

# BONE & JOINT SUPPORT FOR HEALTHY LIVING<sup>‡</sup>



PUSH YOUR 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.

## 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. Changes in muscle function are also observed as a part of normal aging. Fortunately, a healthful diet, exercise and proper supplementation can help us maintain healthy mobility and an active lifestyle well into our later years.‡



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## ADVISORY BOARD



### 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.

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## ABOUT US

For over 65 years, Douglas Laboratories® has been dedicated to meeting the needs of healthcare professionals. As a globally recognized leader in the development of innovative, science-based nutritional supplements, we strive to help healthcare professionals and their patients push their potential for healthy living, today and in the future.‡

† Dr. Gallagher was a retained advisor to Atrium Professional Brands.  
\*\*Valid in the USA and for online orders over \$100 only. Cannot be combined with any other promotions.  
Free standard shipping will apply to entire order and become available under shipping method.

## BONE & JOINT PRODUCTS

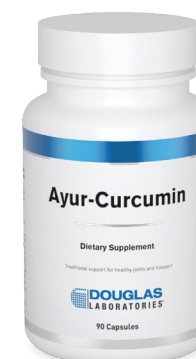
### Ayur-Curcumin

*Traditional support for healthy joints and tissues‡*

An Ayurvedic Curcumin supplying 300 mg of turmeric in each capsule for support of healthy joint and tissue function.‡

**SUGGESTED USAGE: 1 DAILY**

Serving Size 1 Capsule  
Servings Per Container 90



Amount Per Serving	
Turmeric ( <i>Curcuma longa</i> , root, standardized to 95% curcumin)	300 mg
Other ingredients: Microcrystalline cellulose, gelatin (capsule), vegetable stearate and magnesium silicate	

Formula	Size
7683	90 Capsules

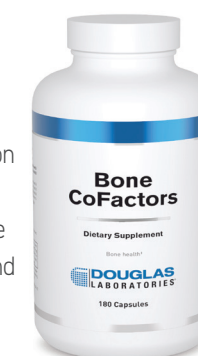
### Bone CoFactors

*Bone health‡*

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.‡

**SUGGESTED USAGE: 6 DAILY**

Serving Size 6 Capsules • Servings Per Container 30



Amount Per Serving	
Vitamin D <sub>3</sub> (as cholecalciferol)	50 mcg (2,000 IU)
Calcium (from microcrystalline hydroxyapatite)	500 mg
Phosphorus (from microcrystalline hydroxyapatite)	225 mg
Magnesium (as magnesium glycinate chelate complex)	200 mg
Zinc (as zinc monomethionine, OptiZinc®)	10 mg
Copper (as copper amino acid chelate)	1 mg
Manganese (as manganese amino acid chelate)	2 mg
Vitamin K <sub>2</sub> (as menaquinone-7)	90 mcg
Boron (as boron amino acid chelate)	3 mg
MBP® (milk protein)	40 mg
Other ingredients: Gelatin (capsule), microcrystalline cellulose, vegetable stearate and 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.	

Formula	Size
201940	180 Capsules

### Bromelain 500 mg

*Musculoskeletal health‡*

Bromelain 500 mg supplies a high enzymatic activity per capsule. Bromelain is a proteolytic enzyme indicated for support of the musculoskeletal system.‡

**SUGGESTED USAGE: 1-4 DAILY**

Serving Size 1 Vegetarian Capsule  
Servings Per Container 60



Amount Per Serving	
Bromelain (2,400 GDU/gram) (from pineapple stem)	500 m
Other ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate	

Formula	Size
202478	60 Vegetarian Capsules



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## BONE & JOINT PRODUCTS

### Glucosamine Plus™

Joint health‡

Glucosamine Plus™ contains a combination of glucosamine sulfate and chondroitin sulfate. Glucosamine sulfate is a well-absorbed source of glucosamine, an important precursor for the synthesis and maintenance of connective tissues. Chondroitin sulfate also supports formation of connective tissues, primarily joint cartilage, and helps support existing cartilage.†<sup>4</sup>

#### SUGGESTED USAGE: 1-3 DAILY

Serving Size 1 Vegetarian Capsule • Servings Per Container 120

Amount Per Serving	
Glucosamine Sulfate (from crab and shrimp)	250 mg
Chondroitin Sulfate	200 mg
Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule), vegetable stearate and silica	
Contains: Shellfish (crab, shrimp)	

†Individual results may vary.

