



OrthoNourish™

Micronutrients To Help Keep You Moving

OrthoNourish.com

PRODUCT FACT SHEETS



**MICRONUTRIENT
SOLUTIONS™**

OrthoNourish ACUTE CARE KIT is designed to provide nutritional support for patients who may benefit from muscle tissue support and minor pain relief.* This triple-action, 3-day kit features premium-grade proteolytic enzymes, herbal extracts, and essential minerals in 9 handy packs. The ACUTE CARE KIT includes the ideal nutritional components for the initial stages of an acute care program.

3 Days. 3 Supplements. Support For The First 72 Hours Of Acute Phase Of Care:^{1*}

2 X OrthoNourish INFLAMMATION PLUS (2 per packet)

Support A Healthy Inflammation Response With Curcumin, Boswellia, Ginger & Hops*

Advanced nutrition to help influence the body's response to oxidative stress. These advanced ingredients may help support the body's immune response.*

- Highly bioavailable forms of curcumin² and xanthohumol (hops) have been shown in lab research to beneficially influence enzymes and signaling molecules involved in the initiation of the inflammation phase of the immune response.*
- Boswellia and Ginger extracts have been shown in lab research to influence a wide variety of enzymes, cytokines, prostaglandins, and reactive species that may help immune balance.*

4 X OrthoNourish PROTEOLYTIC ENZYMES (4 per packet)

Support Tissue Health & Regeneration With Chymotrypsin, Trypsin, Pancreas & Bromelain*

A potent, enteric-coated proteolytic enzyme formula featuring premium-grade chymotrypsin and trypsin to support tissue health. Also includes raw pancreas concentrate and bromelain to further support protein utilization.*

2 X OrthoNourish MUSCLE CALM (2 per packet)

Support Relaxation Of Clenched Muscles With Magnesium, Calcium, Passionflower, Valerian*

A formula featuring bioavailable forms of magnesium and calcium blended with powerful soothing herbs to support healthy neuromuscular function and relaxation.*

- Magnesium and calcium, critical minerals naturally present in the body, play fundamental roles in musculoskeletal health. Recent research reveals both minerals contribute to healthy muscular and vascular contraction and relaxation.* The majority of people run short of the recommended amounts.
- Passionflower has shown a calming effect on the central nervous system and valerian is known to help relax the body.*

Size: 9 packets per bottle. 8 supplements per packet.

Suggested Use: Take 3 packets daily between meals as directed by your healthcare practitioner.

Common Allergen Info: The proteolytic enzymes (ivory supplement in pack) contain milk & pork protein.

Page 1 of 2. See P.2 for full Supplement Facts, Cautions, and Where to buy.

¹ Nutritional Support for the Three Phases of Care, Dr. Lisa Perry, ANSR-Applied Nutritional Sciences Report, Copyright, 2004, Advanced Nutrition Publications, Inc.

² As CurQFen, CurQfen® is a registered trademark of AkayFlavours & Aromatics Pvt. Ltd and Bioactives American Corporation.

* These statements have not been evaluated by the Food and Drug Administration.

These products are not intended to treat, diagnose or cure any disease.

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Triple-Action Support For Musculoskeletal Comfort*

Each Packet Contains:

2 X OrthoNourish Inflammation Plus (orange speckled): Curcumin†, Boswellia, Ginger, Hops

4 X OrthoNourish Proteolytic Enzymes (ivory): Chymotrypsin, Trypsin, Pancreas & Bromelain

2 X OrthoNourish Muscle Calm (greenish grey): Magnesium, Calcium, Passionflower, Valerian

Supplement Facts

Serving Size 1 Packet
Servings Per Container 9

Amount Per Serving	% Daily Value
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Vitamin C (as ascorbic acid).....	200 mg.....333%
Calcium (as calcium lactate)	50 mg.....5%
Magnesium (as magnesium citrate).....	100 mg.....25%

