

CUSTOM SUPPLEMENT PLAN

Nutrition & Recovery Support for Marty M.



2–3 g EPA+DHA per day

Omega-3 Fish Oil

Supports the body's natural anti-inflammatory response.

How to take: Take with a meal that contains fat; split into two doses or refrigerate if it causes any aftertaste. Caution: may increase bleeding risk if combined with blood thinners (warfarin, DOACs, aspirin, clopidogrel) — check with your prescribing physician if you take any of these.



500–1,000 mg standardized extract per day

Turmeric / Curcumin

Studied for joint comfort and a normal inflammatory response.

How to take: Take with a meal. Choose a formula with black pepper (piperine) or a phytosome for absorption. Caution: may increase bleeding risk if combined with blood thinners (warfarin, DOACs, aspirin, clopidogrel) — check with your prescribing physician if you take any of these.



1,500 mg / 1,200 mg per day

Glucosamine Sulfate + Chondroitin

Building blocks used in cartilage and joint surfaces.

How to take: Take with food, daily. Give it 8–12 weeks before deciding whether it helps. Caution: may increase bleeding risk if combined with blood thinners (warfarin, DOACs, aspirin, clopidogrel) — check with your prescribing physician if you take any of these.



1,500–3,000 mg per day

MSM

Sulfur source that supports connective tissue and soreness.

How to take: Take with food, split morning and evening if using the higher dose. Caution: start at the lower dose if you are sensitive to sulfur, and check with your prescribing physician if you take a blood thinner.



5 g per day

L-Glutamine

Fuel for the cells lining the gut wall.

How to take: Mix into water on an empty stomach, morning or before bed. Caution: check with your prescribing physician if you have liver or kidney disease, seizures, or a history of cancer.



5–10 g per day, working up slowly

Fiber / Prebiotics

Feeds beneficial bacteria and supports regularity.

How to take: Mix into a full glass of water and increase gradually to limit gas and bloating. Drink plenty of fluid. Caution: take fiber at least 2 hours apart from prescription medications, since it can reduce how much medication your body absorbs.



10–20 g per day

Collagen Peptides

Amino acids used to build tendon, ligament, and cartilage.

How to take: Take 30–60 minutes before rehab exercise or a walk when possible; otherwise stir into coffee, oatmeal, or a smoothie at any time of day. Caution: sourced from fish, bovine, or chicken protein — avoid if you are allergic to the source, and check with your physician if you have advanced kidney disease.



100–200 mg per day

Hyaluronic Acid

Supports joint lubrication and cushioning.

How to take: Take with water, with or without food. Give it 8 weeks to judge. Caution: generally well tolerated; check with your physician first if you are pregnant, nursing, or have a history of cancer.

MEDICATION & HEALTH CAUTIONS

Omega-3 Fish Oil, Turmeric / Curcumin, Glucosamine Sulfate + Chondroitin: may increase bleeding risk if combined with blood thinners (warfarin, DOACs, aspirin, clopidogrel) — check with your prescribing physician if you take any of these.

MSM: start at the lower dose if you are sensitive to sulfur, and check with your prescribing physician if you take a blood thinner.

L-Glutamine: check with your prescribing physician if you have liver or kidney disease, seizures, or a history of cancer.

Fiber / Prebiotics: take fiber at least 2 hours apart from prescription medications, since it can reduce how much medication your body absorbs.

Collagen Peptides: sourced from fish, bovine, or chicken protein — avoid if you are allergic to the source, and check with your physician if you have advanced kidney disease.

Hyaluronic Acid: generally well tolerated; check with your physician first if you are pregnant, nursing, or have a history of cancer.

Review this list with your prescribing physician or pharmacist before starting anything new, especially if you take prescription medication, are pregnant or nursing, or have a chronic condition.

This plan is a general supplement guide and does not replace individualized medical advice. Discuss changes with your prescribing physician if you take other medications.