



Plastikos Plastic & Reconstructive Surgery
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SUPPLEMENTS FOR COMMON PROBLEMS

ARTHRITIS

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

DEPRESSION/ANXIETY

5 HTP
B6
Chromium Picolinate
Deprex
Fields of Flowers
EPA-DHA
GABA
L-Theanine
Rescue Calm
SAM-e
St. John's Wort (Hypermed)

INSOMNIA

Liquid Cal-Mag
Magnesium 400 – 500 mg at bed time
Melatonin 1 – 3 mg at bed time
Melatrol
Revitalizing Sleep Formula
Valarian 800 mg at bed time

STOP SMOKING SUPPLEMENTS

Nico Drops
Super Immune Tone
Valarian or Relax-O-Comp

WEIGHT LOSS

Alpha Lipoic Acid (Ultra Lipoic Forte) 500 mg daily
Calorad
Citra Max as directed
Conjugated Linoleic Acid (CLA 1000 – 3000 mg daily)
CO-Q 10 100 – 200 mg daily
DHEA Lipsome Liquid (5 – 20 mg) evaluate DHEA levels first
Glucoril as directed
L-Carnitine 2000 – 3000 mg daily
Super Milk Thistle X as directed
TriPower
VFM-100
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.