

Healthy Joints & Articular Cartilage*

Protocols

www.itiprotocols.integrativeinc.com

Product & Ingredient	Dosage	Features	Reference
MAINTAINING HEALTHY JOINTS AND ARTICULAR CARTILAGE*			
Glucosamine Sulfate and Chondroitin 71726 – 60 tablets Glucosamine Sulfate (stabilized) Chondroitin Sulfate (low molecular weight, marine source)	Take daily: 1500 mg 1200 mg	<ul style="list-style-type: none"> Supplies nutritional support for healthy connective tissue structure and function*^{1,2} Provides significant support for knee and joint health*^{1,2} Modulates articular cartilage matrix metabolism² Low molecular weight chondroitin sulfate is better absorbed*³ 	<ol style="list-style-type: none"> Richy F, et al. Structural and symptomatic efficacy of glucosamine and chondroitin in knee osteoarthritis: a comprehensive meta-analysis. <i>Arch Intern Med</i>. 2003 Jul 14;163(13):1514-22. Bassleer C, et al. Stimulation of proteoglycan production by glucosamine sulfate in chondrocytes isolated from human osteoarthritic articular cartilage invitro. <i>Osteoarthritis Cartilage</i>. 1998;6:427-434. Adebowale AO, et al. Analysis of glucosamine and chondroitin sulfate content in marketed products and the Caco-2 permeability of chondroitin sulfate raw materials. <i>JAMA</i>. 2000;3:37-44.
MSM (OptiMSM®) 77589 – 90 tablets 77580 – 180 tablets Methylsulfonylmethane (MSM) <i>OptiMSM® is a registered trademark of Cardinal Nutrition.</i>	Take 1 – 3 tablets daily. Each tablet contains: 1000 mg	<ul style="list-style-type: none"> MSM is biologically active sulfur, which is necessary for the formation of muscle tissue, connective tissue, and support structure inside the bones*¹ In a 12-week clinical trial, 50% of participants experienced significant improvement in joint and physical function*² <p>Note: Sulfur is not the same as Sulfa, an antibiotic class of drugs</p>	<ol style="list-style-type: none"> Jacob SW, et al. <i>The Miracle of MSM: The Natural Solution for Pain</i>. New York, NY: GP Putnam's Sons; 1999:18. Kim LS, et al. Efficacy of methylsulfonylmethane (MSM) in osteoarthritis pain of the knee: a pilot clinical trial. <i>Osteoarthritis Cartilage</i>. 2006;14(3):286-94.

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ADDITIONAL CONSIDERATIONS			
<p>Joint Gel® 266015 – 2 oz. roll-on 266016 – (9) 2 oz. roll-on</p> <p>1-Menthol 1.25%</p>	<p>Roll on to affected area not more than 3 to 4 times daily. For best results, massage into skin until absorbed.</p>	<ul style="list-style-type: none"> Over-the-Counter (OTC) Topical Analgesia For the temporary relief of minor aches and pains of muscles and joints associated with arthritis, simple backache, sprains and strains.¹ 	<p>1. Galeotti N, et al. Menthol: a natural analgesic compound. <i>Neurosci Lett</i>. 2002 Apr 12;322(3):145-8.</p>
<p>AIzCLEAR™ 05916 – 60 UltraCaps™</p> <p>Turmeric (<i>Curcuma longa</i>) (90% curcuminoids)</p>	<p>Take 2 UltraCaps daily, between meals.</p> <p>Two UltraCaps contain: 1.2 g</p>	<p>Additional Support</p>	<p>1. Chainani-Wu N. Safety and anti-inflammatory activity of curcumin: a component of turmeric (cucuma longa). <i>J Altern Complement Med</i>. 2003 Feb;9(1):161-8.</p> <p>2. Abe Y, et al. Curcumin inhibition of inflammatory cytokine production by human peripheral blood monocytes and alveolar macrophages. <i>Pharmacol Res</i>. 1999 Jan;39(1):41-7.</p>

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Healthy Joints & Articular Cartilage through Immune System Modulation*

