General dosing guidelines for Ostinol®

**Ostinol® Advanced 150** – Mild joint dysfunction. Single joint. Prevention for bone loss of very slight decrease in bones lost (still normal T-score).

**Ostinol® Advanced 300** – Mild/Moderate joint dysfunction. Weight bearing joints. Moderate bone loss. -1.1 t0 -2.4 T-score

**Ostinol® Advanced 450 –** Severe joint dysfunction/Bone loss. -2.5 or greater T-score.

**Ostinol® Advanced 5X-** 400 mg of Cyplexinol® with 300mg of highly enriched bosewellia. Best used for persons having joint issues

All recommendations are based on dosing 1 capsule per day, unless as a loading dose, then 2 capsules per day for 6-8 weeks. Variance should also be considered for patients with multiple bone/joint dysfunction or for patients above average weight.