



# DYNA PRO™

SPINAL HEALTH SYSTEM

**Nutritional  
Support for  
Decompression**



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These recommendations are for professional reference and use only,  
and are not to be misconstrued as prescribing.  
These statements have not been evaluated by the Food and Drug Administration.  
These products are not intended to diagnose, treat, cure or prevent disease.

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## Decompression Packs by Nutura™

When it comes to promoting true and lasting healing, nutrition plays a vital role. Your patients' muscles, tendons, ligaments, and discs — all need nourishment to heal properly and to maintain and enhance structural strength.

That is why the DynaPro system includes nutritional supplements that are specifically formulated to ensure that these tissues get the nutrients they need.



The ***Phase One Decompression Pack*** is taken by all patients who use the DynaPro system. It includes natural supplements designed to relieve pain and inflammation; ease tension and muscle spasms; and aid in the repair of soft tissue injuries.

The ***Phase Two Neuro Pack*** is taken by patients who suffer from radicular nerve pain. It helps repair injured nerve tissue, facilitate nerve transmission, and reduce pain and inflammation.

Patients suffering from disc and joint degeneration take the ***Phase Two Disc and Joint Pack***, which provides an effective treatment for reducing joint pain and chronic inflammation, while rebuilding cartilage and increasing joint resilience and flexibility.

Ensure the best possible results for your patients with Nutura, the very ***first*** therapy-specific nutritional program for advanced decompression therapy.

# Benefits of Incorporating the Decompression Packs in Your Practice

The Decompression Nutritional Packs, Phase 4 of the DynaPro Spinal Health System, is the final phase of spinal decompression therapy. By using the packs you not only **dramatically improve your patients' healing**, you also **substantially increase your per-case revenue**.

## *Decompression Packs:*

- *Enable you to offer a more complete wellness approach to your patients' needs*
- *Enable you to offer a superior decompression program compared to those offering decompression alone*
- *Increase your cash revenues*
- *Enable you to depend less on third-party reimbursement*
- *Get better, longer lasting results*
- *Easy to recommend with the nutritional protocol chart*
- *Condition-specific products in a convenient, attractive box*
- *Come with easy-to-understand patient instructions including: dosages, recommended diet and lifestyle for optimum healing, product descriptions and uses, ingredient actions, contraindications and drug interactions*
- *Combine the packs with patient brochures for complete patient education and better compliance*

## Administration of the DynaPro Nutrition Program:

### 1.) Phase I: Decompression Pack- For all anterior and posterior conditions

Patient begins with the Phase I Decompression Starter Pack on the first day of spinal decompression therapy.

*Proteo Plus* (5 day supply)

To reduce pain and inflammation

**Dosage: Three tablets four times a day on an empty stomach**

*Nutra-Calm* (quantity 30)

For muscle spasms and/or tight muscles

**Dosage: Two as needed every four hours with food**

**Not to exceed twelve in a 24-hour period**

*Nutra-Mend w/MSM* (30 day supply)

To aid in the repair of the disc and soft tissue

**Dosage: Two times daily with food**

At the doctors discretion: Some patients may require a second Phase I pack before continuing on to Phase II.

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After completion of the Phase I nutrition program, switch the patient to Phase II. The patient will begin either the Neuro Pack or the Disc & Joint Pack depending upon which symptoms are present.

**If a degenerative disc, arthritic disc or joint, or facet syndrome are present**, recommend the Phase II: Disc and Joint Pack for optimal healing. (2A)

**If radicular/nerve injury symptoms are present**, recommend the Phase II: Neuro Pack for optimal healing. (2B)

# Administration (*Continued*)

## 2A.) Phase II: Disc and Joint Pack

Program Length: As recommended by the physician

*Arthro-Mend w/MSM* (30 day supply)

**Dosage: Two tablets three times a day with meals for 60 days**

**One tablet three times a day with meals after 60 days**

*CardiOmega* (30 day supply)

**Dosage: One capsule twice a day with meals as needed  
for chronic inflammation**

## 2B.) Phase II: Neuro Pack

Program Length: As recommended by the physician

*Neuro B6* (30 day supply)

**Dosage: One tablet twice a day with or without food**

*Proteo Plus* (quantity 20)

**Dosage: Three tablets on an empty stomach as needed for  
pain and inflammation**

NOTE: FOR HERNIATED/BULGING DISCS:

Additionally, suggest continuing Nutra-Mend w/MSM for 3-5 months to complete full healing.

