

# NUTRIENTS TO HELP YOU HEAL

I have selected the following nutrients hoping that they will help you heal better and have less symptoms of pain. If we are also doing regenerative procedures, it is my hope that they will work in conjunction with them to help you heal faster and more fully.

- SYNOVIX TENDON AND LIGAMENT (Formerly Collagen Plus)
- ALA MAX CR (Alpha Lipoic Acid CR)
- CURCUPLEX-CR (Formerly Turmeric Plus CR)
- D3-2000 (Vitamin D3)
- SYNOVX DJD (Formerly Ultra Pure joint support)
- OMEGA PURE 780 EC ((Formerly Ultra Pure EPA=DHA)

I have arranged for you to be able to get these supplements directly from my physician only supplement company, Xymogen. I have specifically chosen this company because of their high purity, quality and absorbability standards. You will need to go on line or call them to set up an account.

[www.xymogen.com](http://www.xymogen.com) Go to sign in, new user and set up your account. Use the code below and my name. It's pretty simple

You may also call 1-800-647-6100

They will need the code "Regenerate" in order to set up your account.

You are of course welcome to obtain your supplements on your own from any source. Please make sure that you choose a high quality one that is pure and fully absorbed by your body, as well as having the right ingredients.

Please let us know if you have any questions.

Best in health,

Mayo Friedlis, MD