



Bryn Mawr Sports Medicine

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PATIENT GUIDE TO NUTRICEUTICALS

What are nutraceuticals?

Nutraceuticals are nutritional supplements designed to promote a healthy lifestyle. Many nutritional supplements have been shown to provide health benefits, including improvement in symptoms related to disease, disease prevention, and promotion of long-term health. Nutritional supplementation can be an important way to ensure that your body receives the necessary substances to maintain good long term health and prevent disease. Many of our patients currently take nutritional supplements with positive benefits to their health.

Why Physician Recommended Nutraceuticals (PRN)?

It has been shown that the quality of all nutritional supplements are not equal. Many supplements that have been independently tested have been shown to contain suboptimal content, including some with zero active ingredients. PRN nutritional supplements were developed by physicians specifically with active patients in mind. The supplements have been tested for purity and quality. In addition, since these supplements are available ONLY in physician offices, you can get assistance with incorporating the right PRN products into your specific lifestyle and goals.

Why are we providing nutraceuticals?

As many of you are aware, several of the traditional medicines we have used to treat inflammation and pain, particularly non-steroidal anti-inflammatory medications (NSAIDs), have side-effects. We still use these medications for many of our patients, but unfavorable side effects have led us to search for some possible alternatives for our patients. In addition, some nutraceuticals, although unproven, have the potential to prevent disease or promote healthy bone and cartilage, not only treat symptoms.

How do I know what products might be beneficial for me?

Several nutraceuticals have been shown to help reduce symptoms or improve function for specific conditions. Other supplements are designed to promote overall health. We suggest that you ask your physician what nutraceuticals may benefit your particular health concerns. In addition, we greatly encourage our patients to explore these products for themselves, as well as other natural alternatives, that may benefit their health.

What products are available from PRN?

Glucosamine Chondroitin:

What is it?

Glucosamine is naturally synthesized by cartilage cells (chondrocytes). In osteoarthritis, this synthesis can be insufficient or defective. Chondroitin sulfate is one of the primary structural components of cartilage. Chondroitin helps prevent deterioration of cartilage and is one of the primary materials needed to repair and rebuild cartilage.

Potential Health Benefits:

- Reduce pain from arthritis
- Improve joint mobility
- Help rebuild cartilage or prevent cartilage degredation

Select References: 1, 4, 6

Omega 3 Fish Oil:

What is it?

Fish oil is a natural anti-inflammatory that has been shown to reduce joint pain and stiffness in people with arthritis. In addition, other health benefits have been shown for the cardiovascular system and with autoimmune disease.

Potential Health Benefits:

- Reduce pain, stiffness and inflammation from arthritis
- Natural anti-inflammatory
- Can decrease risk of cardiovascular disease

Select References: 2, 7, 8

Antioxidant Drink Mix:

What is it?

Antioxidant drink mix is comprised of extracts from grape seed, red wine, and pine bark which provide an excellent source of proanthocyanidins, super antioxidants that have been shown to reduce free radicals. Free radicals can cause inflammation and cell degradation., and have been shown to degrade cartilage.

Potential Health Benefits:

- Neutralize free radicals
- Nutritional support to assist with daily environmental stress

Select References: 3, 5



Calcium Drink Mix:

What is it?

Calcium and other nutrients are essential to enhance bone strength. In addition to calcium, vitamin D, magnesium, manganese, silica, silicon, and boron can help increase calcium uptake, help build bones, and help maintain health calcium levels.

Potential Health Benefits:

- Supports bone density and strength
- Prevent fractures
- Aid in fracture healing



B Pro-Active Drink Mix:

What is it?

B Pro-Active drink mix is comprised of B-vitamins, which are critical components of numerous enzyme systems needed for energy production and a healthy nervous system. In addition, other synergistic nutrients are also included.

Potential Health Benefits:

- Enhances energy production
- Provides nutritional support for the nervous system
- Supports enzyme production for healthy metabolism



Multivitamins & Multiminerals:

What is it?

The supplement is designed to provide all of the essential vitamins and minerals required for overall health.

Potential Health Benefits:

- Provide vitamins and minerals which may be lacking in a regular diet to provide overall health for a variety of body systems



How can I purchase PRN products?

PRN products can only be bought through your physician's office. We have two convenient ways to obtain nutraceuticals from us.

- 1) Purchase any desired products directly from the office
- 2) Order products online:
 - www.prnyourhealth.com
- 3) To purchase products online, you must use our **office ID # 120910** and identify your physician

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