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In Phase II: Nutra-Calm may be added if necessary for pain and muscle spasms. Dosage 2 as needed every four hours with food. Not to exceed 12 in a 24 hour period.



## Phase One: Decompression Pack

During the first 30-60 days of decompression therapy, the Phase I Decompression Pack provides patients with all natural supplements that relieve pain and inflammation, ease tension and muscle spasms; and aid in the repair of soft tissue injuries.

### *Proteo Plus* Fights Pain and Inflammation

Proteo Plus' Dual-Phase release system assures maximum absorption and effectiveness. Some of its ingredients are released in the upper gastro-intestinal tract while enzymes protected by a special coating are released only when they reach the lower gastro-intestinal tract.

*Effective treatment for:*

- *Inflammation*
- *Tension Headaches*
- *Migraines*
- *Back Pain*
- *Soft-Tissue Injury*
- *Sinusitis*
- *Acute Pain*

Two tablets provide:

<b>Phase I</b>	
Vitamin C.....	300 mg
Vitamin B6.....	50 mg
White Willow (Bark).....	300 mg
Bioflavonoids (Proprietary Blend Hesperidin, Rutin, Quercetin).....	300 mg
Turmeric.....	300 mg
Adrenal.....	150 mg
<b>Phase II</b>	
Bromelain.....	200 mg
Pancreatin (8X).....	75 mg
Chymotrypsin N.F. ....	200 mcg
Trypsin.....	100 mg

Active ingredients include:

- **White Willow** (natural COX-2 inhibitor, anti-inflammatory, pain relief)
- **Turmeric** (natural COX-2 inhibitor, anti-inflammatory, sensitizes cortisone receptors)
- **Whole Adrenal** (stimulates body's production of natural cortisone)
- **Bromelain, Trypsin** (natural COX-2 inhibitors, anti-inflammatory, aids healing of soft tissue)
- **Vitamins C and B6** (promotes healing, reduces swelling)



## Phase One (Continued)

### ***Nutra-Mend w/MSM***

#### **Aids Repair From Soft Tissue Injuries**

Nutra-Mend w/MSM provides nutrients that aid in the repair of connective tissue and provides nutritional support during the healing and rehab phase of an injury. It also improves muscle and ligament tone, and aids in elasticizing muscles and ligaments. Nutra-Mend w/MSM improves blood flow to the connective tissues, and enhances vein and capillary integrity.

#### ***Effective treatment for:***

- *Subluxations*
- *Sprains*
- *Strains*
- *Whiplash*
- *Tortocollis*
- *Lax Muscles & Ligaments*
- *Poor Muscle Tone*
- *Back Pain*

One tablet provides:	
Vitamin C (ascorbic acid).....	100 mg
Calcium (calcium citrate).....	25 mg
Zinc Arginate (providing 135 mg arginine and 15 mg zinc*).....	150 mg
Manganese (50% manganese citrate/ 50% manganese sulfate).....	50 mg
Chromium (chromium chelate*).....	100 mcg
Methylsulfonylmethane (MSM®)**.....	250 mg
Chondroitin Sulfate.....	50 mg
Bioflavonoid Complex.....	50 mg
Gotu Kola (Std extract 10% asiaticoside leaf).....	25 mg

Other ingredients: Cellulose, Vegetable Stearate and Silica.

\* U.S. Patent # 4,599,152 Albion Laboratories. \*\* MSM® is the registered trademark for licensed methylsulfonylmethane, a naturally-occurring source of fundamental dietary sulfur.

