



## Research Proven Vitamins and Supplements

- Turmeric/Bromelain/Boswellia
  - Anti-Inflammatory
  - Pain reliever
- Magnesium
  - Pain reducer
  - Spasm reliever
  - Depression
  - Headaches including Migraine
- Valerian Root
  - Stress
  - Spasm Relief
  - Sleep
    - We currently use Formula 303 in the office which is a mixture of Valerian Root, Magnesium, Passion Flower
- Glucosamine/Chondroitin/MSM
  - General joint health support
  - Helpful with osteoarthritis
    - Most research has been done with the knee
  - Research showing NSAIDS will work faster, but this mixture has a lower risk of side effects and roughly the same effectiveness
- Omega 3's
  - Inflammatory relief
  - Heart Disease with Cholesterol balance

- Arthritic joints
  - \*careful with blood thinners
- Neurological health and development (promising research with Alzheimer's and other neurological deterioration disorders, more research is needed, but awesome to see science pushing toward these type of adjunct treatments)
- Arnica Montana
  - Pain relief
  - Bruise healing
    - Arnica is the only supplement on this list with questionable results in the research, but clinically, I've seen too many patients happy with the results to leave it off.
- Devil's Claw
  - Pain and arthritic inflammation relief
- EVERYONE SHOULD LOOK INTO:
  - Good multivitamin (personal favorite is Intramax), especially if your diet doesn't vary or you are a picky eater!
    - Look for wide array, not the same 10 vitamins
    - No artificial fillers and junk
    - Liquid is more easily absorbable
    - Still need to eat a BALANCED DIET
  - Omega 3's (I like nordic naturals, the cleanest fish oils I have found)
  - Probiotic (Dark bottle that needs refrigeration)

\*Disclaimer: This list is by not a prescription from Dr. Doss and Endurance Chiropractic. These are supplements, vitamins, and homeopathic treatments that research is showing positive results for treatment of the aforementioned conditions. Research is constantly evolving and things will be added and removed as the research gets more conclusive.

Any questions regarding dosage, contraindications, and effectiveness for you should be directed to your healthcare provider.