

Huntley Chiropractic & Massage Therapy

Joint and Soft Tissue Healing Kit

<u>NUTRIENTS</u>	<u>per day</u>	<u>pricing</u>
Tuna Omega 3 (120p)	(2) 3x	21
Glucosamine Synergy (90c)	3x	31
Ligaplex I or II (150c)	(2) 3x	28
Calcium Lactate (330t)	(2) 3x	21

Re - Hydration: 64 - 128oz. Quality water per day

Eat 80-120 grams of good quality, fresh protein per day