

PAIN & INFLAMMATION PRODUCT SELECTION GUIDE

High-Grade Inflammation

Acute Strains
Acute Sprains
Acute Injuries
Acute Radicular Pain

6-10 on Pain Scale



Mid-Grade Inflammation

Chronic Injuries
Chronic aches & pains
Sub-acute injuries
Less painful acute injuries

3-5 on Pain Scale

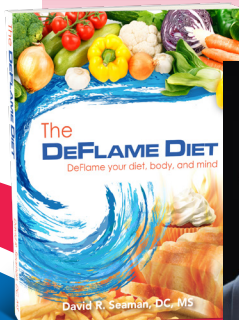


Low-Grade Inflammation

Chronic Pain
Metabolic Syndrome
Depression & Aging
Wear & lack of repair

<3 on Pain Scale

- Clinical Omega 3
- Clinical Magnesium
- Clinical D3
- CoQ10
- AVED Multi
- K2D3
- DeFlame Pack
- Essential Nutrition Pack



Regardless of inflammation level **ALL** patients placed on anti-inflammatory diet, using Nutritional Foundation or The DeFlame Diet

To place an order contact your local Anabolic Labs Sales Professional or call our Customer Service Department at 1-800-445-6849



**ANABOLIC
LABORATORIES**

Pharmaceutical Made Nutritional Products Since 1924

NUTRITIONAL ADJUSTMENT TECHNIQUE

3 Simple Steps

Step 1

Place patients on anti-inflammatory diet using The Nutritional Foundation Program as their guide.

- Reduces inflammation with diet modification.
- Teaches patient to identify pro-inflammatory foods vs anti-inflammatory foods.
- Explains how certain foods cause inflammation.
- Offers a basic plan for healthy meals.
- In addition patients should be encouraged to read *The DeFlame Diet Book*

Step 2

ADD basic nutritional supplements to support the anti-inflammatory diet. Minimally, all patients should be taking Anabolic's Essential Nutrition Pack (ENP) and our DeFlame Nutrition Pack (DNP). Contents of each are listed below.

Essential Nutrition Pack

- Multivitamin
- Vitamin D3
- Fish Oil
- Magnesium

DeFlame Nutrition Pack

- Turmeric
- Rosemary
- Ginger
- Bioflavonoids
- Fish Oil

Step 3

ADD condition specific supplements based on patients individual needs.

Pain & Inflammation

- Nutra Disc
- Salizain
- ProEnz
- Zymain

Joint Health

- Nutra Disc
- Glucosamine Chondroitin
- Glucosamine Chondroitin MSM
- Glucosamine Sulfate
- Joint Support Formula
- B6-Plus

Bone Health

- Clinical D3
- Mega D
- Ultra K2D3
- Bone Support Formula
- Nutra Cal 1:1
- OsteoPlex
- Osatate
- Chewable Calcium

Digestive Support

- Probiotic Complete
- Probiotic 20 Plus
- Digestive Complete
- Multi-Enzyme
- Clinical Fiber Tabs
- Digest-A-Mint

Sleep

- Lunora

Blood Sugar or Glycemic Regulation

- Chromease

Brain Health

- Cognagen

Mitochondrial support/anti-aging/antioxidants

- CoQ10
- Alpha Lipoic Acid
- Acetyl L-carnitine
- Pycnogenol
- T.R.I. C-500
- Biomax C
- Clinical Antioxidant
- Vitamin E

Stress

- T.R.I. B-Plex
- T.R.I. Adrenopan
- L-Glutamine
- NeuroEase

Immune Support

- Ultra Seasonal Protector
- Thymunose
- Zinc Lozenges
- L-Lysine

Cardiovascular Support

- Policosanol
- Niacin Hex – No Flush
- Garlic (High Allicin)

Women

- AVED Prenatal
- PMS Multi
- Menopause Support Formula
- Cran-Max Cranberry
- Iodine (from Kelp)
- T.R.I. Iron Complex

Men

- Prostana
- Saw Palmetto



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