Formula	Size
GCSP	120 Vegetarian Capsules



### K<sub>2</sub>-D<sub>3</sub> with Astaxanthin

Cardiovascular and bone health‡

[ Co-formulated by Theodore S. Piliszek, M.D. ]\*

K<sub>2</sub>-D<sub>3</sub> 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. Astaxanthin, an antioxidant, helps to support vascular health.‡

#### SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	
Vitamin D <sub>3</sub> (as cholecalciferol)	62.5 mcg (2,500 IU)
AstaReal® Astaxanthin (supercritical CO <sub>2</sub> extract of <i>Haematococcus pluvialis</i> , entire plant)	2 mg
K2VITAL® Vitamin K <sub>2</sub> (as menaquinone-7)	180 mcg

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule) and vegetable stearate

AstaReal® is a registered trademark of Fuji Chemical Industries Co., Ltd.

K2VITAL® is a registered trademark of Kappa Bioscience AS

\*Dr. Theodore S. Piliszek is a retained advisor to Atrium Professional Brands

Formula	Size
202114	30 Vegetarian Capsules



### Hyaluronic Acid

Joint health‡

Hyaluronic acid (HA) is produced by keratinocytes and is a member of a large family of glycosaminoglycans, the main components of the extracellular matrix. It is abundant in tissues and fluids, with the highest concentrations in synovial fluid, vitreous humor and skin. HA helps to support joint health and provides supplemental support for skin health.‡

#### SUGGESTED USAGE: 1 CAPSULE, 1-2 TIMES DAILY

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	
Hyaluronic Acid (from sodium hyaluronate, low molecular weight)	70 mg
Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule)	

Formula	Size
202262	60 Vegetarian Capsules



### Muscle Protect™ with HMB

Supports lean muscle mass and muscle function‡

Muscle Protect™ with HMB provides a leucine-rich blend of essential amino acids combined with HMB, vitamin D<sub>3</sub> and glutamine for muscle maintenance. Leucine, a branched-chain amino acid, has an anabolic role in muscle protein synthesis and may specifically benefit aging adults by preserving healthy muscle mass and function. β-Hydroxy-β-methylbutyrate (HMB) is a metabolite of leucine that supports lean muscle mass through two unique mechanisms: decreased muscle degradation and increased protein synthesis. Vitamin D and glutamine provide additional support for muscle health.‡

#### SUGGESTED USAGE: 1 SCOOP, 1-2 TIMES DAILY

Serving Size 1 Scoop (9.15 g) • Servings Per Container 30

Amount Per Serving	
Calories	20
Total Carbohydrate	<1 g
Vitamin D <sub>3</sub> (as cholecalciferol)	12.5 mcg (500 IU)
Calcium	210 mg
Amino9™ Amino Blend	3.35 g
L-Leucine, L-Lysine, L-Threonine, L-Isoleucine, L-Valine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan	
L-Glutamine	2 g
myHMB® Calcium β-Hydroxy-β-methylbutyrate monohydrate (HMB)	1.5 g

Other ingredients: Natural orange flavor, natural vanilla and other natural flavors, citric acid, stevia leaf extract, monk fruit extract (*Siraitia grosvenorii*), turmeric (for color)

Amino9™ is a registered trademark of Compound Solutions Inc.

myHMB® Nutritional uses of Calcium β-Hydroxy-β-Methylbutyrate Monohydrate (HMB) and Vitamin D are licensed to Douglas Laboratories under U.S. Patent #8,815,280, #9,259,430, #9,539,224 and #9,707,241.

Formula	Size
57737P	275 g (9.7 oz) Powder



### Turmeric Max-V

Support for joint and muscle function‡

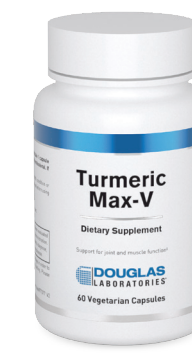
Turmeric Max-V supplies 100 mg of turmeric with 95% standardized curcumin. Turmeric provides support for joint and muscle function.‡

#### SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Capsule  
Servings Per Container 60

Amount Per Serving	
Turmeric Herbal Extract (Curcuma longa L., root, standardized to provide 95 mg curcumin)	100 mg
Turmeric (Curcuma longa L., rhizome, non-standardized)	100 mg
Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule), vegetable stearate and silica	

Formula	Size
77377	60 Vegetarian Capsules



For a full listing of our Bone & Joint Support Products‡, visit [douglaslabs.com/bone](https://douglaslabs.com/bone)

## BONE & JOINT PRODUCTS

### Wobenzym® N

Broad spectrum systemic enzyme support for healthy joints, immune balance and healthy aging‡

