



NUTRIENT	FUNCTION	FOOD/ SOURCE	CREAM INGREDIENT
Collagen	The main protein of connective tissue.	Bone broths	Hydrolyzed Collagen Protein (Marine based) Dipalmitoyl Hydroxproline (natural amino acid)
Hyaluronic Acid (HA)	Stimulates growth & improves integrity of connective tissue	Leafy greens, root vegetables and soy products	Hyaluronate Gel
Glutamine	An amino acid essential for cell proliferation.	Sauerkraut, beef, chicken, fish, eggs, spinach, parsley, beans	Hydrolyzed Wheat Protein
Superoxide dismutase (SOD)	Reduces tissue inflammation	Horseradish, cantaloupe, spirulina	Algae Extract (spirulina)
Bioflavonoids	Links collagen fibers together in a way that strengthens the matrix of the connective tissue.	Spirulina, blueberries, blackberries, cranberries, black currents, cherries, cinnamon, red grapes, eggplant, red cabbage	Algae Extract (spirulina)
Vitamin A	Used for treatment of aging skin. Reduces the number of "fine" wrinkles in seniors.	Sweet potatoes, carrots, dark leafy greens, winter squashes, lettuce, dried apricots, cantaloupe, bell peppers, fish, liver, and tropical fruits	Grape Seed Oil; Shea Butter Algae Extract (Laminari)
Vitamin B5	Speeds healing process when combined with Vitamin C.	Eggs. Avocado, oily fish (trout), mushrooms, lean pork	Vitamin B5 Oil
Vitamin B6	Important for healthy skin.	Pistachio nuts, sunflower seeds, salmon, tuna	Sesame Seed Oil
Vitamin C	Essential for the formation of healthy collagen. Promotes healing of connective tissue because it promotes the production of elastin and neurotransmitters which are necessary in the healing process.	Papaya, strawberries, broccoli, pineapple, kiwi, oranges, kale	Vitamin C solution

Vitamin D	Plays important role in skeletal development and has beneficial effect on connective tissue. Responsible for enhancing intestinal absorption of calcium, iron, magnesium, phosphate and zinc.	Salmon (sockeye), Tuna (canned)	Grape Seed Oil
Vitamin E	Antioxidant critical to maintain healthy cell membranes and assist injured tissues to heal. It neutralizes free radicals that attack lipids in cell membranes. These lipids help repair tissue. May also improve your body's production of collage, which helps repair and strengthen connective tissue.	Sunflower seeds, almonds, eggs, asparagus, avocados and kale.	Vitamin E oil (tocopherols) Sunflower Seed Oil, Rice Bran Oil (tocotrienol) Shea Butter, Grape Seed Oil, Coconut Oil, Aloe Vera Oil (enhances absorption of Vitamin E)
Zinc	Zinc is essential to connective tissue production as well as that of cartilage and bone. It also neutralizes free radicals which are destructive to healthy cells. It is also required for protein synthesis.	Oysters, prawns, scallops, sesame seeds, pumpkin seeds, red meat, poultry, beans, nuts, whole grains	Sesame Oil Pumpkin Seed Oil
Copper	Essential to the maturation and structural integrity of collagen and elastin.	Sunflower seeds, cashews, sesame seeds, chick peas, lentils Helps the body form connective tissue and is a component of the antioxidant enzyme SOD which helps fight free radicals.	Sunflower Oil Sesame Oil
Manganese	Helps the body form connective tissue and is a component of the antioxidant enzyme SOD which helps fight free radicals.	Nuts (Hazelnuts, Pine Nuts, Pecans). Cocoa Powder and Dark Chocolate, Roasted Pumpkin seeds, Flax, Sesame Seeds, and Sesame Butter	Pumpkin Seed Oil Sesame Oil

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