

# TENDON & LIGAMENT

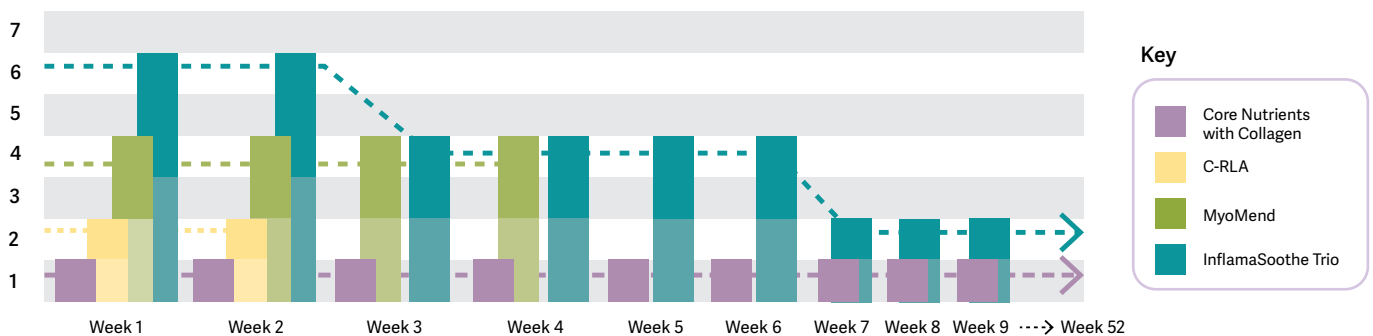
## Optimising health and recovery

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



|   | Week 1 & 2                                      | Week 3 & 4         | Week 5 & 6 | Week 7–52         |
|---|---|--------------------|------------|-------------------|
|   | Days 1–14                                       | Days 15–28         | Days 29–42 | Days 43–365       |
| RN Labs<br><b>InflamaSoothe Trio</b><br>60 caps             | 3 caps twice daily                              | 2 caps twice daily |            | 1 cap twice daily |
| Enzyme Science<br><b>MyoMend</b><br>60 caps                 | 2 caps morning – take away from food            |                    |            |                   |
|   | 2 caps evening – take away from food            |                    |            |                   |
| Researched Nutritionals<br><b>C-RLA</b><br>30 serves        | 1 tsp morning & evening – take away from food   |                    |            |                   |
| RN Labs<br><b>Core Nutrients with Collagen</b><br>28 serves | 1 scoop daily before 3pm – with or without food |                    |            |                   |

Daily dosages per week



### Notes

- ☐ Follow the instructions above; or
- ☐ Adjust the protocol as follows:

### Extra Recommendations

- ☐ Sprains & Strains patient brochure
- ☐ Mouse-Arm patient handout
- ☐ Pain Tracker handout

### Further comments from Practitioner