



THE **KNEE PAIN** GURU

Dr. Charles' Supplement Recommendations for Specific Knee Pain Conditions



You may purchase all of the listed products through Anova Health.

To order, please visit www.AnovaHealth.com

or order via phone at (888) 309-5222.

Provide this code when creating an account:

1791

Products by Condition:

Acute Inflammation

- [EnteriPhyte Devil's Claw Plus](#): Provides powerful, safe anti-inflammatory support for acute pain.
- [Transformation Enzymes Protease](#): Food enzymes with bromelain and papain. Indicated for inflammation for injuries or detoxification of the lymphatic system and blood.

Chronic Inflammation

- [Pharmax Finest Pure Fish Oil](#): Great-tasting, pre-digested, and smoothest ester ethyl-free source of essential fatty acids.
- [Transformation Enzymes Protease IFC](#): Formulation of highly-active proteolytic enzymes, vitamins, minerals, and herbs that is designed to help modulate the inflammation process.
- [EnteriPhyte Devil's Claw](#): Provides powerful, safe anti-inflammatory support for chronic pain.

Pain

- [Anova Health CaliQuil](#): Potent source of California poppy indicated for insomnia and sleep disturbances from pain.
- [EnteriPhyte Relief Gel](#): Effective pain relief in an icy-hot format with camphor, menthol, and eucalyptus oil.
- [Pharmax Relief](#): Transdermal, non-scented, topical relief for muscle and joint pain.
- [Pharmax Nerve](#): Transdermal, topical for relief of symptoms of neuropathic pain, shingles, etc.

Torn Meniscus

- [Anova Health Avinotropin](#): Highly concentrated deer antler velvet, providing natural HCG and IGF, to support tissue repair and healthy joint function.
- [Medix4Life ML-01 CNT](#): Regulates intercellular communication and supports cellular and tissue regeneration in the connective tissues throughout the body.

Bone on Bone

- [Anova Health Avinotropin](#): Highly concentrated deer antler velvet, providing natural HCG and IGF, to support tissue repair and healthy joint function.
- [Medix4Life ML-15 OST](#): Regulates intercellular communication and supports cellular and tissue regeneration of the bone.

Products by Condition:

Post-Surgical Repair

- **[Transformation Enzymes Repairzyme](#)**: Phyto-chemicals and nutrients designed to help rebuild and support muscular, skeletal, and tissue health. Great for sports-related or athletic injuries.
- **[Transformation Enzymes Protease](#)**: Food enzymes with bromelain and papain. Indicated for inflammation for injuries or detoxification of the lymphatic system and blood.
- **[Medix4Life ML-01 CNT](#)**: Regulates intercellular communication and supports cellular and tissue regeneration in the connective tissues throughout the body.
- **[Medix4Life ML-15 OST](#)**: Regulates intercellular communication and supports cellular and tissue regeneration of the bone.
- **[Innate Response JCTH](#)**: Whole food supplement to support and enhance the health of the skeletal system, joints, and connective tissue. Also carries anti-inflammatory properties.

General Support

- **[Transformation Joint Health](#)**: Once-daily formula, including eggshell membrane, a protease blend, and lipase enzymes, designed to supply nourishment for joint mobility and support the healthy production of cartilage and connective tissues.

Baker's Cyst

- **[Transformation Enzymes Protease](#)**: Food enzymes with bromelain and papain. Indicated for inflammation for injuries or detoxification of the lymphatic system and blood.
- **[SafeCare Rx Breast Cysts and Discomforts](#)**: Homeopathic Spray for breast cysts. Through the principle of "like cures like," this spray can also be used to ease the pain of cysts in other parts of the body.

Bone Spur

- **[SafeCare Rx Calcium Metabolizer](#)**: Homeopathic spray used for assistance in calcium metabolism and helping maintain strong bones and joints. Also indicated for spasms, twitches, nervousness, brittle nails or aching joints.
- **[Innate Response Magnesium 300](#)**: Innate's Magnesium 300 boasts the citrate, glycinate and malate forms, all of which have been shown to be well-absorbed and helpful in restoring adequate magnesium levels needed for healthy bones and joints.
- **[Genestra D3 K2 Mulsion](#)**: This great-tasting liquid vitamin helps with the maintenance of bones and teeth, as well as the absorption of calcium and phosphorus.
- **[Metabolic Maintenance Betaine HCL & Pepsin](#)**: This high-quality digestive enzyme assists in protein digestion and helps facilitate the absorption of a number of nutrients integral to bone health.
- **[Metabolic Maintenance Cal/Mag/Zinc Complex with Vitamin D](#)**: These essential minerals and vitamins provide nutritional support to help maintain healthy bones.