

# GELADRINK PRESENTATION WHEN THE BODY STOPS GELADRINK CONTINUES

WHEN THE ORGANISM STOPS IT CONTINOUS



Osteoarthritis (OA) – a disease that leads to deterioration of articular cartilage, which may lead to disability.

You must know that OA affects about 40% of the total population, and over 80% of people older than 65 years and its incidence increases with age.

*In Serbia, according to the latest statistics there are about 1500000 people older than 65 years, and in Belgrade over 300000 older than 65 years according to the latest data, so there are plenty of people to whom this preparation can help.*

## GELADRINK

When we speak of this preparation should be noted that what distinguishes this product from others are Gelita Collagen peptides.

In the meantime should look who are the competitors, for example Joint MD and Jointace who tried to imitate Geladrink because it has a small amount of collagen (300mg), while Geladrink Fast and Forte each have a 8000 mg a Artrodiet 9200 mg.

Collagen is a protein that form the armature and architecture of cartilage. It is important to mention if you are going to a doctor GP or physiatrists who is a little away from the proffesion so that they could explain it simpler for patients.

If you say to a patient that his bone is in osteoporosis as a concrete, concrete can be a high density or brittle, that to a small earthquake or vibration cracks and building collapses, and in that concrete having reinforcements it can not happen because it has a firmness and elasticity. So, that is the way to convince each patient.

Collagen itself has a great benefit in Calcidrink and it is proven that when taken regularly can lead to increased bone density and bone strenght up to 15%, compared to those who only take medicine for osteoporosis, such as bisphosphonates.

**Question:**

Isn't it too much to tell this definition about collagen to doctors because they are supposed to know?

**Doctor:**

Absolutely not, this what I'm telling you about collagen, structure and architecture of bones is essential so that you will know to convince the expert because they forgot it, some didn't read anything 20 years after study.

Doctors are not resourceful, they don't know how to explain it to the patient, they give a flyer and say buy this, a patient says I'm crazy to pay 40 euros for this. But if the doctor explains to the patient that his bones are as a concrete and that no matter if DEXA has shown a good bone density, bone will be broken in a sudden burst of motion considering the fact that he is 70 years old and has already contusion somewhere, so the bones do not have sufficient elasticity. 90% of doctors do not know that good bone density is not a guarantee that there will not be a fracture, beside density elasticity is very important also.

Collagen is dominant in terms of architecture of a bone in osteoporosis. It works at the cartilage too, building a reinforcement or foundation.

**Collagen is the most important element of these preparations that builds the valve and cartilage and bones.**

- Collagen builds inner layer of blood vessels, it restores blood vessels and endothelial and thus enhances and improves circulation, because when circulation is better man is healthier on all levels.
- Collagen is the main structural component of tendons and ligaments.
- Increases the production of articular collagen by 100%.- Stimulates existing cells that are an integral part of both bone and cartilage to create its own collagen matrix, acting on its receptors and the cartilage. Osteoclasts in bone build MILES

around itself, it's like jelly in which cells are immersed and cells produce an aspic and fitting is around it, calcium hydroxyapatite are installed so that squishy mass, the cartilage becomes firm.

And it is a continuous process from day to day which replaces the construction and dismantling of the bone and cartilage.

**Question:**

Collagen binds over receptor and that external collagen which is entered stimulates the synthesis of internal?

**Doctor:**

Yes, these are collagen hydrolysates (peptides), which are degraded as we eat and they act on the cells and thus increases the formation of the collagen in which improves the quality of bone and cartilage.

**The absorption of collagen peptides**

Many people say I drink it but nothing happens. It is not like that. It has been shown that collagen is degraded to collagen peptides that further act on the cells and on internal collagen thereby increase the structure of bone and cartilage.

From the moment of taking the maximum level of the collagen peptide in the plasma are after 6 hours, in the skin after 12 and 48 hours in the cartilage. This effect begins after 48 hours and in many of these preparations after 7 to 10 days maximum effect is achieved, it stops the pain and is possible to feel the real effect of the preparation.

Inside plasma and skin after maximum level of collagen peptide achieved, comes to reduction of that level while maximum level in cartilage lasts for 48 hours, which means that even if it's not taken in the next 48 hours, preparation remains in cartilage.

It is not necessary to tell anyone how the preparation works. It is important to know how preparation reaches the cartilage and if someone is skeptical than he should be explained. There is an explanation in brochures as a radioactive evidence how collagen can metabolize on the level of cells and how it came to the target organ (cartilage).