#### Active ingredients include:

- **Manganese** (gives strength and elasticity to muscles, tendons, and cartilage)
- **MSM** (reduces swelling and inflammation, helps healing process, reduces spasms)
- **Gotu Kola** (enhances development of connective tissue)
- **Zinc Arginate** (promotes wound and tissue healing)

## Phase One (Continued)

### ***Nutra-Calm***

#### **Relieves Muscle Spasms, Eases Tension**

Nutra-Calm is an all-natural, non-habit-forming relaxant. It is free of side-effects and won't cause a hangover effect like many over-the-counter and prescription drugs.

#### *Effective treatment for:*

- *Muscle Spasms*
- *Muscle Cramps*
- *Migraines*
- *Back Pain*
- *PMS*
- *Tension Headaches*
- *Nervousness*
- *Anxiety*

Two capsules provide:	
Vitamin B-6 (pyridoxine HCl).....	25 mg
Calcium (as lactate).....	37 mg
Magnesium (as Albion amino acid chelate).....	50 mg
Std. Valerian (root extract 0.8-1% Valerenic Acid).....	300 mg
Std. White Willow Bark (25% Salicin).....	40 mg
White Willow Bark.....	300 mg
Passion Flower (4:1 Extract).....	150 mg
Hops.....	100 mg
Std. Fever Few Extract (0.1- 0.5% Parthenolides).....	100 mg
Chamomile.....	25 mg
Peppermint (flower).....	25 mg
Anise Seed (Leaf).....	25 mg

Other ingredients: Gelatin (from capsule), Vegetable Stearate.

#### Active ingredients include:

- **Valerian** (sedative, sleep-inducing, muscle-relaxant effects)
- **Passiflora** (tranquilizing effect, calms nerves, induces sleep)
- **Hops** (safe, natural calmatives)
- **White Willow** (pain-relieving, anti-inflammatory, reduces fever)
- **Chamomile, Peppermint, Anise Seed** (calms upset stomach, eases nausea)

#### **Contraindications for the Phase One Decompression Pack:**

Don't take Proteo Plus if you're:  
Pregnant or aspirin-sensitive

Don't take Nutra-Mend w/MSM if you're:  
Sulfur-sensitive

Don't take Nutra-Calm if you're:  
Pregnant, aspirin-sensitive, or suffering from depression

## Phase Two: Disc & Joint Pack

*For disk/joint degeneration*



After the patient has completed the Phase I Decompression Pack and begun decompression therapy, yet suffers from disk/joint degeneration, the Disc/Joint Pack provides an effective treatment for reducing joint pain and chronic inflammation, rebuilding cartilage, and increasing joint resilience and flexibility.

### *Arthro-Mend w/MSM*

#### Effective treatment for Osteoarthritis and Joint Pain

Arthro-Mend w/MSM has been used successfully by doctors for over a decade to treat osteoarthritis. It has been found to be a superior formulation for reducing joint pain, reducing inflammation, rebuilding cartilage, and increasing joint resilience and flexibility.

*Effective treatment for:*

- *Osteoarthritis*
- *Joint Pain*
- *Inflammation*
- *Degenerated Disks*

One tablet provides:	
Vitamin C (ascorbic acid).....	100 mg
Zinc (zinc amino acid chelate**)	10 mg
Manganese (amino acid chelate**)	15 mg
Glucosamine Sulfate.....	250 mg
Methylsulfonylmethane (MSM®)***	250 mg
Boswellin®* (Boswellia Serrata gum Extract 65%).....	100 mg
Chondroitin Sulfate .....	100 mg
DL-Phenylalanine.....	60 mg
Calcium (Hydroxyapatite).....	25 mg

Other ingredients: Cellulose, Vegetable Stearate and Silica.

\* Boswellin is a registered trademark of the Sabinsa Company. \*\* U.S. Patent Number 4,599,152 Albion Laboratories. \*\*\* MSM® is the registered trademark for licensed methylsulfonylmethane, a naturally-occurring source of fundamental dietary sulfur.

