

SUPPLEMENTS FOR ORTHOPEDIC HEALTH

Give your body the tools it needs to quickly recover and heal

EGCG

Increases bone mineral density

Found most commonly in green tea, the polyphenol Epigallocatechin-3-Gallate (EGCG) has been shown to reduce bone loss, increase bone density and facilitate fracture healing. EGCGs have also been linked to increased longevity and reduced cancer risk.

COLLAGEN

Key to connective tissue strengthening

Type 1 and 3 collagens are generally used to support bone and skin health. Type 2 is used to support joints. Studies have shown positive benefits in healing and recovery with supplemental collagen doses of 10 to 15g — and sometimes even as little as 5g.

MELATONIN

Protection for the spine, heart and brain

By helping to reduce inflammation and oxidative stress, melatonin can provide important protective benefits in the progression of injury. Recent research looked at its benefits in treating spinal cord injury, as well as brain injuries and myocardial ischemia.

VITAMIN D

An important tool for injury prevention

Low levels of Vitamin D have been linked to lower strength, more injuries and poor recovery from injuries, as well as increased risk of getting sick. To ensure optimal absorption, look for a Vitamin D combined with Vitamin K.

VITAMIN C

Accelerates bone healing

Clinical studies have shown that Vitamin C has the potential to accelerate bone healing after a fracture, increase type I collagen synthesis, and reduce oxidative stress parameters, which improves healing.

SODIUM BICARB

Helps cells to adapt to intense training

Also known as baking soda, sodium bicarb prepares cells to adapt to rapid changes in workout energy demands by optimizing mitochondrial function. This helps muscles perform more consistently during strenuous activity, especially interval training.