

# BONE FRACTURE RECOVERY

## SUPPLEMENT PROTOCCOL



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Product Name	On Waking	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed	Notes
Bone Matrix 2.0		2		2		2		1 ingredient derived from shellfish
Pure Collagen	1 serving 1-2 x per day							Derived from Beef Bones
Vitamin D3 + K2				1				
Liposomal Vitamin C	1 serving 1-2 times per day							
Optimal Magnesium		1		1		1		
Notes	All products are available from <a href="http://www.fitforfilms.com">www.fitforfilms.com</a>							
	If vegan, vegetarian or suffer with shellfish allergies we are happy to make alternative recommendations							

### Disclaimer

As unique human beings, anything that enters our body has the potential to cause an adverse reaction. Food, beverages, herbs, medical drugs and chemicals can all cause different responses in different people. For example, some people are gluten sensitive, some are lactose intolerant and others may have strong allergic reactions to foods such as peanuts, shellfish and strawberries. The nutritional supplements we recommend are of the highest possible quality and are recommended by thousands of doctors, naturopaths and nutritionists worldwide. Nevertheless, there is still a small chance that taking one or more of the products causes unwanted side-effects. These are generally very mild.

If you choose to utilise this protocol without the guidance of a professional you do so knowing that you are responsible for its effects. If you would like support from a professional please do contact us to help arrange this for you.