TENDONS AND LIGAMENTS – Optimising Health & Recovery IN-CLINIC QUICK REFERENCE GUIDE FACT: Biopsies have shown Relieve **RELIEVE** that most acute tendon First and most Inflammatory and ligament injuries are important: reduce pain Phase and inflammation in tissue that is already showing significant Ibuprofen deterioration. **RESTORE** Restore All NSAIDs Proliferative Second, standard 4+ hours of TV Reinforce Phase per day approach: return the Functional medicine joint to pre-injury Curcumin approach: prevent lifestyle needs PEA reoccurrence by returning **REINFORCE** tendons and ligaments to their Remodelling full health. Most injuries Phase happen in already compromised joints, not in full health. **Three Healing Stages FACT: Odds Ratios for Heart Failure**

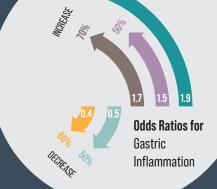
Odds Ratios for

All-Cause

Mortality

For more information, contact your FxMed Practitioner Consultant.

www.fxmed.co.nz



Why Pain Management Matters: Risk Ratios

Tendon and Ligament Support Protocol

This practical evidence-based 12-month protocol includes nutritional support and repair ingredients researched to provide potential for full thickness repair of damaged ligaments and tendons when reinforcement is sustained for one year.



InflamaSoothe Trio

60 capsules

Contains Palmidrol (PEA), Casperome® Boswellia Phytosome® and Meriva® Curcumin Phytosome® to support a broad range of painful and inflammatory health conditions.

Days 1-14 — 3 caps twice daily

Days 15-42 — 2 caps twice daily

Days 43-365 — 1 cap twice daily



Core Nutrients with Collagen

448g (28 serves)

A comprehensive blend of essential vitamins, minerals and trace elements with hydrolysed bovine collagen (10g/scoop) and herbs (milk thistle and ginger).

Days 1-365 -

1 scoop daily with or without food



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Consultant.

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C-RLA

300ml (30 serves)

Liposomal vitamin C 1500mg with r-lipoic acid to support vascular, immune and mitochondrial health. Sunflower-derived phospholipids (non-soy), GMO-free and 100% vegan. Available in two flavours.

Days 1-14

1 tsp morning 1 tsp evening

Take dose away from food





MyoMend

MyoMend

60 capsules

Promotes a healthy inflammatory response, encourages accelerated recovery and tissue repair. Includes tropical plant enzymes bromelain and papain as well as rutin, nattokinase and serrapeptase.

Days 1-28 2

2 caps morning

2 caps evening

Take capsules away from food

Tendon and Ligament 12 month Support Protocol

Daily dosages per week