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Product & Ingredient	Dosage	Features	Reference
<p>Saventaro® cats claw 79853 – 30 capsules 79859 – 90 capsules</p> <p>Cat's Claw (pentacyclic chemotype) (1.3% pentacyclic oxindole alkaloids (POAs))</p> <p>Free from harmful levels of tetracyclic oxindole alkaloids (TOAs), which can negate effects of product</p> <p><i>Saventaro® is a registered trademark of Immodal Pharmaka Gesellschaft M.B.H.</i></p>	<p>Take 1 capsule three times daily for the first 10 days, and 1 capsule daily thereafter.</p> <p>One capsule contains: 20 mg</p>	<ul style="list-style-type: none"> In a clinical study, improved joint health by 53.2% vs. 24.1% in placebo group*¹ Supports joint health by modifying the immune system*^{2,3} Supports the body's ability to regulate immune function and provide the right level of immune-boosting activity for optimal health*^{2,3} 	<ol style="list-style-type: none"> Mur E, et al. Randomized double blind trial of an extract from the pentacyclic alkaloid-chemotype of Uncaria tomentosa for the treatment of rheumatoid arthritis. <i>J Rheumatol</i>. 2002;29:678-81.† Sandoval M, et al. Cat's claw inhibits TNF-alpha production and scavenges free radicals: role in cytoprotection. <i>Free Radic Biol Med</i>. 2000;29:71-78. Sandoval- Chacon M, et al. Antiinflammatory actions of cat's claw: the role of NF-kappaB. <i>Aliment Pharmacol Ther</i>. 1998;12:1279-1289.
<p>Eskimo-3® fish oil 72190 – 105 ml 72297 – 105 softgels Eskimo® PurEFA™ 1000mg fish oil 72622 - 150 softgels</p> <p>Omega-3 Fatty Acids 14-18% EPA** 8.3-11.7% DHA** Pharmaceutical grade High purity Naturally stable **EPA=eicosapentaenoic acid **DHA=docosahexaenoic acid</p> <p><i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i></p>	<p>Take up to 5 g daily with meals in the form of:</p> <ul style="list-style-type: none"> 3 original softgels (1.5 g) 3 times daily 1 teaspoon liquid (5 mL) 5 PurEFA softgels (5 g) <p>Each daily serving contains 1.5 – 5 g fish oil and provides: 210-900 mg EPA 125-580 mg DHA</p>	<ul style="list-style-type: none"> EPA/DHA are precursors to the body's natural anti-inflammatory components¹ Clinically shown to improve function by at least 20% in 20% of participants*¹ Omega-3s also modulate the expression and activity of key factors that affect cartilage health*² 	<ol style="list-style-type: none"> Volker D, et al. Efficacy of fish oil concentrate in the treatment of rheumatoid arthritis. <i>J Rheumatol</i>. 2000;27:2343-2346. Curtis CL, et al. (Omega) n-3 fatty acids specifically modulate catabolic factors involved in articular cartilage degradation. <i>Biol Chem</i>. 2000 Jan 14;275(2):721-4.

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<p>MSM (OptiMSM®) 77589 – 90 tablets 77580 – 180 tablets</p> <p>Methylsulfonylmethane (MSM)</p> <p><i>OptiMSM® is a registered trademark of Cardinal Nutrition.</i></p>	<p>Take 1 – 3 tablets daily.</p> <p>Each tablet contains: 1,000 mg</p>	<p>Joint & Connective Tissue Support*</p> <ul style="list-style-type: none"> MSM is biologically active sulfur, which is necessary for the formation of muscle tissue, connective tissue, and support structure inside the bones*¹ <p>Note: Sulfur is not the same as Sulfa, an antibiotic class of drugs</p>	<p>1. Jacob SW, et al. <i>The Miracle of MSM: The Natural Solution for Pain</i>. New York, NY: GP Putnam's Sons; 1999:18.</p>
ADDITIONAL CONSIDERATIONS			
<p>Joint Gel® 266015 – 2 oz. roll-on 266016 – (9) 2 oz. roll-on</p> <p>1-Menthol 1.25%</p>	<p>Roll on to affected area not more than 3 to 4 times daily. For best results, massage into skin until absorbed.</p>	<ul style="list-style-type: none"> Over-the-Counter (OTC) Topical Analgesia For the temporary relief of minor aches and pains of muscles and joints associated with arthritis, simple backache, sprains and strains.¹ 	<p>1. Galeotti N, et al. Menthol: a natural analgesic compound. <i>Neurosci Lett</i>. 2002 Apr 12;322(3):145-8.</p>