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.‡

**SUGGESTED USAGE: 3, TWICE DAILY, 45 MINUTES BEFORE A MEAL**

Serving Size 3 Tablets

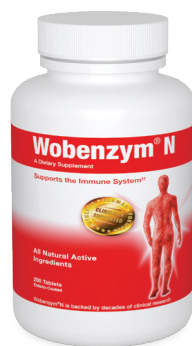
Amount Per Serving	
Pancreatin** 56,000 USP Units Protease (pancreas) <i>Sus scrofa</i>	300 mg
Papain** 492 FIP-Units*** <i>Carica papaya</i>	180 mg
Rutoside Trihydrate** (rutin) <i>Sophora japonica</i>	150 mg
Bromelain** 675 FIP-Units <i>Ananas comosus</i>	135 mg
Trypsin** 2,160 FIP-Units (pancreas) <i>Sus scrofa</i> and/or <i>Bos taurus</i>	72 mg
Chymotrypsin** 900 FIP-Units (pancreas) <i>Bos taurus</i>	3 mg

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

\*\*From dried purified aqueous extracts.

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

Formula	Size
201213	100 Tablets
	200 Tablets
	400 Tablets
	800 Tablets



### Wobenzym® Plus

Helps to maintain healthy joints, mobility and flexibility; temporary relief from everyday aches, pains and muscle soreness; speedy recovery following exertion‡

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. Wobenzym® has been made in Germany since the 1960s and has been clinically researched over the past 50+ years in over 200 clinical trials.‡

**SUGGESTED USAGE: 2, TWICE DAILY, 45 MINUTES BEFORE A MEAL**

Serving Size 2 Tablets

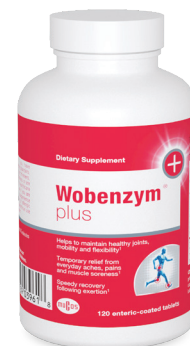
Amount Per Serving	
Bromelain** (1,350 FIP***-units) (from pineapple ( <i>Ananas comosus</i> var <i>comosus</i> ) stem)	270 mg
Trypsin (4,320 FIP***-units) (from porcine ( <i>Sus scrofa</i> ) or bovine ( <i>Bos taurus</i> ) pancreas)	144 mg
Rutoside Trihydrate (rutin) (from <i>Styphnolobium japonicum</i> flower bud)	300 mg

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

\*\*From dried purified aqueous extract.

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

Formula	Size
201910	120 Tablets
	240 Tablets
	480 Tablets



### Wobenzym® PS

Professional strength systemic enzyme support for healthy joints; temporary relief from everyday aches and pains; speedy recovery following exertion‡

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.‡

**SUGGESTED USAGE: 3, TWICE DAILY, 45 MINUTES BEFORE A MEAL**

Serving Size 3 Tablets

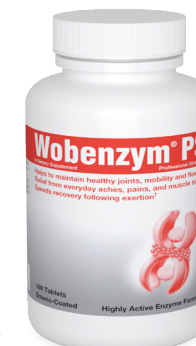
Amount Per Serving	
Bromelain** 1,350 FIP-Units*** <i>Ananas comosus</i>	270 mg
Rutoside Trihydrate (rutin) <i>Sophora japonica</i>	300 mg
Trypsin** 4,320 FIP-Units*** (pancreas) <i>Sus scrofa/Bos taurus</i>	144 mg

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

\*\*From dried purified aqueous extract.

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

Formula	Size
200870	100 Tablets
	180 Tablets



## EASY ORDERING

Placing orders is easy, whether you choose to do so **online** at [dougslabs.com](https://dougslabs.com), or by **contacting customer service**.

### Customer service contact information:

800.245.4440

888.245.4440

[customerservice@dougslabs.com](mailto:customerservice@dougslabs.com)

You can speak to a customer service representative Monday–Friday: 8:30 a.m.–7:00 p.m. ET.

An automated answering service is available for after-hours ordering.

