

ARTHRITIS REMEDIES 'A'

MEASURES

✓ glucosamine 500mg 3x/day

✓ { Cu { Mg
Mn
Zn
Se

DR. J. R. GRAHAM
Provider No. 0141255T
Gosse Road
Onkaparinga Hills (near Clarendon)
Tel/Fax: 8383 6499
P.O. Box 224
Happy Valley SA 5160

✓ flaxseed oil 1 teasp/day (don't cook)

W-3

✓ ginger 1 teasp

✓ turmeric

Bellalife
120 HAYWARD
AVE.
TORRENSVILLE

re Roslyn STEFFENSEN

✓ nettle

REMEDIES 'B'

LYPRINOL 500mg 2-3/D
(LIPID MUSSEL OIL)
KAPREX 350mg 1/2/D
(OLEANDRIC ACID)
JOINT FORMULAE 600mg
(GLUCOSAMINE + CHONDROITIN)
1/2/D
FLAXSEED OIL 1T/D

Please supply as re

request

CHONDROAMINE 1/2 tea 3x/day
powder

FLAXSEED OIL 1/2 teasp/day
(FRIDGE)

LACTOBACILLI Acid + B12

Thanks

J. Graham

TRY ALL OF 'A'

'B' WAS OUR FINAL

FLAXSEED & LYPRINOL DECREASED ACID COMES

ARTHRITIS EXPLAINED

change/stability

