

# TISSUE REPAIR SUPPLEMENTS

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## IMPORTANT

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### Introduction

The Following supplements have been noted to be helpful with tissue repair.

### Tissue Salts

Calc Fluor - 4 tabs, 4 x daily

### Other

Acidophilus, max dose, as per manufacturer's instructions

Multi Vit, 1 x daily

Magnesium (chelated), 250 mg, 2 x daily

Glucosamine Hydrochloride, 2,000 mg daily

MSM 500 mg daily

Propolis Extract 250 mg daily

Seagreens (Ascophyllum Nodosum) 375-500 mg daily

Vit C, 1,000 mg, 3 x daily

Boron (as amino acid chelate), 2.25 mg, 3 x daily, elemental weight

Cayenne, 36 mg, 3 x daily

Chondroitin Sulphate, 36 mg, 3 x daily

Ginger (whole root), 90 mg, 3 x daily

Serrapeptase, 7,170 IU, 3 x daily

Vit D3, 600 IU 3 x daily

Wild Rosehip powder including seeds, 216 mg 3 x daily

Colloidal Minerals (Colloidal Silver, Gold, and Silica in a siliconized water base), max dose, as per manufacturer's instructions - typical 30 ml, in 250 ml distilled or spring water, 3 x daily

Doses to be taken on an empty stomach or just before a meal.

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