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[54] **DIETARY REGIMEN OF NUTRITIONAL SUPPLEMENTS FOR RELIEF OF SYMPTOMS OF ARTHRITIS**

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Primary Examiner—Kathleen K. Fonda

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[57] **ABSTRACT**

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[51] **Int. Cl.**⁶ **A61K 31/70**; A61K 65/60; A61K 35/78

[52] **U.S. Cl.** **514/62**; 514/54; 514/560; 514/825; 424/523; 424/195.1

[58] **Field of Search** 514/54, 62, 560, 514/825; 424/523, 145.1

This invention is directed to a dietary regimen and a unique combination of nutritional supplements and a method. More specifically, this invention is directed to a unique combination of nutritional supplements which provides symptomatic relief from arthritis. The unique combination of nutritional supplements of this invention is believed to function by both increasing the available (effective blood level) of anti-inflammatory agents and promotion of the healing/regenerative process in the effected joints, thus producing unexpected and lasting symptomatic relief from the debilitating effects of both osteoarthritis and rheumatoid arthritis. The essential nutritional supplements of the dietary regimen of this invention are as follows: (a) gamma linolenic acid (unrefined), hereinafter "GLA"; (b) a mixture of eicosapentaenoic acid and docosahexaenoic acid, hereinafter collectively "EPA"; (c) a mixture of chondroitin sulfate, N-acetyl glucosamine sulfate, glucosamine sulfate and manganese aspartate, hereinafter collectively "CHONDROX". The regimen is adjusted based upon the weight of the individual, and once symptomatic relief is achieved, the individual remains essentially free from the debilitating effects of arthritis so as long the daily regimen is faithfully followed.

[56] **References Cited**

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5 Claims, No Drawings