Boswellia (<i>Boswellia serrata</i>) Gum Extract.....	413 mg.....*
[standardized to 66.5% (274.5 mg) organic acids]	
Turmeric (<i>Curcuma longa</i>) Rhizome Extract.....	300 mg.....*
[standardized to 95% (285 mg) curcuminoids]	
Ginger (<i>Zingiber officinale</i>) Rhizome Extract.....	200 mg.....*
[standardized to 5% (10 mg) gingerols]	
Cayenne Pepper (<i>Capsicum annuum</i>) Fruit.....	50 mg.....*
Lemon Bioflavonoid Complex	200 mg.....*
[standardized to 50% (100 mg) full spectrum bioflavonoids]	
Quercetin	100 mg.....*
Chymotrypsin.....	not less than
	12,000 USP Units
Trypsin.....	not less than
	12,000 USP Units
Raw Pancreas (porcine) Concentrate.....	200 mg.....*
Bromelain (2,400 GDU/g)	267 mg.....*
Passionflower (<i>Passiflora incarnata</i>) Flower.....	40 mg.....*
5.5:1 Extract	
Valerian (<i>Valeriana officinalis</i>) Root Extract.....	20 mg.....*

* Daily Value not established

OrthoNourish Inflammation Plus:

Other Ingredients: Microcrystalline cellulose, cellulose, stearic acid (vegetable), calcium silicate, silica, croscarmellose sodium, sodium starch glycolate, magnesium stearate (vegetable), and coating (hypromellose, medium chain triglycerides, and hydroxypropylcellulose).

OrthoNourish Proteolytic Enzymes:

Other Ingredients: Microcrystalline cellulose, stearic acid (vegetable), croscarmellose sodium, silica, and enteric coating (ethyl cellulose, ammonium hydroxide, hydroxypropylmethylcellulose, hydroxypropylcellulose, medium chain triglycerides, sodium alginate, oleic acid, and stearic acid). **Contains: Milk.**

OrthoNourish Muscle Calm:

Other Ingredients: Microcrystalline cellulose, cellulose, croscarmellose sodium, stearic acid (vegetable), silica, and coating (hypromellose, medium chain triglycerides, and hydroxypropylcellulose).

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WARNING: Do not use if there is a prior or current history of peptic or duodenal ulcer.

CAUTION: If pregnant or nursing, or taking medication, consult your healthcare practitioner before use.

Use with caution when driving or operating machinery.

Allergen Info: Proteolytic enzymes contain milk & pork.

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For information on where to buy, go to: OrthoNourish.com

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OrthoNOURISH JOINT SUPPORT contains Glucosamine and Chondroitin, the key building blocks of joint tissue. Together, these popular elements support lubrication and cartilage synthesis to assist joint mobility and comfort. *

Support Cushioning and Mobility of Joints.*

Glucosamine Sulfate:

- Found in joints and muscles, where it plays a key role in the mobility and smooth working of cartilage, tendons and ligaments.*
- A major building block of the complex proteins that form part of the structure of cartilage.
- Essential for production of new cartilage and synovial fluids that cushion joints.*
- Naturally made in the body, but larger amounts are needed when damaged joints are healing. Production of glucosamine is normally a slow process and may be in short supply in some situations. Taking glucosamine sulfate as a nutritional supplement may help augment the body's production.*

Promote Joint Lubrication and Healthy Cartilage.*

Chondroitin Sulfate:

- Provides glycosaminoglycans (GAGs), a major constituent of cartilage, providing structure, holding water and nutrients, and allowing other molecules to move through cartilage.
- Further protects cartilage by inhibiting cartilage-degrading enzymes closely related to glucosamine and is often combined together for additional benefit.*
- May further protect cartilage by inhibiting cartilage-degrading enzymes. It may also stimulate other enzymes involved in the production of structural substances including collagen.
- Promotes formation of hyaluronic acid, a sticky gel-like substance that holds joint tissues together.*

Glucosamine is provided as glucosamine sulfate, a well-documented and reliable form of glucosamine that is stabilized with potassium instead of sodium. Chondroitin is a highly purified material processed through a unique multi-step process that ensures complete separation of proteins and ensures very high yields.

