

Collagen Synthesis/Cartilage Growth and Repair

Supplements: For healing and building collagen, cartilage, ligaments and skin.

See if you can find a multi-vitamin that has all the suggestions below, that makes things easier.

***Vitamin B-complex (note look for Methylated B-vitamins).**

With a minimum of 12.5 mg B-5 daily; cartilage growth and repair and enhances cognitive abilities.

***Vitamin C**

1000-10000 mg (take to bowel tolerance break up dosages through out the day); immune stimulant, encourages elimination and is a cofactor in collagen synthesis and repair.

***Vitamin A (as Plant based- beta-carotene)**

up to 10000 mg daily; anti-bacterial, anti-viral, helps skin growth.

***Selenium**

200 mcg daily; immune stimulant, antioxidant, antiviral and protects the tissues from (cofactor with glutathione synthesis).

***Vitamin E Succinate**

400-800-IU daily; antioxidant and stimulant (white blood cells, CD57), it potentiates Vitamin C and Selenium in cartilage and skin repair and flexibility.

***Zinc Picolinate**

20-30 mg daily; collagen repair and immune stimulant, total daily intake shouldn't exceed 50 mgs.

DHEA

Woman 15-25 mg, Men 50-200mg daily; collagen repair, symptoms of rheumatoid arthritis and lupus is a hormone precursor. Contra-indications: Women taking high doses may experience symptoms of androgenation and young males should avoid high doses.

***N Acetyl Glucosamine**

500 mg 3x's daily; builds and repairs cartilage (the longer you take it, the better the results). Eat organic chicken cartilage to get the nutrients to rebuild.

Silicon (by Biosil) <http://www.amazon.com/BioSil-Beauty-Bones-Joints-Liquid/dp/B003K4ID0M>

Liquid 6-20 drops daily in a ¼ cup of water; cartilage, collagen and myelin sheath repair.

Pregnenolone

50-500 mg daily; collagen synthesis, capillaries, skin, cartilage and connective tissue repair.

Omega 3's fatty acids- *Essential Fatty Acids and Gama Linoleic Acid up to 3 Tbsp daily