

Douglas Directives

Joint Health Protocol

A Suggested Nutrition Protocol for Joint Health*

Flex H.A.™:

As joints age, hyaluronic acid, the fluid that provides lubrication between joints and connective tissue, can begin to break down, lose its bulkiness or leak from the joints.* Recent research has focused on supplanting the aging fluid with newer fluid.* Each Flex H.A. tablet contains 30 mg. of non-animal hyaluronic acid to support healthy joint function.*

Product Code: 99154

Suggested Usage: 1 to 2 tablets daily

Arth-Support Formula™:

A synergistic mix of vitamins, minerals, herbals and other nutrients, specially formulated for joint support.

Product Code: 4547

Suggested Usage: Two tablets twice daily with meals

Resvera-Gold™:

A unique blend of herbs designed to regulate the body's natural response to inflammation.

Product Code: 8500

Suggested Usage: Two to four capsules daily

**The following products can also be used
in conjunction with the items listed above:**

Glucosamine+MSM® Forte™:

Contains glucosamine and MSM, which can support and protect joints and connective tissues.

Product Code: 83909

Suggested Usage: 1 capsule 3 times daily

RheumaShield™:

A supplement containing undenatured type II collagen from chicken sternum cartilage that can be beneficial for maintaining joint structure.

Product Code: 8503

Suggested Usage: One capsule before bedtime, on an empty stomach, with 8 ounces of water

Ultra Joint Forte:

A synergistic blend of nutrients formulated to support and maintain healthy cartilage and connective tissues.* Ultra Joint Forte contains: glucosamine, chondroitin sulfate, sulfur, and astaxanthin.

Product Code: 99075

Suggested Usage: One tablet three times daily

Chondroitin Sulfate:

Provides a pure source of chondroitin sulfate to help fight inflammation and support healthy joint structure.

Product Code: 7065

Suggested Usage: One to two capsules daily

(See reverse side for additional products)

*Statements within have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or prevent any disease.



Complete joint support:

Joint Health Pack:

A combination of several joint-supportive products in one convenient package. Joint Health Pack supplies essential vitamins, minerals, herbs, and other nutrients, including hyaluronic acid, designed to support the entire joint and musculoskeletal system. Each convenient daily pack contains: two Rehab Support Formula™ multivitamin tablets, two Resvera-Gold® vegetarian capsules, three Ultra Joint Forte tablets, and one Flex H.A.™ hyaluronic acid tablets.

Product Code: 63156

Suggested Usage: 1 packet daily

