

Learning the language:

Cartilage—Tough connective tissue that can withstand considerable pressure. It makes up the linings of the joints, where it cushions against shock.

Collagen—Any of various tough, fibrous proteins found in bone, cartilage, skin, and other connective tissue.

Connective tissue—Connects, supports, binds, or encloses the structures of the body. Examples include tendons and ligaments.

Elastin—A protein in connective tissue that is elastic and allows tissues in the body to resume their shape after stretching or contracting.

Joints—A point at which two or more bones make contact and permit movement.

Ligaments—Fibrous tissue, composed mainly of collagen fibers, which connects bone at a joint.

Musculoskeletal—Concerning, involving, or made up of both the muscles and the bones.

Synovial fluid—Lubricating fluid secreted by specialized tissues within joints.

Tendons—Strong band of fibrous connective tissue that joins muscles to bones, transmitting the force which the muscle exerts.



Quality

From Seed to Supplement®

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs.

For these reasons and many more, we proudly recommend Standard Process whole food supplements.

Restore & Renew Your Freedom of Movement



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30% PCW



Nutrition to Keep You Moving

We depend on our bones and connective tissue to function normally, even under stress. To keep our bodies in motion, we need nutritional support from whole foods. They provide a myriad of nutrients that can easily be used by the body for muscle and joint support.

Ligaplex® I—Acute Ligament and Muscle Support

Athletics or other strenuous activities can strain our bodies—especially our connective tissues. Targeted nutrition, from Ligaplex I, supports the body's natural rebuilding and repair function to encourage the restorative process.

Key Ingredients:

Pea vine juice—Contains nutrients that assist in the proper formation of ligaments and tendons, help with tissue repair, promote healthy circulation, and help ease muscle cramping

Manganese—Supports the health and maintenance of ligaments and tendons, bone growth, and the synthesis of cartilage and synovial fluid (the fluid lubricating certain joints)

Buckwheat (source of B and C vitamins, flavonoids, phosphorus)—Aids the body's natural anti-inflammatory response*

Ligaplex® II—Chronic Musculoskeletal Support

Over time, age and activity take their toll on connective tissues and joints. Ligaplex II provides the nutritional foundation to feed the musculoskeletal system and facilitate freedom of movement.

Key Ingredients:

Nutritional yeast—Provides a source of protein and B complex vitamins to nourish the body through the natural repair process

Bovine bone and veal bone PMG™ extract—Stimulate and maintain connective tissue

Bovine heart PMG™ extract (source of naturally occurring Coenzyme Q₁₀)—Increases the flow of oxygen to the tissues to aid in the natural repair of connective tissues

Manganese—Involved in the maintenance of bone, cartilage, and connective tissues

Calcium—Required for strong bones and proper muscular growth and contraction

Carbamide—Aids the body's natural anti-inflammatory response*

Glucosamine Synergy®—Healthy Joint Functioning

Glucosamine Synergy encourages healthy joint functioning by supporting the body's natural cartilage, ligament, and bone regeneration function, maintaining optimal mobility. Glucosamine Synergy contains many of the same ingredients as Ligaplex II, with the added benefit of glucosamine and boswellia for relieving discomfort in the affected areas.

Key Ingredients:

Glucosamine sulfate—Glucosamine is a natural compound that is involved in forming cartilage. It helps stimulate cartilage growth and maintain joint health

Boswellia serrata extract—Helps maintain healthy joint tissue by maintaining the body's normal inflammation response function

Flaxseed oil—Contains omega-3 fatty acids to help promote bone growth and restoration

Also contains calcium, nutritional yeast, carbamide, manganese, veal bone, and bovine heart PMG™ extract. See Ligaplex II for benefits.*

Boswellia Complex from MediHerb® can be used in conjunction with Standard Process joint products. This unique herbal formula contains boswellia, turmeric, celery seed, and ginger, providing further support for healthy joints and circulation, together with antioxidant protection.

MEDI HERB



Ask your health care professional which product is right for your unique health goals.



*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.