td>1 tablet 2-4 times daily with meals, or as directed M L</td>
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<td></td>
<td></td>
<td>2 tablets 2 times daily with meals, or as directed S</td>
</tr>
<tr>
<td></td>
<td>Saligesic</td>
<td>1 tablet 2-4 times daily, or as directed M L</td>
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<tr>
<td></td>
<td></td>
<td>2 tablets 2 times daily, or as directed S</td>
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### Sports and Strenuous Activity Discomfort: Maintenance, Short Term (Acute), Long Term (Chronic)

<table>
<thead>
<tr>
<th>Brand</th>
<th>Product</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard Process</td>
<td>Ligaplex I</td>
<td>2 capsules per meal, or as directed S GF</td>
</tr>
<tr>
<td>MediHerb</td>
<td>Nervagesic</td>
<td>2 tablets 2 times daily, or as directed S</td>
</tr>
<tr>
<td></td>
<td>Boswellia Complex</td>
<td>1 tablet 2-4 times daily with meals, or as directed M S L</td>
</tr>
<tr>
<td></td>
<td>Gotu Kola Complex</td>
<td>2 tablets 2 times daily, or as directed M S</td>
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<tr>
<td></td>
<td></td>
<td>1 tablet 2-3 times daily, or as directed L</td>
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### Muscle Support: Maintenance, Short Term (Acute), Long Term (Chronic)

<table>
<thead>
<tr>
<th>Brand</th>
<th>Product</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard Process</td>
<td>Myo-Plus</td>
<td>2 tablets per meal, or as directed M S L</td>
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<tr>
<td></td>
<td>Calcium Lactate Powder</td>
<td>1 level tablespoon per day, or as directed M S L GF</td>
</tr>
<tr>
<td></td>
<td>Calcium Lactate (Tablets)</td>
<td>6 tablets per day, or as directed M S L GF</td>
</tr>
<tr>
<td></td>
<td>Myotrophin PMG</td>
<td>1 tablet per meal, or as directed M S L GF</td>
</tr>
<tr>
<td>MediHerb</td>
<td>Kava Forte</td>
<td>1 tablet 2-3 times daily, or as directed M S L</td>
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A Quality Partnership

More Than 100 Years of Combined Clinical Experience

**Standard Process Research-Supported Nutrition**
Our skilled scientists focus on whole food phytonutrients and the effects of whole food ingredients on health.

**More Than 80 Years of Experience**
At Standard Process, we’ve been producing supplements since 1929, supporting the whole food philosophy of our founder and nutritional pioneer, Dr. Royal Lee.

**Distributed Through Health Care Professionals**
The individualized recommendations and informed guidance of a health care professional is vital to the optimal use of nutritional and herbal supplements.

**MediHerb Professional-Strength Herbal Products for More Than 25 Years**
Combining time-honored traditional knowledge with clinical experience and scientific research, MediHerb’s quality commitment is unsurpassed in the world today.

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