

OSTEO-ARTHRITIS NUTRITIONAL RECOMMENDATIONS



Mild to Moderate:

- **Ayur-Boswellia Serrata:** 1 tablet TID for 15 – 30 days then as needed for inflammation
- **Glucosamine Sulfate:** 500mg. TID between meals for 60 days then 500mg BID ongoing.
- Full-range of motion exercises daily to affected joints.

Moderate to Severe:

- **Ayur-Boswellia Serrata:** 1 tablet TID for 30 days, then as needed ongoing for inflammation
- **Glucosamine Sulfate:** 500mg. TID between meals ongoing.
- **Chondroitin Sulfate:** 400mg. TID between meals ongoing.
- Full-range of motion exercises daily to affected joints.