



**Plastikos Plastic & Reconstructive Surgery**  
**Millennium Healthcare**  
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**SUPPLEMENTS FOR COMMON PROBLEMS**  
**ARTHRITIS**

Boswellia Complex  
 Celadrin Joint Health  
 Cetylmyristoleate  
 CTR Support  
 Curcumin SR  
 End Fatigue Pain Formula  
 Evening Primrose Oil (Meta-EPO)  
 Fish Oil (EPA-DHA 6:1)  
 Gelatin 10 grams/day  
 Ginger Max  
 Inflamma Force  
 Inflamma Tone  
 Joint Connection (Glucosamine Chondroitin Sulfate, MSM)  
 Kaprex  
 Krill Oil  
 Lyprinol  
 Mirac  
 Nervagesic  
 Osteovan  
 Pain Relief (Complete Nutrients for)  
 Sam-E or MSM  
 Vitanox  
 Zyflamend

**DEPRESSION/ANXIETY**

5 HTP	L-Theanine	Withania Complex
B6	Meditonin	
Chromium Picolinate	Rescue Calm	
Deprex (Homeopathic)	Sam-E	
Fields of Flowers	St. John's Wort (Hypermed)	
EPA-DHA	Taurine	
Gabatrol or Gabamax	Tranquinal	

**INSOMNIA**

Gabatrol or Gabamax  
 Healthy Sleep Ultra  
 Magnesium 400 – 500 mg at bed time (Magnesium Malic Acid)  
 Melatonin 1 – 3 mg at bed time  
 Tranquinal  
 Valerian 800 mg at bed time

**STOP SMOKING SUPPLEMENTS**

Electronic Cigarettes (no nicotine)  
 Nico Drops  
 Super Immune Tone  
 Valerian or Relax-O-Comp

**WEIGHT LOSS**

Alpha Lipoic Acid (Ultra Lipoic Forte) 500 mg daily  
 Conjugated Linoleic Acid (CLA 1000 – 3000 mg daily)  
 CO-Q 10 100 – 200 mg or UBQH daily.  
 DeAppetite  
 DHEA Lipsome Liquid (5 – 20 mg) evaluate DHEA levels first  
 Fat Cell Apop  
 Fat STAT  
 Green Coffee Bean Extract 400 to 800 mgs. three times a day  
 Hoodia as directed  
 L-Carnitine 2000 – 3000 mg daily  
 Metasol – two capsules per day (decreases belly fat)  
 Rasberry Ketones  
 Super Milk Thistle X as directed  
 Wellbet-X PGX as directed

*The following statements and or supplements have not been evaluated by the FDA. The FDA suggests that you consult with a health care professional before using any dietary supplement. This product is not intended to diagnose, treat, cure or prevent any disease.*