

Your Arthritis Essentials Supplements

Instructions for the full 90-Day Arthritis Protocol

Here are your instructions for the Arthritis Essentials supplements that you begin in **Step 1 of the Arthritis Protocol** as outlined in Dr. Blum's book, *Healing Arthritis*. These powerful anti-inflammatory supplements carry through the entire program.

You might notice that the doses we are recommending are lower than those Dr. Blum uses in the book. This is because these nutrients act synergistically when combined together, and often the lower dosing is enough when you take them all at the same time like you are doing when using this Healing Arthritis Complete Supplement Kit.

How will you know if you need a higher dose? We recommend that you wait until after you complete Step 2: Intensive Gut Repair to see how you feel. If you still have pain, then you should consider doubling your dosage of the following supplements: Omega 3 Fatty Acids and Curcuplus.

As you begin your program, we suggest adding the new supplements slowly over the course of the first week or so, to make sure they all agree with you. While these products are tried and true and have been used over many years at Blum Center for Health, you are a unique individual and we never know if a particular supplement will cause a side effect, whether gut related, or a headache. That's why we always suggest a slow "on-boarding" process. We recommend starting two new supplements, and two days later if all is ok, you can add the next two.

Possible side effects include digestive upset like nausea, or an allergic reaction like a rash or hives. If you have digestive upset, try taking the vitamins with more food (all supplements should be taken

with food unless otherwise instructed). If you have a rash or any other severe reaction, stop the new supplement right away, and put it aside. Wait for the reaction to go away before adding in the next new supplement from the list. We often suggest going back to the one that gave you a reaction at the end, once all the new products are on-board.

Please note: This supplement kit includes one bottle of each supplement -- some will last the full 90 and a few you will need to reorder. We recommend trying all the supplements first before ordering more to determine your personal tolerance for and reaction to the supplements.

Welcome to Your Supplements

Multivitamin with Antioxidants — view supplement facts [here](#)

1 bottle has 120 tablets. Our Multivitamin with Antioxidants supplies key mitochondrial micronutrients and a smart combination of alpha lipoic acid, N-acetyl cysteine, and acetyl L-carnitine to jumpstart cellular energy production.

Essentials Vitamin C — view supplement facts [here](#)

1 bottle has 90 capsules. Our Vitamin C is buffered to prevent stomach upset, and also includes additional bioflavonoids to provide more powerful anti-oxidant activity. When combined with our Multivitamin, you will have the recommended amount of Vitamin C that you need for the program.

Essentials Vitamin D3 5000 — view supplement facts [here](#)

1 bottle has 120 softgels. Our Vitamin D3 is formulated as a small, easy-to-swallow, liquid gel cap.

Essentials Omega 3 Fatty Acids — view supplement facts [here](#)

1 bottle has 120 softgels. Your kit has 1 bottle. Our fish oil is purity guaranteed (no heavy metals or toxins) and concentrated to provide the high doses of EPA + DHA you need to reduce inflammation.

Essentials GLA 240 — view supplement facts [here](#)

1 bottle has 90 softgels. Our GLA is from borage oil, and each capsule has 240 mg, providing high concentrated dosing needed to treat arthritis.

CurcuPlus — view supplement facts [here](#)

1 bottle has 120 capsules each. Your kit has 1 bottle. Our curcumin features highly bioavailable CurQfen (curcumin and fenugreek), XNT ProMatrix (xanthohumol), boswellia and ginger extracts, all of which may help support the body's immune response and reduce inflammation and pain.

DIRECTIONS:

Introducing New Supplements for the First time:

Day 1: Start with Essentials Omega 3 Fatty Acids and CurcuPlus

Day 3: Add Vitamin D3 5000 and Essentials GLA 240

Day 5: Add Essentials Vitamin C and Multivitamin with Antioxidants

Supplement Chart

Supplement	Breakfast
Multivitamin with Antioxidants	2 tablets
Essentials Vitamin C	1 capsule
Essentials Vitamin D3 5000	1 softgel
Essentials Omega 3 Fatty Acids	2 softgels
Essentials GLA 240	1 softgel
CurcuPlus	2 capsules