

## DR. HOFFMAN'S HIP FRACTURE NUTRITIONAL SUPPORT PROGRAM

Foundation Formula (Multi)	2 twice daily with food as nutritional foundation for tissue repair
NT Factor	3 three times daily away from food. Recommended by makers of Propax to accelerate cell membrane repair
Osteosupport (calcium + co-factors)	2 twice daily with food
EGCG Ultra	1 twice daily with food. Natural anti-inflammatory
Ester C 550 mg	1 three times daily with food. Wound healing, collagen formation
Niferex 150 (iron)	1 three times daily with food. Well-tolerated, potent blood builder
MSM 1000 mg	1 twice daily with food. Anti-inflammatory, supports bone repair
Pycnogenol 100mg	1 twice daily with food. Anti-inflammatory, reduces swelling
CoEnzyme Q10 120mg	1 twice daily with food. Supports cellular energy metabolism
N-Acetylcysteine 600mg	1 twice daily with food. Protects liver from adverse affects of Tylenol, supports glutathione production
L-glutamine powder	1 tsp (5 gms) 3 times daily in water or tea. Supports glutathione production and is a building block for muscle repair
Perfusia SR (L-arginine 500mg)	2 three times daily away from food. Supports wound healing, enhances blood flow
Alpha Lipoic Acid 300 mg	1 twice daily with food. The "Master" antioxidant
Avosoy Complete	3 once daily with food. Provides glucosamine, chondroitin, and ASU

	for joint repair
Orthomega (Premium EPA/DHA)	2 twice daily with food. Anti-inflammatory, circulatory-enhancer
Peak K2 (Vitamin K 15 mg)	3 once daily with food. Optimizes bone repair, combats arthritis
Biosil (organic silica)	5 drops in water or juice daily. Optimizes bone repair
D 1000 (Vitamin D 1000 IU)	1 once daily with food. Supports calcium uptake into bone
Rosavin (Rhodiola 50 mg)	2 twice daily with food. Combats fatigue
5HT Ginger syrup	2 Tbsps twice daily away from food. Custom formulation of neurotransmitter precursors like 5 hydroxytryptophan, l-tyrosine and cofactors. Supports neurotransmitters which are suppressed by chronic pain
DHEA 50 mg	1 twice daily with food. Anabolic effects support muscle repair
Pyridoxal 5 Phosphate 50mg	2 twice daily away from food. Counters stress, stabilizes mood
Maxi-Gamma Vitamin E	1 daily. Potent tissue antioxidant
Orthomolecular Soft Tissue Support	1 pack three times daily away from food. Comprehensive mix of biobotanical anti-inflammatories, proteolytic enzymes and natural pain relievers

[http://shop-phytopharmica.com/store/ortho\\_soft-tissue-30.html](http://shop-phytopharmica.com/store/ortho_soft-tissue-30.html)