Size: 90 capsules per bottle

Suggested Use: 1 Capsule 3 times daily with food, or as directed by healthcare practitioner

Allergen CAUTION: Contains shellfish. People with known allergy to shellfish should not take this product.

Supplement Facts		
Serving Size 1 Capsule		
Amount Per Capsule	% Daily Value	
Glucosamine Sulfate.2KCl (from crab and/or shrimp shells)	500 mg	*
Chondroitin Sulfate	400 mg	*
* Daily value not established		

Other Ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, cellulose, and silicon dioxide.

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OrthoNourish INFLAMMATION SUPPORT contains curcumin, the active component in turmeric that supports a healthy inflammation response and musculoskeletal comfort.* Native curcumin is difficult to absorb through the intestinal environment. Therefore INFLAMMATION SUPPORT utilizes a patented technology that binds curcumin with a highly absorbable phosphatidylcholine from soy lecithin. The resulting Curcumin Phytosome increases curcumin stability and oral absorption by over 20-fold.*

Support A Healthy Inflammation Response*:

Curcumin, from Turmeric, has been studied extensively for its role regulating inflammation and promoting antioxidant activity.^{3*} "Research has shown curcumin to be a highly pleiotropic molecule capable of interacting with numerous molecular targets involved in inflammation,"⁴ making it a supportive ingredient for people seeking musculoskeletal ease.*

- For chronic conditions, curcumin may improve function on a daily basis. Research suggested this turmeric extract improved comfort in people with osteoarthritis of the knee⁵, with preliminary evidence pointing to curcumin helping reduce minor joint pain and swelling.^{6*}

Boost Antioxidant Defenses*:

Active compounds in turmeric have been shown to exert potent antioxidant activity by neutralizing free radicals, which may help the body support itself against molecular and cellular damage, thus promoting central nervous system function.*

Absorb More Benefits With Patented Curcumin Phytosome Technology^{7*}:



Native curcumin is difficult for the body to absorb and fully utilize due to its low solubility. A 2010 randomized, single-blind, crossover human study revealed that total curcuminoid bioavailability was 29-fold higher for curcumin phytosome than for a conventional curcumin extract.⁸

The phytosome complex is significantly better absorbed than curcumin alone, helping maximize the powerful, protective benefits that turmeric offers to the musculoskeletal system.*

Size: 100 capsules per bottle

Suggested Use: 2 Capsules 2 times daily twice daily with food

Common Allergen Info: Contains soy

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Supplement Facts		
Serving Size 1 Capsule		
Amount Per Capsule	% Daily Value	
Turmeric Phytosome [†] (<i>Curcuma longa</i>) root, dried extract, min. 18% curcuminoids, phosphatidylcholine complex	250 mg	*
* Daily value not established		

Other Ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, cellulose, and silicon dioxide.

[†]Meriva® is a registered trademark of Indena S.p.A., Milan.

CONTAINS SOY.

³ Antioxidant and anti-inflammatory properties of curcumin. <https://www.ncbi.nlm.nih.gov/pubmed/17569207>

⁴ Anti-inflammatory properties of curcumin, a major constituent of *Curcuma longa*: a review of preclinical and clinical research. <https://www.ncbi.nlm.nih.gov/pubmed/19594223>

⁵ The spice for joint inflammation: anti-inflammatory role of curcumin in treating osteoarthritis. <https://www.ncbi.nlm.nih.gov/pubmed/27703331>

⁶ A randomized, pilot study to assess the efficacy and safety of curcumin in patients with active rheumatoid arthritis. <https://www.ncbi.nlm.nih.gov/pubmed/22407780>

⁷ Meriva - <http://www.meriva.info/en/meriva-bioavailable-curcumin/scientific-support/> MERIVA® is a registered trademark of Indena S.p.A.

⁸ Comparative absorption of a standardized curcuminoid mixture and its lecithin formulation - <https://www.ncbi.nlm.nih.gov/pubmed/21413691>