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Healthy Anti-Inflammatory Response*

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Product & Ingredient	Dosage	Features	Reference
<p>Eskimo-3® fish oil 72190 – 105 ml 72297 – 105 softgels Eskimo® PurEFA™ 1000mg fish oil 72622 - 150 softgels</p> <p>Omega-3 Fatty Acids 14-18% EPA** 8.3-11.7% DHA** Pharmaceutical grade High purity Naturally stable</p> <p>**EPA=eicosapentaenoic acid **DHA=docosahexaenoic acid</p> <p><i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i></p>	<p>Take up to 5 g daily with meals in the form of:</p> <ul style="list-style-type: none"> – 3 original softgels (1.5 g) 3 times daily – 1 teaspoon liquid (5 mL) – 5 PurEFA softgels (5 g) <p>Each daily serving contains 1.5 – 5 g fish oil and provides: 210-900 mg EPA 125-580 mg DHA</p>	<ul style="list-style-type: none"> • Helps support the body's anti-inflammatory response*^{1,2} • Omega-3 fatty acids favorably affect chondrocyte gene transcription, which in turn enhances cellular repair capabilities.*³ 	<ol style="list-style-type: none"> 1. Saldeen T. Mechanisms behind the anti-inflammatory effects of stable fish oil. (Swe.) <i>Hygiea.</i> 109(2):331, 2000. † 2. Caughey GE, et al. The effect on human tumor necrosis factor alpha and interleukin 1 beta production of diets enriched in n-3 fatty acids from vegetable oil or fish oil. <i>Am J Clin Nutr.</i> 1996 Jan;63(1):116-22. 3. Curtis CL, et al. (Omega)n-3 fatty acids specifically modulate catabolic factors involved in articular cartilage degradation. <i>Biol Chem.</i> 2000 Jan 14;275(2):721-4.
<p>Lyprinol® 266007 – 60 softgels</p> <p>Stabilized Green-Lipped Mussel Extract (from <i>Perna canaliculus</i>)</p> <p><i>Lyprinol® is a registered trademark of BodyCare Corporation.</i></p>	<p>Take 2 softgels twice daily for 3-6 weeks; then 1 to 2 softgels per day. Two softgels provide: 200 mg</p>	<ul style="list-style-type: none"> • In clinical study, more than 70-76% of participants experienced significant joint health support*¹ • Effectively inhibits 5'-lipoxygenase (LOX) and cyclooxygenase (COX) pathways in the body*^{2,3} 	<ol style="list-style-type: none"> 1. Gibson SLM, et al. The treatment of arthritis with a lipid extract of <i>Perna canaliculus</i>: a randomized trial. <i>Compl Ther Med.</i> 1998;6:122-126. † 2. Whitehouse MW, et al. Anti-inflammatory activity of a lipid fraction [brand name] from the NZ green-lipped mussel. <i>Inflapharmacol</i> 1997;5:237-246. † 3. Macrides TA, et al. The anti-inflammatory effects of omega 3 tetraenoic fatty acids isolated from a lipid extract [brand name] from the New Zealand green-lipped mussel. Abstract, 88th American Oil Chemicals Society Annual Meeting, Seattle, May 1997. †

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Healthy Anti-Inflammatory Response*

