KNEE PAIN CONDITION PROTOCOL

Supplementation Regimen:

Severe Knee Pain (pain is severe and inflammation is apparent before or after joint use):

- Natural NSAIDs Pak, 1 packet morning and night
- Optimal EFA, 1 capsule 3 times daily

Moderate Knee Pain (pain that flairs up intermittently, when full healing has not yet occurred, or when job/lifestyle put causes excess stress to joint):

- Natural NSAIDs Pak, 1 packet each morning
- Optimal Fruit & Veggie Plus, 1 serving daily



Right For You

BECAUSE IT'S MADE

FOR YOU



NATURAL NSAIDS PAK 31 HEALTH PAKS

JITIE/ CETT

DISPENSER INSTRUCTIONS

Press along the perforation and push in the flap. Dispense packets.

**NOTE: IF THE NATURAL NSAIDS PAK CAUSES AN UPSET STOMACH, SWITCH TO ESSENTIAL PROTECT AND TAKE 2 CAPSULES BETWEEN MEALS, TWICE DAILY.

Nutrition Regimen:

- Cut out processed foods, fried foods, and carbonated beverages
- Eat more raw fruits and vegetables, specifically cherries, blueberries, spinach, and arugula
- Eat more foods that contain healthy fatty acids, specifically avocados, coconut oil, flax seeds, soy beans, and salmon

Exercise Regimen:

• Exercise in water (or other exercises with minimal pressure to injured area) for 20 minutes, 3 times per week

Additional Recommendations:

- Reduce the use of NSAIDs (Tylenol, Ibuprofen, etc.)
- If NSAIDs are used, supplement with:
- Optimal Whole C Chewables, 2 chewables morning and night
- Optimal Liver Kidney, 2 capsules morning and night