**Question:**

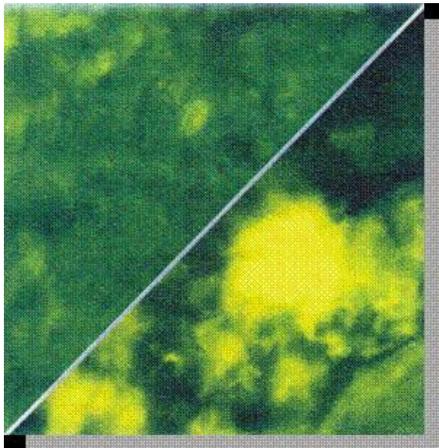
Do you define therapy on the basis of collagen that forms itself which actually does not have to be chronic if the therapy stops after 3 months?

**Doctor:**

We can stop the therapy after three months, because those stimulated Chondroma work for another three months while their potential is reduced, and goes back into the old rut. So the best would be to use it for 3 months or maximum 6 months in order to maintain efficiency because when cartilage restores and fulfils and it deteriorates again, so we improve its elasticity, and it takes time again that it degrades.

### **Distribution of Geladrink to damaged cartilage:**

After taking, collagen peptides are going in the digestive tract where it is absorbed from the small intestine into the lymphatic system, blood through the blood capillaries going to boom tissues and cells, meaning that it goes to all the joints and it is a great advantage, as for example in these injections are administered into a joint, they act on only one joint, it is mechanically coated and have a shorter performance.



What we can see on the picture is immunofluorescence proof (yellow) presence immunofluorescence labeled collagen peptides - Geladrink in the articular hyaline cartilage, the chondrocytes.

This confirms the "Proof of the presence of collagen peptide in the articular cartilage," which was made by prof. Adam and prof. Martinek. Their scientific study proves that the collagen peptides are absorbed and are present in the cells of connective

tissue structures.

How do we know which preparation to use?

Doctor will be interested in two things:

- how to reduce pain quickly and effectively
- and how to maintain reached condition

## **I.) GELADRINK FAST**

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It is recommended for all painful conditions, accompanied by inflammation, inflammation, swelling and pain.

It works through bosvelian acid, reduces pain, calms the inflammation in the joints, decreases morning stiffness (be sure to mention it to rheumatologists because they treat the largest number of rheumatoid arthritis), and increases joint mobility.

So bosvelian acids are responsible for fast performance, reduce inflammation and pain.

In all autoimmune diseases bosvelin is proved that can reduce the production of antibodies, or to neutralize them, and virtually pathological process is significantly reduced.



Otherwise, bosvelin is the extract of frankincense wood and has a strong anti-inflammatory effect, quickly relieves pain, opens the blood vessels supplying the tissue which is another important feature, because circulation becomes better to a particular part of the tissues so it improves detoxification, increase the supply of oxygen and remove all harmful substances.

**Question:**

So, it reduces inflammation and increases circulation?

**Doctor:**

Yes, because inflammation is not of circulation, it is a result of interleukins, and bosvelin increases the flow of oxygen through the hemoglobin, or affects the lowering of interleukin 6 and then decreases inflammation.

The most important thing in the beginning is to have a better flow and circulation in the inflamed areas to carry out as many toxins and elements of oxygen and antioxidants are destroying the causes of inflammation.

Bosvelin influence better blood flow and therefore influences the nourishment of cartilage.

Regarding the composition it has 8000mg of collagen in a daily dose as no other preparation. Bosvelin acid 450mg, Vitamin C, E, Selenium and Manganese are antioxidants that practically prevent the inflammatory process. They are usually good as prevention of autoimmune and malignant diseases.

## Who may use Geladrink?

Adults and children over 12 years. We don't recommend it to younger children and we are very careful about it. If it occurs to have a side effect or something that wasn't caused by our preparations. People are very sensitive to the children and then some malicious doctor may say why did you take it, so that can be very unpleasant situation because a parent thinks that it has something to do with our product.

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Therefore, make sure to avoid to give to children under 12 years.

In a case of weaker pain it is enough to give one month but in the case of inflammation and swelling take two to three months.

My experience is that it is usually enough for one month Geladrink Fast and during that time there is a decrease of pain and swelling in arthritis, rheumatoid arthritis and other inflammatory conditions.

