



Supplement Protocol

Primary Support:

SPM Supreme

Dose	1-2 softgels per day
Duration	8-12 weeks; retest inflammatory markers
Formula Highlights	SPM Supreme™ is a combination of three highly potent “specialized pro-resolving mediators” designed to help support the body’s natural ability to respond to physical challenges and “resolve” the initial steps in the natural inflammatory process. The “resolution” of a healthy inflammatory response is an active process controlled by these unique metabolites.*

Liposomal Cannab-FS

Dose	2 mL (approx. 4 pumps); hold in mouth for 30 seconds before swallowing
Duration	8-12 weeks; retest inflammatory markers
Formula Highlights	Liposomal Cannab-FS™ 400 provides 400 mg full spectrum phytocannabinoids per bottle, yielding 16 mg of active phytocannabinoids per serving. It contains natural terpenes, aromatic compounds from the hemp plant that work synergistically with phytocannabinoids, complementing their health-promoting properties.* Tocotrienols and phospholipids (from sunflower lecithin) are included to help preserve the phytocannabinoids, while natural citrus oils are included for taste enhancement. Liposomal Cannab-FS™ 400 is formulated using cutting-edge liposomal technology for optimal absorption and bioavailability, making it an ideal choice for situations where rapid uptake of phytocannabinoids is desired.

Inflammatone

Dose	2 capsules twice per day in between meals
Duration	8-12 weeks; retest inflammatory markers
Formula Highlights	Inflammatone™ is a combination of herbs, nutrients, and proteolytic enzymes for modulating the inflammatory response, supporting the natural clearance of proteins like kinin and fibrin, and for supporting healthy lymphatic drainage.* The ingredients in Inflammatone™ provide natural support for a healthy inflammatory response and help protect against oxidative stress.*



For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/protocol-references/protocol-acute-pain-inflammation-references.pdf>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Health care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT) is recommended.

For considerations around herb/nutrient-drug interactions, please refer to reliable, evidence-based resources such as Natural Medicine Database or Stargrove, M. B., Treasure, J., & McKee, D. L. (2008). *Herb, nutrient, and drug interactions: Clinical implications and therapeutic strategies*. St. Louis, Mo: Mosby Elsevier.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.