



# NutraDisc® Patient Education Discussion Points

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PRODUCT: NutraDisc®

## INTRODUCTION

NutraDisc® is a unique nutritional supplement formula for acute injury and pain management of vertebral disc injuries, facet syndrome, spondylosis and soft tissue strain/sprain. It has been my experience that a clear and concise introduction of NutraDisc® followed by a pragmatic overview of the formula ensures patient interest, confidence and compliance.

The following six key patient education and discussion points are provided as a guideline to accurately and confidently recommend NutraDisc®.

## PRODUCT INTRODUCTION

To more comprehensively incorporate NutraDisc® into the treatment program, make sure to cover these three introductory points:

- 1) NutraDisc® is one of the components of care recommended in the treatment plan along with ice, electrical stimulation, manipulation, rehab exercises, (and/or whatever additional modalities that may be used).
- 2) The product is an acute phase formula and is recommended for 2-6 weeks. After this initial period, its use will be re-evaluated. (see NutraDisc® Patient Use and Pricing Recommendations by Dr. Larry Plotkin for more details).
- 3) The use of NutraDisc® will help achieve the goals of naturally; a) reducing pain and inflammation, b) repair and healing of damaged tissue, c) providing the base nutrients for the injured tissue - disc, cartilage, etc.

## 3 PRIMARY FORMULA COMPONENTS

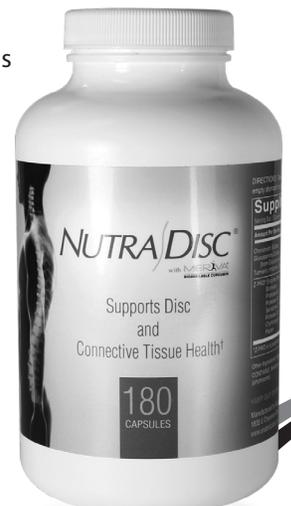
To educate the patient without overwhelming them with nutrition science, the following three points are discussed:

- 1) NutraDisc® contains Meriva® curcumin, a botanical anti-inflammatory derived from the common spice turmeric.
- 2) NutraDisc® contains a collection of proteolytic enzymes that work to repair damaged tissue and reduce inflammation.
- 3) NutraDisc® contains glucosamine and chondroitin, the foundational nutrient for cartilage, derived from shellfish.

## UNIQUE ASPECTS OF THE INGREDIENTS

A few additional points that distinguish NutraDisc® from less sophisticated supplement products are:

- Mervia® curcumin is an optimized curcumin which is 29 times more absorbable thus providing better anti-inflammatory results for acute pain and inflammation.
- Z-Pro Enzyme blend consists of multiple enzymes to ensure digestion throughout the GI tract providing better results for tissue repair and reduction of inflammation.
- Glucosamine sulfate and chondroitin sulfate have been shown to be effective in osteoarthritis studies for reducing pain and maintaining joint cartilage.
- Anabolic Laboratories is a pharmaceutical and nutritional supplement manufacturer that has been in business since 1924.



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