ACUTE PAIN & INFLAMMATION
CONDITION PROTOCOL

Supplementation Regimen:

Immediately after substantial injury or at the onset of pain:
Natural NSAIDs Pak, 1 packet every 3 hours
Optimal Fruit & Veggie Plus, 1 serving morning and night

Less severe injury or when pain and inflammation occur after day-old injury:
- Natural NSAIDs Pak, 1 packet mid-morning and mid-afternoon
- Optimal Fruit & Veggie Plus, 1 serving morning and night

Maintenance for recurring slight inflammation:
- Natural NSAIDs Pak, 1 packet daily
- Optimal Fruit & Veggie Plus, 1 serving daily

NOTE: IF THE NATURAL NSAIDS PAK CAUSES AN UPSET STOMACH, SWITCH TO ESSENTIAL PROTECT AND TAKE 2 CAPSULES BETWEEN MEALS, TWICE DAILY.

Nutrition Regimen:

- Cut out processed foods, fried foods, and carbonated beverages
- Eat more raw fruits and vegetables, specifically cherries, blueberries, spinach, and arugula

Exercise Regimen:

- Rest the injured area
- Ice the injured area
- Compress the injured area by applying a bandage wrap
- Elevate the injured area

Additional Recommendations:

- Reduce the use of NSAIDs (Tylenol, Ibuprofen, etc.)
- If NSAIDs are used, supplement with:
  - Optimal Whole C - Chewables, 2 chewables morning and night
  - Optimal Liver Kidney, 2 capsules morning and night

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease