

## Our Essential Supplements Guide

There are lots of supplements out there and it can get a bit confusing to know which ones to take. This is our guide to supplements that we feel best align with chiropractic care and the needs of most of our clients.

We choose to stock the **Lambert's** range as they are of the right potency, highest quality, supported by a valid scientific rationale and are manufactured for healthcare practitioners. To assist with your healing and general health we have these supplements available to purchase at our clinic.

Our Top 4 Essential Supplements that we consider to be best for joint and neurological function and overall health are:

1. Glucosamine Complete
2. Pure Fish Oil (Omega-3)
3. Vitamin D
4. Vitamin C

### **Glucosamine Complete - (120 tablets) OUR PRICE £20.00 (RRP £21.95)**



Glucosamine Complete is a formulation that helps inhibit the enzymes that break-down cartilage and improve flexibility associated with arthritis.

It contains the nutrient Glucosamine Sulphate (500mg) which is critical for connective tissue cross-linking and strength as well as Chondroitin Sulphate which is important in the stabilisation of the cartilage matrix between the bone tissues.

Other key nutrients contained are MSM - the building block for all the tissues in the body; Quercetin - a safe and effective bioflavonoid for joint pain; Ginger – which increases localised circulation helping to provide flexibility; and Rose Hip Extract - a natural anti-inflammatory with additional joint repairing compounds.

**Dosage:** Take 3 tablets throughout the day after a meal.

### **Pure Fish Oil 1100mg - (180 Capsules) OUR PRICE £26.00 (RRP £28.95)**



The most beneficial ingredients in fish oils are the two Omega 3 essential fatty acids (EFA), EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). Research has shown that Omegas 3's play a vitally important part in maintaining our health and wellbeing and it is for this reason that fish oil supplements are regularly recommended by practitioners.

Omega 3 EFAs are extremely important in the structure and function of every cell in the body and the function of your cells is what determines your health. EFAs are required for proper nerve signal

transmission (memory, concentration, cognitive ability, muscle coordination and strength) and immune function.

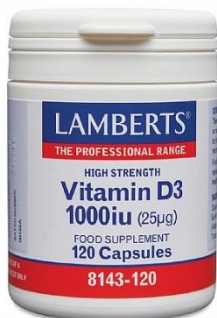
These capsules contain a concentrated fish oil which provides a full 700mg of Omega 3's per capsule (many 1000mg fish oil products contain just 350mg of Omega 3's). This means that this product is one of the strongest available in the UK and is therefore widely recommended by practitioners. It also contains the correct (as found in nature) ratio of DHA and EPA of 2:3. Many other manufacturers manipulate this ratio.

**Dosage:** The number of capsules you need to take is based on your body weight to a ratio of 1 capsule per every 18kg of body weight. For example, a person weighing 75kg would need 4 capsules per day.



If you would prefer not to take fish oil supplements, we would recommend algae supplements instead. The fish get their omega 3 from eating algae. We recommend Vegetology Omega 3. **Vegetology Online Price £18.65 for 60 capsules**

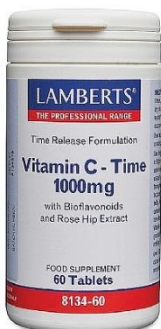
**Vitamin D3 1000iu = 25µg - (120 tablets) OUR PRICE £11.00 (RRP £12.95)**



Like all steroid hormones, Vitamin D is involved in the genetic regulation of the production of proteins and enzymes which are essential for wellness and prevention. Vitamin D promotes calcium absorption and maintains blood levels of calcium and phosphate for proper bone development and muscle action. Some of the other roles of Vitamin D are assisting in the regulation of cell growth, immune function, neuromuscular action, regulation of inflammation and the action of insulin.

**Dosage:** 1 per day.

**Vitamin C 100mg Time (180 tablets) £19.95**



We also suggest you take 1 gram of Vitamin C every day because it helps with fighting oxidation (ageing), improves your immune system and helps joint cartilage function. It is a water-soluble vitamin so what you don't need your body will just pee out. Occasionally people can experience diarrhoea from taking Vitamin C. If this occurs lower the dosage.

Available in bulk online.

If you have any questions or require further information, then just get chat to us and we'll be happy to help or go to the Lambert's website - [www.lambertshealthcare.co.uk](http://www.lambertshealthcare.co.uk)

[www.connectspinalhealth.co.uk](http://www.connectspinalhealth.co.uk)

56 Queen Charlotte Street, Edinburgh EH6 7EX

0131 554 5855 [hello@connectspinalhealth.co.uk](mailto:hello@connectspinalhealth.co.uk)