What form of Geladrink Fast do you recommend to patients, powder or capsules?  
There are two groups of people so the form is different:

- In each case the powder is much easier and more convenient to use because you drink it as a cedevita so that one dose is taken in a glass of water with lunch or after lunch, has a pleasant taste, and it takes only one dose per day. Other drugs may be taken with it.
- Taking the capsule is more complex, because they must be taken 12 pieces daily and if we know that some people take other drugs in capsules, so in that manner some people create an aversion to Geladrink capsules.
- For this reason I recommend taking Geladrink fast powder, **but when the patient has very severe pain, even in sleep mode, followed by tumescence then it is better to take the capsules, capsules of 900 mg bosvelina in a daily dose which is twice more than the powder, and the effect is therefore better and faster. The capsule is gelatin, rapidly dissolves in the stomach and no consequences for the gastrointestinal tract.**

### Question:

Is Geladrink for diabetics?

### Doctor:

Yes, and they are very important target population, diabetics who have neuropathy, and they are most grateful for this Geladrink, especially because collagen that restores blood Zuph, it has the best effect.

## **II.) GELADRINK FORTE**

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This is a complex preparation for intensive regeneration of damaged cartilage, but what is most important to the doctor to say, it has glucosamine, chondroitin, collagen - which no other preparation has not, and we have glucosamine and chondroitin in an ideal combination to the 800mg to 1500mg.

It also has a multi center randomized study on the effect in patients with osteoarthritis of the knee. Its positive effects have been shown several times in world congresses and there are papers written by the most famous world rheumatologist, published in 2007 at the European Congress of Rheumatology in Barcelona, and after that they published articles that have appeared on the European and world congresses.



After using Geladrink for a month it is recommended for at least another two months Geladrink Forte powder, and usually should be repeated three more months, then 1 + 4 or 5 + box would be ideal. It should assess the economic power and cooperation of patients, or 6 months a year taking would be ideal.

The composition has 8000mg of collagen as 1,500 glucosamine and chondroitin 800, which is Europe's recommended ratio of glucosamine and chondroitin, while Americans say 1500 to 1200mg is the best attitude, however, was not statistically no better effect could be seen in the studies conducted by the Americans and the Europeans.

**MSM - is protectorate itself which has sulfide bonds and also participates in the architecture of bone and cartilage, because without MSM it is unpossible to build cartilage.**

Bosvelin 100 mg reduces pain, but not as FAST as it has a lower concentration, then there are Vitamin C, E, selenium, manganese as well as antioxidants that people such as diabetics, neuropathy (who have neuropathy) or patients who have autoimmune diseases (type systemic lupus, RA, vasculitis) take all of these elements separately, and here they have all integrated and and it affect blood vessels, tendons, ligaments, cartilage and practical osteoporosis.

**Question:**

What is the ratio of these substances in preparations and those taken per day?

**Doctor:**

It's different when you are given a special Vitamin C, E ... and when it's taken this way.

**Question:**

So these recommended daily intake for them are probably higher?

**Doctor:**

Depending on the disease, whether it is heavy or endocrinological with cardiac stents, they will probably be prescribed a higher amount of magnesium and vitamin E, although this is not proven that it is a big difference and that it has a crucial effect, but they all love to take all of these preparations.

What is even more important to say, that all substances of natural origin have no side effects nor contraindications.

It can be safely used in combination with other medicaments and with other Geladrink preparations, does not cause gastric difficulties.

I have thousands of patients, but so far I did not notice that anyone come and complained, that he was sick or to had any difficulty.

There was only one patient with the statement that he had an allergy rash while taking Geladrink, so he asked could it be from Geladrink? Naturally, if someone comes with such a statement, I'll tell him to stop taking Geladrink. If the difficulties remain, it means that Geladrink is not a cause.

**However, such adverse reactions have never happened which is a good proof that Geladrink is extremely safe preparation and it is very significant.**

But while Geladrink Fast reduces pain with no side effects, it is known that taking pain killers (diclophen) always cause gastric problems and wider effects with serious consequences.

Use: children over 12 years old, preparation is taken as a preventive and therapeuticly. Minimum period of use is three months, optimal six months of the year. It could be taken three years, but due to the economic situation should insist at least three months, six months optimal.

There are two forms. In the form of capsules taken 12 per day, 2x6, after meals with a lot of water, in powder form once per day in a glass of water after meal. The best is to take it in a form of a powder which has more collagen, while those who dont like to drink it, take Geladrink in the capsule.