Active ingredients include:

- **Glucosamine** (stimulates formation of connective tissue)
- **Chondroitin Sulfate** (lubricates joint tissues)
- **DL-Phenylalanine** (provides relief of chronic pain)
- **MSM** (reduces swelling and inflammation, relieves pain and stiffness)
- **Boswellin®** (natural COX-2 inhibitor, reduces joint swelling, increases mobility)

# Disc and Joint Pack (Continued)

## CardiOmega

### Helps Reduce Chronic Inflammation

CardiOmega is a highly concentrated fish oil supplement providing 1.05 grams of EPA and DHA in just two softgels. The typical American diet favors eating foods that are pro-inflammatory, such as red meat, refined grains, flour, sugar, and processed meats. These foods are high in inflammatory Omega-6 fatty acids. The average American has an unhealthy 20:1 or greater Omega-6 to Omega-3 ratio. Taking CardiOmega that is very rich in Omega-3 fatty acids and avoiding these inflammatory foods will help you get your Omega-6:Omega-3 ratio closer to the ideal and anti-inflammatory 1:1 ratio. The fish oil concentrate is ultra-refined and pharmaceutical grade, guaranteeing a pure, clean fish oil free of toxins such as mercury, lead, arsenic, and cadmium. The process used to make CardiOmega alleviates any fishy odor and aftertaste.

Effective treatment for:

- *Inflammation*
- *Rheumatoid Arthritis*
- *Artherosclerosis*
- *Thrombosis*
- *High Triglycerides*
- *Memory Loss*
- *Depression*
- *Arrhythmia*
- *Cognitive Function*

Two softgels provide:	
Calories.....	16
Calories from fat.....	16
Total Fat.....	1.8 g
EPA (Eicosapentaenoic Acid).....	670 mg
DHA (Docosahexaenoic Acid).....	335 mg
Total EPA/DHA per serving.....	1.05 g

Other ingredients: Ultra-refined pharmaceutical grade fish oil concentrate, gelatin (capsule), glycerin, water, rosemary extract, ascorbyl palmitate and mixed tocopherols.

Active ingredients include:

- **EPA/DHA** (inhibit pro-inflammatory eicosanoids)

### Contraindications for the Phase Two Disc & Joint Pack:

Don't take Arthro-Mend w/ MSM if you're:  
Sulfur-sensitive

Don't take CardiOmega if you're:  
on strong anti-coagulants, such as coumadin



## Phase Two: Neuro Pack

*For radicular nerve pain*

After the patient has completed the Phase I Decompression Pack and begun decompression therapy, yet still has radicular nerve pain, the Neuro Pack will help repair the injured nerve tissue, facilitate nerve transmission and reduce pain and inflammation.

### *Neuro B6*

#### **Promotes Healthy Nerve Tissues**

The B vitamins and the minerals magnesium and potassium in Neuro B6 are essential for healthy and proper functioning nerve tissue. These nutrients also help repair injured nerve tissue and facilitate nerve transmission. Since stressful times deplete B vitamins and magnesium, which play a major role in helping the body deal with stress, the body is unprotected. The nutrients in Neuro B6 are essential for helping deal with stress and for healthy and proper functioning nerve tissue.

*Effective treatment for:*

- *Neuralgia*
- *Neuritis*
- *PMS*
- *Sciatica*
- *Anxiety*
- *Stress*
- *Cardiovascular Protection*
- *Kidney Stones*
- *Peripheral Neuropathy*
- *Reflex Sympathetic Dystrophy (RSD/CRPS)*

One tablet provides:	
Thiamine (Vitamin B1).....	10 mg
Riboflavin (Vitamin B2).....	10 mg
Niacinamide.....	25 mg
Vitamin B-6 (as Pyridoxal-5-Phosphate/Pyridoxine HCl).....	100 mg
Folic Acid.....	400 mcg
Vitamin B-12 (as Resin Ion Carrier).....	400 mcg
Pantothenic Acid.....	50 mg
Magnesium (from Albion Amino Acid Chelate).....	50 mg
Potassium (from Albion Amino Acid Complex).....	50 mg
Adrenal.....	30 mg
Choline (from 50 mg Choline Bitartrate).....	23.5 mg
Other ingredients: Cellulose, Vegetable Stearate and Silica.	

