

DISC HEALTH SUPPLEMENT PROTOCOL

Goals of Nutrition for Condition:

- Help support cartilage health and soft tissue formation
- Repair cartilage, tendons and ligaments, and synovial fluid (the naturally occurring fluid that bathes the spinal joints)
- Reduce inflammation, swelling, and muscle spasms

Supplements/Dosage:

- Protrypsin- Take 2 x/1-2 daily between meals
- D3+K- Take 1x/daily
- Ultra Potent Vitamin C 1000-Take 1x/1-2 times daily
- MyoCalm- Take 1x/1-3 times daily
- Chondrocare- Take 2x/daily
- Collagenics- Take 3x/daily
- CBD- apply topically as needed

Ordering Information:

- Visit: <https://beyford.metagenics.com/>
- Create Profile
- Search “Disc Health” in product finder