

PROMEDICS BOTANICAL BOOTCAMP OPTIMAL CARE FOR BABY BOOMERS

INDICATION	PRODUCT	ADULT DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
MEMORY LOSS, COGNITIVE DECLINE, VASCULAR DEMENTIA, PAD, ALZHEIMER'S DS.	GINKGO FORTE	1 tab bid - 3 tabs bid	2 mo min for vascular effects	CI with products that affect blood coagulation (eg blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase the risk of spontaneous bleeding
CHRONIC VENOUS INSUFFICIENCY, SPRAINS, STRAINS, POOR PERIPHERAL CIRCULATION, VARICOSITIES, HEMORRHOIDS	HORSECHESTNUT COMPLEX	1 tab bid - 2 tabs bid	1 mo min	May cause gastric irritation
OSTEOARTHRITIS, RHEUMATOID ARTHRITIS, ELEVATED CRP LEVELS	OSTEO R5	1 capsule qd	2 wks min	CI in patients with egg allergy
PAIN, INFLAMMATION, OA, NAFLD, CONDITIONS ASSOCIATED WITH NEUROINFLAMMATION	TURMERIC FORTE	2 - 4 tabs qd - bid	1 - 4 wks	Caution with blood thinners and antiplatelet medications
AGING, EDEMA, VISION DECLINE, POOR CIRCULATION, VARICOSITIES, ALLERGY	VITANOX	1 tab bid - tid	2 mo min	Caution with iron deficiency, gallstones/bile duct obstruction, and stomach ulcers. CI pregnancy and breastfeeding
HYPERTENSION	PRECARDIX	2 tabs qd away from food	2 - 8 wks	CI in patients with shrimp or shellfish allergy