

DR. GROSSER

## SUPPLEMENTS

**ConsumerLab.com** – a good site that independently checks quality of supplements to help choose reliable brands

ANTI-INFLAMATION/JOINT	WOUND HEALING	TOPICALS
Boswellia	Arginine	Arnica
Curcumin (turmeric)	B complex vitamins	Aspercreme/Lidocaine
Ginger	Iron	Austrailian dream
Glucosamine/Chondroitin	Lysine	Biofreeze
MSM	Protein	doTerra Deep Blue
Omega 3/6 fatty acids	Vitamin A	Salonpas
	Vitamin C	Voltaren
	Zinc	
BONE HEALTH	NERVE HEALTH	
Vitamin D – 2000 i.u./day (Vitamin D increases calcium levels)	B complex vitamins	
Vitamin K – 90-120 mcg/day	Alpha-lipoic acid	
Vitamin C – 1000mg/day	Acetyl-L-carnitine	
Magnesium – 400 mg/day	Omega 3	
Calcium – 1200mg/day	Nerve Fix	

## SOCKS / COMPRESSION SOCKS

SOCKS	COMPRESSION SOCKS
Bombas	Compressionz.com
Darn Tough	DiscountSurgical.com
	Dr. Motion
	Figs
	Nabeesocks.com
	Sigvaris