**Question:**

Could capsule develop diarrhea?

**Doctor:**

No, the capsules are not harmful because they rapidly dissolve, resorb and disappear.

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### III.) GELADRINK ARTRODIET

You should talk to a doctor about Geladrink, especially neurologists and endocrinologists, it could be provided by nephrologists too, although they are skeptical.

90% of people who have osteoarthritis have a problem with spine and peripheral nerves called. Polyneuropathy discogenic origin. Everyone who is older than 20, athletes, younger people who are doing some physical activity feel pain that spreads through spinal cord spreads or along the leg.

For artrodiet is important:

- To renew the blood vessels and improves circulation, reduces harmful homocysteine levels, protect the liver and heart.
- Stops the pain caused by diabetic polyneuropathy and discopatia
- Protecting the tendons, ligaments and muscles.



These sentences show that it is widely used after say Geladrink Fast.

If someone has severe pain, he may immediately take Geladrink Artrodiet, primarily diabetic and neurological patients.

All kinds of patients are allowed to take it, specially those who have peripheral neurons damaged, even with Multiple Sclerosis.

Endocrinologists and neurologists should be addressed with this preparation, which stands out in the mass of preparations for polyneuropathy due to its composition of collagen.

Homocysteine is a product that is used for a breakdown of amino acids - Methionine which, when in high concentration, seems to be main cause for atherosclerosis blood vessels more than cholesterol and triglycerides.

Antihomocysteine formula (vitamin B6, B12 and folic acid) - reduces the level of harmful homocysteine, it works on the cell by producing less. Elevated homocysteine is usually present in people suffering from osteoporosis, alzheimerove diseases, eye damage and kidneys.

Reducing the levels of this amino acid has special impact on reducing the risk of heart disease. It is very important to reduce homocysteine and its concentration.

Surely we can say that all major laboratories work on analyzing homocysteine concentration in the blood. There are also allegations that the homocysteine is

present in larger doses at many pregnant women, and causes miscarriage and is also one of the reasons why women can not become pregnant. Likewise, it makes problem with healthy women who have more homocysteine and don't have a good metabolism so they can not get pregnant.

All analyzes have confirmed that the Artrodiet is good for pregnant women.

It has a lot of collagen, then silymarin which is essential for the liver and also antihomocysteine formula B6, B12, folic acid, Vitamin C, E, D3. This means that it consists of antioxidants which act on the peripheral nerves, and collagen itself restores blood vessels, bringing more oxygen and reduces swelling of nerves. So it means that all the peripheral polyneuropathy nerves include swelling around themselves. Swelling increases as the pain raises, if it lasts longer, nerve sheath is higher, so when pain increases it is expressed in the form of burning, ignition or pure pain (severe pain).

Indications:

### **Degenerative - mechanical neuropathy**

(The result of spondylosis, ossification, polidiskopatia - there isn't a person who does not have it at least once).

It is important to mention diabetic neuropathy - a huge number of people in Serbia have diabetes and diabetic neuropathy. After 5 years of having a diabetes, some even receive polyneuropathy as a first sign of diabetes, but after 5 years 90% have diabetic polyneuropathy.

Diabetes destroys the blood vessels and when blood vessels are bad, nerves are also because there is no good diet and therefore occurs neuropathic pain as burning and pain sensation in hands and feet.

This is all written for patients to pay attention on the neuropathic pain.

Many people come to me and complain on this type of pain. They say: I feel fire and pain and it's treated the same way but no one explains why this is so.

### **Question:**

Deterioration of blood vessels is a result of diabetes, therefore occurs neuropathic pain?

### **Doctor:**

There is macro and micro circulation. Micro circulation mandatory usually collapses and creates a metabolic disorder in the metabolism of the peripheral nerves.

**Question:**

Artrodiet can not completely resolve the peripheral neuropathy, but can improve the blood supply to peripheral parts of the body and reduce the symptoms?

**Doctor:**

Yes, it reduces homocysteine and reduces the symptoms, there is no medicine that can cure it. If we restore the endothelium of blood vessels, we should take it for some time, it increases the amount of B complex vitamins and trace elements involved in the metabolism of the cells and peripheral nerves. So we give food B6, B12 and other as the main cause.

**Question:**

To a diabetic who has a vision problem or a problem with the ocular nerve can it help in the elimination of ocular retinopathy?

**Doctor:**

This is a delicate matter, it depends on how far the retinopathy moved, it may be consequence of the damaged nerve but retina detaches and then without laser therapy there is no help.

