

Illinois Sports Medicine and Orthopaedic Centers

Chad Prodromos, MD

1714 Milwaukee Ave, Glenview, IL 60025 847-699-6810

Patient Name: _____

Date: _____

Provider Signature: _____

Purchase at www.DSSOrders.com/DrProdromos
or call 877-846-7122 Option 1 (8 AM - 6 PM CST)

Registration Code: CP993

IMPORTANT: If a product is not available, one of the alternatives listed can be used instead.

Core Arthritis & Inflammation Products

- Protocol for Life Balance, Joint-UC, 60 caps**
May substitute this for any one of the products in Core Arthritis group
Take 1 daily, bedtime without food
- Allergy Research Group, Pycnogenol 100 mg, 30 Veg Caps**
1 cap daily with food

ALT 1: Pure Encapsulations, Pycnogenol (pine bark extract), 100 mg, 60 cap

ALT 2: Now Foods, Pycnogenol, 100 mg, 60 veg caps
- Integrative Therapeutics, Theracurmin HP, 60 or 120 Veg Caps**
2 caps daily (AM)

ALT 1: Bioclinic Naturals, Theracurmin 2X, 75 Veg Caps

ALT 2: Klaire Labs, Curcuthera, Meriva500-SF, 60 Caps
- Life Extension, 5-LOX Inhibitor with ApresFlex, 100 mg, 60 Cap**
1 cap daily (AM) with food

ALT 1: Pure Encapsulations, Boswellia AKBA, 120 Caps

ALT 2: Pure Encapsulations, Boswellia, 400 mg, 60 or 120 Capsules
- Protocol for Life Balance, Glucosamine & Chondroitin, 120 Tab**
2 caps daily (AM) with food

ALT 1: Metabolic Maintenance, Glucosamine Chondroitin with Hyaluronic Acid, 60 Caps

ALT 2: Anabolic Laboratories, Glucosamine Chondroitin, 90 Tablets

ALT 3: Pure Encapsulations, Glucosamine HCl + Chondroitin, Shellfish-free, 120 Capsules

Arthritis Items - Topicals Only

- NOW Essential Oils, Frankincense Oil, 1 fl oz *
- NOW Essential Oils, Ginger Oil, 1 fl oz *
- Unda (Seroyal) Arnica Cream, 1.4 oz

Additional Products for Arthritis & Inflammation

- Anabolic Labs Vegetarian Glucosamine, 120 Vcaps**
Take 2 daily (AM) with food
- NOW Foods, Chondroitin Sulfate, 600 mg, 120 Caps**
Take 1 daily with food (1 capsule is 300 mg) ON BACKORDER/NEED ALT.
- NOW Foods, Ginger Root, 550 mg, 100 Caps**
Take 2 daily (AM) with food
- Protocol for Life Balance, MSM, 1000 mg, 180 Caps**
Take 4 daily (AM) with food
- Protocol for Life, Garlic 5000, 90 Tablets**
Take 1 daily with food
- Protocol for Life Balance, Joint-UC, 60 caps**
Take 1 daily, bedtime without food
- Pure Encapsulations Hyaluronic Acid, 60 Caps**
Take 1-2 daily (divided doses with or between meals)

General Health Supplements

- NOW Foods, Calcium Citrate, 100 Tablets**
Take 1 or 2 daily (AM) with food **
- Klaire Labs, Ther-Biotic Complete, 60 Caps**
Take 1-2 daily with food
- Protocol for Life, Magnesium Citrate, 100 Tablets**
Take 1 daily (AM) with food
- Protocol for Life, Ultra Omega-3, 500 EPA/250 DHA, 90**
Take 2 daily (AM) with food
- Protocol for Life, Vitamin D3, 2000 IU, 120 Softgels *****
Take 1 (AM) w/food. SOUTH: Take only if not getting regular sun exposure. NORTH: Take daily Oct-Apr if getting May-Sept sun exposure. Otherwise, take year-round.
- Pure Encapsulations, O.N.E. Multivitamin, 60 Caps**
Take 2 daily (AM) with food

* Essential Oils: Mix 6-8 drops of 1 in a carrier oil such as olive, coconut, almond or grape seed oil and apply around the knee or prescribed area. Can be layered on other essential oils.

** Take 3 tablets daily if no dairy/yogurt. Take 2 tablets daily if 1 yogurt/glass of milk daily. Don't take if history of kidney stones.

*** ALWAYS consult physician: Patients who have bleeding disorders such as HTT or who are taking anti-coagulants (blood thinners) such as coumadin should consult with their physician before taking supplements. Some supplements may increase bleeding or conversely may decrease the effectiveness of anti-coagulant drugs.