Active ingredients include:

- **Vitamin B6** (aids in the repair and function of nerve tissues)
- **Vitamin B12** (maintains a healthy nervous system)
- **Magnesium** (controls the activity of the heart and nervous system)
- **Potassium** (calms muscle and nerve tissue)

# Neuro Pack (Continued)

## **Proteo Plus** **Fights Pain and Inflammation**

Proteo Plus' Dual-Phase release system assures maximum absorption and effectiveness. Some of its ingredients are released in the upper gastro-intestinal tract while enzymes protected by a special coating are released only when they reach the lower gastro-intestinal tract.

*Effective treatment for:*

- *Inflammation*
- *Tension Headaches*
- *Migraines*
- *Back Pain*
- *Soft-Tissue Injury*
- *Sinusitis*
- *Acute Pain*

Two tablets provide:	
<b>Phase I</b>	
Vitamin C.....	300 mg
Vitamin B6.....	50 mg
White Willow (Bark).....	300 mg
Bioflavonoids (Proprietary Blend Hesperidin, Rutin, Quercetin).....	300 mg
Turmeric.....	300 mg
Adrenal.....	150 mg
<b>Phase II</b>	
Bromelain.....	200 mg
Pancreatin (8X).....	75 mg
Chymotrypsin N.F. ....	200 mcg
Trypsin.....	100 mg

Active ingredients include:

- **White Willow** (natural COX-2 inhibitor, anti-inflammatory, pain relief)
- **Turmeric** (natural COX-2 inhibitor, anti-inflammatory, sensitizes cortisone receptors)
- **Whole Adrenal** (stimulates body's production of natural cortisone)
- **Bromelain, Trypsin** (natural COX-2 inhibitors, anti-inflammatory, aids healing of soft tissue)
- **Vitamins C and B6** (promotes healing, reduces swelling)

### **Contraindications for the Phase Two Neuro Pack:**

Don't take Proteo Plus if you're:  
Pregnant or aspirin-sensitive

## About Nutura™



*You choose Nutura supplements because you care about your patient's health and quality of life. We want you to know that we do too, and we care about the safety and quality of every product we offer.*

### Manufacturing

Quality control for Nutura products comes into play even before the manufacturing process has begun. Every single raw component received at the lab undergoes a rigorous inspection before it can be approved for use. Once the components for a product have been gathered, strict written Standard Operating Procedures (SOP's) must be followed to assure the highest standards of quality control.

### Testing

These steps include stringent testing and sampling at every stage of production; a cycle cannot continue until each test is passed. To ensure absolute accuracy, records are kept of each component and the quantity used in every batch of product. All tests are conducted under the supervision of an in-house Ph.D.

Among the many characteristics measured in the Chemical Analysis Lab are bioavailability (using USP dissolution tests), and potency (using high-pressure liquid chromatography [HPLC]) and pH levels. These tests ensure that Nutura supplements will never contain less than 100% of the label claim.

Meanwhile, the weight, hardness, and thickness of all tablets are checked by The Physical Analysis Lab; thereby guaranteeing the constant integrity of each formulation. Finally, the Microbiology Lab conducts microbial testing on all products to ensure they meet the USP microbiological limit requirements for nutritional supplements in the USP XXIII.

## **About Nutura™ (Continued)**

### **The highest standards of quality**

Nutura supplements meet all USP standards and frequently exceed them. The Nutura manufacturing facility is routinely inspected by the FDA as well as representative companies from Canada and Europe. The Nutura facility is also approved as a nutritional supplement manufacturer by the Canadian Health Organization and the Commission of the European Communities.

### **Nutura™ supplements are manufactured under the following standards:**

- ISO 9001 Certification
- ISO 17025 Accreditation for in-house laboratories, chemical and physical analysis and microbiology
- cGMP's (current Good Manufacturing Practices) for nutritional supplements in accordance with USP26
- Compliance with Bio-Terrorism Preparedness and Response Act of 2002
- Vendor Certification Program ensuring raw material quality

***For more information on other Nutura formulas or for more detailed product literature please visit [www.NuturaProducts.com](http://www.NuturaProducts.com)***