



Chicago Chiropractic & Sports Injury Centers

Alden Clendenin DC Joshua Hover DC Chris Bocci DC Paul Plaskett, DC
Board Certified Chiropractic Sports Physicians / Acupuncture / Physical & Massage Therapy

SUPPLEMENT DOSAGE INFORMATION

NOTE: These statements and products have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. Chicago Chiropractic & Sports Injury Center providers attempt to use only those products deemed of the highest quality and manufactured to GMP (Good Manufacturing Practices) standards exceeding standards currently proposed by the industry. There are contraindications to taking some supplements. The following dosage information is a general guide only therefore it is recommended that you speak to your health care provider prior to initiating a supplement regimen.

GENERAL HEALTH

MULTI VITAMIN: 2-3 tablets/day

MAGNESIUM: 400-1000 mg/day [take body weight in lbs, divide by 2.2, and multiply by 6 = basilar need (baseline amount to run body processes) then add 400 mg] NOTE: if you experience diarrhea decrease dosage

FISH OIL (OMEGA 3): 1-3 grams/day

CO ENZYME Q10: 100 mg/day

VITAMIN D3: under 110lbs - 5000 IU/day, over 110 lbs - 10,000 IU/day

PROTEOLYTIC ENZYMES: 2 grams/day/empty stomach/between meals

FIBER SUPPLEMENT: 30+ grams/day (Note: consumption of fruits and vegetables contributes to overall daily fiber intake)

JOINT HEALTH

GLUCOSAMINE SULFATE: 1500 mg/day

CHONDROITIN SULFATE: 1200 mg/day

BONE HEALTH

CALCIUM HYDROXYAPATITE: 1000 mg/day

DIGESTIVE HEALTH

PROBIOTICS: Lactobacillus Acidophilus and Bifidobacterium

ACUTE INJURY

Lincoln Park Clinic
(P) 773-529-WELL
2654 N. Lincoln Ave
Chicago, IL 60614

Loop Clinic
(P) 312-236-WELL
39 S. LaSalle
Chicago, IL 60603

Skokie Clinic
(P) 847-677-WELL
8424 Skokie Blvd.
Skokie, IL 60077

West Loop Clinic
(P) 312-346-WELL
16 N. Peoria
Chicago, IL 60607

www.SportsInjuryCenters.com



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PROTEOLYTIC ENZYMES

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