SCIENCE BEHIND SUPPLEMENTS
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KEY CONCEPTS

• Inflammation is the body's normal physiologic attempt to defend against foreign invasions and repair itself from injury.
• Injury can result from trauma, exposure to microbes, toxins, or foods (poor diet).
• Chronic inflammation occurs when the injury is ongoing or a predisposed immune system fails at counter-regulation.
• Most chronic diseases have been linked to excessive or persistent inflammation.

RED YEAST RICE
ST JOHNS WART

GLUCOSAMINE

NATURAL ANTI-INFLAMMATORIES
- Fish Oil
- Quercetin
- Turmeric
- Boswellia
- Ginger
90% of Americans do not meet the American Heart Association recommendation of 8 ounces fatty fish per week. (providing about 1750mg EPA/DHA per week max).

Heart failure patients consume less than 2% of the recommended intake.
QUERCETIN

<table>
<thead>
<tr>
<th>Botanical</th>
<th>Indications</th>
<th>Dosage</th>
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</thead>
<tbody>
<tr>
<td>Turmeric (Curcuma longa)</td>
<td>Most inflammatory conditions, Autoimmune (RA, ADR, Lupus)</td>
<td>750-1500 mg/day, Standardized to Curcuminoids (90-95%)</td>
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<tr>
<td>Ginger (Zingiber officinale)</td>
<td>Most inflammatory conditions, a spice in food, DA</td>
<td>500-1000 mg TID, Avoid more than 8g/day</td>
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<tr>
<td>Bitterrot (Borago officinalis)</td>
<td>Asthma, OA, AD, Rheumatoid</td>
<td>300-400 mg TID, Standardized to 8-9% flavonoids</td>
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<tr>
<td>Bruiseweed (Anacardium occidentale)</td>
<td>Trauma, Post surgery, Swelling, DA</td>
<td>310-750 mg TID, as an empty capsule, Standardized to 1000-2400 mg/100g</td>
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<tr>
<td>Devil’s Claw (Harpagophytum procumbens)</td>
<td>OA/LD, Lower Back Pain</td>
<td>400-600 mg TID, Standardized to an intake of 30-100 mg of harpagoside A.</td>
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<tr>
<td>Quercetin (multiple sources)</td>
<td>Allergies, Asthma, Mumps</td>
<td>500-1000 mg TID,</td>
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<tr>
<td>Cayenne (Capsicum spp)</td>
<td>Low Back Pain, Diabetic Neuropathy</td>
<td>Topical, various preparations.</td>
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</tbody>
</table>

**BOTANICAL ANTI-INFLAMMATORY**
TURMERIC

BOSWELLIA

GINGER