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Product & Ingredient	Dosage	Features	Reference
<p>Bio-Zyme® systemic enzymes 74251 – 100 tablets 74250 – 200 tablets</p> <p>Blend of: Pancreatic Enzymes 10X(full strength, undiluted) Protease 81,250 USP Amylase 81,250 USP Lipase 6,500 USP Trypsin Papain Bromelain Amylase Lipase Lysozyme Chymotrypsin</p>	<p>Take 2 tablets on an empty stomach 3 times daily. Two tablets contain: 325 mg</p> <p>75 mg 50 mg 50 mg 10 mg 10 mg 10 mg 2 mg</p>	<ul style="list-style-type: none"> Supports the body's natural anti-inflammatory response*^{1,2} 	<ol style="list-style-type: none"> Chintalacharuvu SR, et al. Treatment of collagen induced arthritis by proteolytic enzymes: immunomodulatory and disease modifying effects. J Rheumatol. 2001 Sep;28(9):2049-59. Miller PC, et al. The effects of protease supplementation on skeletal muscle function and DOMS following downhill running. J Sports Sci. 2004 Apr;22(4):365-72. †
<p>End Fatigue™ Adrenal Stress-End™* 74035 – 50 capsules</p> <p>Licorice (<i>Glycyrrhiza glabra</i>) (5% glycyrrhizic acid) Adrenal Fractions</p>	<p>Take 2 capsules daily. Two capsules contain: 200 mg 400 mg</p>	<ul style="list-style-type: none"> Licorice inhibits cyclooxygenase (COX) activity <i>in vitro</i>*¹ Also improves clearance of immune complexes*² Adrenal glands regulate anti-inflammatory responses; adrenal extracts may help support the body's natural anti-inflammatory response*³ 	<ol style="list-style-type: none"> Yokota T, et al. The inhibitory effect of glabridin from licorice extracts on melanogenesis and inflammation. Pigment Cell Res. 1998 Dec;11(6):355-61. Matsumoto T, et al. Effect of licorice roots on carrageenan-induced decrease in immune complexes clearance in mice. <i>J Ethnopharmacol.</i> 1996 Jul 26;53(1):1-4. Haas EM. Accessory nutrients. Staying Healthy With Nutrition: The Complete Guide to Diet and Nutritional Medicine. Berkeley, Ca: Celestial Arts; 1992: 255-291.

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<p>PSI Daytime 266003 – 60 UltraCaps™</p> <p>Turmeric (<i>Curcuma longa</i>) (95% curcumin) White Willow (<i>Salix alba</i>) (15% salicin)</p>	<p>Take 2 UltraCaps 2 times daily. Two UltraCaps contain: 50 mg</p> <p>200 mg</p>	<ul style="list-style-type: none"> Turmeric helps support the body's natural anti-inflammatory response*¹ It inhibits interleukin-8 (IL-8) and tumor necrosis factor- α (TNF-α), two compounds that play an important role in the inflammatory response*² White willow bark significantly reduces pain and relieves inflammation due to occasional overuse³ 	<ol style="list-style-type: none"> Chainani-Wu N. Safety and anti-inflammatory activity of curcumin: a component of tumeric (<i>Curcuma longa</i>). <i>J Altern Complement Med</i>. 2003 Feb;9(1):161-8. Abe Y, et al. Curcumin inhibition of inflammatory cytokine production by human peripheral blood monocytes and alveolar macrophages. <i>Pharmacol Res</i>. 1999 Jan;39(1):41-7. Chrubasik S, et al. Treatment of low back pain exacerbations with willow bark extract: a randomized double-blind study. <i>Am J Med</i>. 2000 Jul;109(1):9-14.
<p>MSM (OptiMSM®) 77589 – 90 tablets 77580 – 180 tablets</p> <p>Methylsulfonylmethane (MSM)</p> <p><i>OptiMSM® is a registered trademark of Cardinal Nutrition.</i></p>	<p>Take 1 – 3 tablets daily.</p> <p>Each tablet contains: 1,000 mg</p>	<ul style="list-style-type: none"> MSM is biologically active sulfur, which is necessary for the formation of muscle tissue, connective tissue, and support structure inside the bones*¹ Also helps reduce pain due to occasional overuse*¹ <p>Note: Sulfur is not the same as Sulfa, an antibiotic class of drugs</p>	<ol style="list-style-type: none"> Jacob SW, et al. <i>The Miracle of MSM: The Natural Solution for Pain</i>. New York, NY: GP Putnam's Sons; 1999:18.

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ADDITIONAL CONSIDERATIONS			
Magnesium Malate 206013 - 90 UltraCaps Magnesium	Take 1 UltraCaps three times daily. One UltraCaps contains: 100 mg	<ul style="list-style-type: none"> • Involved in the production of cellular energy* • Required for healthy muscle and nerve functioning* • Data has suggested that magnesium status is indirectly related to incidence of muscle cramps due to occasional overuse*¹ 	1. Clarkson PM, et al. Exercise and mineral status of athletes: calcium, magnesium, phosphorus, and iron . <i>Med Sci Sports Exerc</i> . 1995 Jun;27(6):831-43.

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