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## SYSTEMIC ENZYME

This protocol aims to identify typical indications of use and recommend dosing of systemic enzyme support to guide healthcare practitioners. Wobenzym® systemic enzyme products are supported by over 200 clinical trials and a history of 50 years of safe and effective use. Based on clinical studies and on practitioner experience, Wobenzym® has been successfully utilized to support a variety of clinical objectives throughout its history.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	SUPPORT FUNCTIONS <sup>‡</sup>	PRODUCT RECOMMENDATIONS*	REFERENCES
<b>Joint Health</b>	Supports healthy joints, mobility, and flexibility Provides temporary relief of everyday aches, pains, and muscle soreness Speeds recovery following exertion	<b>Wobenzym® PS</b> Formula: 200870 <b>Wobenzym® Plus</b> Formula: 201910 <b>Wobenzym® N</b> Formula: 201213	1, 2, 3, 4, 5, 6, 7, 8, 9
<b>Post-Surgical Support</b>	Provides post-surgical comfort and recovery Relieves minor swelling Promotes range of motion following surgery	<b>Wobenzym® PS</b> Formula: 200870 <b>Wobenzym® Plus</b> Formula: 201910	10, 11, 12
<b>Post-Injury Support</b>	Promotes flexibility and range of motion following mild injury Speeds recovery following mild injury	<b>Wobenzym® PS</b> Formula: 200870 <b>Wobenzym® Plus</b> Formula: 201910	4, 13, 14
<b>Cardiometabolic and Vascular Health</b>	Promotes healthy fibrolytic and platelet activity Helps maintain healthy glucose metabolism Supports healthy cardiometabolic biomarkers	<b>Wobenzym® PS</b> Formula: 200870 <b>Wobenzym® Plus</b> Formula: 201910	15, 16, 17
<b>Gynecological Health</b>	Maintains gynecological comfort and health of gynecological tissues Promotes genitourinary health Supports reproductive health	<b>Wobenzym® N</b> Formula: 201213	18, 19
<b>Breast Health</b>	Supports healthy breast tissue Helps maintain breast comfort	<b>Wobenzym® N</b> Formula: 201213	20, 21
<b>Lymphatic Health</b>	Promotes lymphatic drainage Supports healthy tissue fluid levels	<b>Wobenzym® N</b> Formula: 201213	22
<b>Thyroid Health</b>	Supports tissue function Maintains thyroid tissue health	<b>Wobenzym® N</b> Formula: 201213	23
<b>Urinary Tract Health</b>	Supports urinary tract comfort and function Helps maintain healthy urinary tract environment	<b>Wobenzym® N</b> Formula: 201213	24, 25
<b>Immune Health</b>	Promotes a healthy immune response with NK cell, T-cell and mast cell function Helps to balance cytokines, particularly IL-6, Th1 and Th2 Supports respiratory health	<b>Wobenzym® PS</b> Formula: 200870 <b>Wobenzym® Plus</b> Formula: 201910 <b>Wobenzym® N</b> Formula: 201213	26, 27, 28, 29

FORMULATION	LABEL DOSE	OPTIONAL LOADING DOSE**	ATTRIBUTES <sup>‡</sup>
<b>Wobenzym® PS</b>	3 tablets, twice daily	12 tablets daily	Higher potency / Acute use
<b>Wobenzym® Plus</b>	2 tablets, twice daily	8 tablets daily	Convenient dose / Active lifestyle
<b>Wobenzym® N</b>	3 tablets, twice daily	12-15 tablets daily	General wellness / Broad-spectrum long-term use

All Wobenzym® formulations should be taken at least 45 minutes before meals with water.

## JOINT AND MUSCULOSKELETAL

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

CLINICAL OBJECTIVE <sup>‡</sup>	SELECT FROM THE FOLLOWING RECOMMENDATIONS*	DOSING
<b>Daily Bone Health</b> To help maintain healthy bone structure	<b>K<sub>2</sub>-D<sub>3</sub> With Astaxanthin</b> Formula: 202114	2 tablets daily with food
<b>Advanced Bone Support</b> To support positive bone metabolism and formulation	<b>Bone CoFactors</b> Formula: 201940	6 capsules daily
<b>Daily Joint Support</b> To help maintain healthy joint and muscle structure	<b>Wobenzym® PS</b> Formula: 200870 <b>OR</b> <b>Wobenzym® Plus</b> Formula: 201910 <b>OR</b> <b>Wobenzym® N</b> Formula: 201213	2 or 3 tablets twice daily without food
	<b>Glucosamine Plus™ Extra Strength</b> Formula: GSXV	1-3 capsules daily
<b>Joint Comfort</b> To promote daily joint comfort, mobility, resilience and protection	<b>Boswellia-Turmeric Complex</b> Formula: INF	2 tablets daily
	<b>Wobenzym® PS</b> Formula: 200870 <b>OR</b> <b>Wobenzym® Plus</b> Formula: 201910 <b>OR</b> <b>Wobenzym® N</b> Formula: 201213	2 or 3 tablets twice daily without food
<b>Support for muscle mass and strength</b> To support new muscle tissue growth To help preserve lean muscle mass	<b>Muscle Protect™ with HMB</b> Formula: 57737P	1-2 scoops daily
	<b>Vitamin D 1,000 IU</b> Formula: 83007	1-2 tablets daily with food

Available for download at: [douglaslabs.com/protocols](https://douglaslabs.com/protocols)

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\*Please note that patients may not require all supplements listed. The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.



Discover how Douglas Laboratories® can help your patients push their potential for healthy living, today and in the future.



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