

# Vitamin Supplements

## For Jaw Joints Post Puberty

- Take a good multivitamin every day as directed on the label (some vitamins will recommend you take one in the morning and one in the evening to reach the listed dosages).
- Review the dosages of:
  - **Vitamin C – Never exceed 500 mg/per day**
  - **Omega 3 Fatty Acid**
  
- Supplement the dosages of your multivitamin until you reach the following totals:
  - **2000 mg of Omega 3 Fatty Acid: Fish Oil or Flax Seed Oil (flax has no odor)**
  - **1000 mg of Glucosamine Sulfate (sulfate aids in absorption)**
  - **6000 I.U. Vitamin D3**
  - **600 mg of Calcium 2x/per day**
  
- If you have Jaw Joint Symptoms (popping, clicking, soreness or pain) you should supplement you multivitamin until you reach the following higher dosages:
  - **4000 mg of Omega 3 Fatty Acid: Fish Oil or Flax Seed Oil (flax has no odor)**
  - **2000 mg Glucosamine Sulfate (sulfate aids in absorption)**
  - **8000 I.U. Vitamin D3**
  - **600 mg of Calcium 2x/per day**