If it is a beginning of the disease it may help to prevent the progress of the disease because it has the best combination of substances, or to treat with other preparations.

Whoever was taking it for three months came very satisfied, no pain, no cold, no burning. It's the same thing with nephropathy, dialysis or not dialysis it improves the quality of blood vessels.

**Question:**

Does it really improve symptoms in multiple sclerosis?

**Doctor:**

It can not cure as well as biological therapy and various drugs because they do not know the real cause of illness, but it can improve the quality of life. No burning, no pain, no poor condition in the back. It helps, reduces the degree of stiffness and spasms. The biggest problem is spasm.

It takes a minimum of three months or longer to feel the result but after three months, there must be a significant improvement.

Children older than 10 years and adults, taken once a day in a glass of water after eating and it is recommended to be taken in the evening.



The preparation should be taken preventively and therapeutically.

Period of use is 2 to 3 months.

All women who have painful periods may use it or are anemic, have poor blood picture and 3 to 4 million red blood cells.

**Question:**

This works essentially through iron, no stimulators of erythropoiesis?

**Doctor:**

There is a stimulators. The combination of all these elements: Iodine, Selenium, Vitamin B6, B12, they stimulate erythropoiesis.

Pernicious anemia is a deficiency of vitamin B12. It is terribly painful to receive vitamin B12 as an injection, and it's often exaggerating with giving these injections, because vitamin B12 is not accompanied by iron, copper, selenium and other. Vitamin B12 can not be absorbed because there is not enough iron to form red blood cells.

**Question:**

So this means that this combination of vitamins and minerals are stimulators of erythropoiesis?

**Doctor:**

Yes. One month is enough for taking ferritin to improve the hemoglobin from 90 to 110.

This is significantly corrected blood count and after 5,6 days a person feels better but all of them have chronic fatigue, muscle pain, joint pain so it's acting as an antioxidant and collagen acts on the cartilage.

It is taken once a day with water as well as other products.

## **V.) GELADRINK PERPETUUM**

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**This is the best thing for anyone, it's good even for healthy people as prevention of bone and joint system, cancer and metabolic diseases. This is a combination of all Geladrinks in**



**one, it is more expensive and therefore should be discussed with the patient, telling him the advantages that virtually present three preparations, works on all structures and revitalizes the body. It is suitable for athletes so therefore is good to visit the sport centers, clubs.**

**To eliminate the result of physical and psychological burden and achieve top results.**

**All that what is present in athletes after big matches, stress, training, low immune system, regeneration and renewal of the whole joint system practically this can help with only this preparation.**

**Everyday stress that practically causes chronic fatigue requires high energy needs, and people do not have time in to do recreational sports - lawyers, bankers, directors and all those who are sitting in the office the whole day. It is not doping, it can be drunk and there is no substance that could be blamed as a doping.**

The composition has 9,000 mg of collagen, glucosamine and chondroitin is actually Geladrink forte.

Sodium hyaluronate - a building element of cartilage, Q10 which is good for heart disease, then Taurine (caffeine) and Bosvelin as an antioxidant and to reduce pain, then ginseng, ginkgo biloba, ginger, bromelain, the cerebral circulation, restores the endothelium of blood vessels and thus works on the cerebral circulation.

**Question:**

Shen Zhen and ginkgo biloba reduces the emotional strain?

**Doctor:**

Ginkgo biloba is good for all people who have problems with cerebral circulation. Zen shen is an antioxidant good for the brain tissue, but also regenerates blood vessels and improves circulation and provides for strengthening the immune system.

**Question:**

Bromelain increases the metabolism of fats or fat burning, especially present in diet?

**Doctor:**

Yes. Obese people have cholesterol and triglycerides, homocysteine and therefore brain dysfunction.

This combination of vitamins and folic acid is good for gastritis.

Gastroenterologists may provide it when they have anemia, bleeding, rapid recovery, etc. Then there are antioxidants, vitamin D and it is 5.5 micrograms.

When you take two doses that is 11 micrograms is enough in patients who have

severe osteoporosis, which should compensate vitamin D3, but when they reimburse the vitamin D3, this dose is sufficient.

Selenium is good in cardiac patients and gives it out in people with prostate disease and malignant diseases, diabetes.

Manganese, Copper, Iodine, Zinc, we practically give him all the oligo elements and minerals in one place + collagen + glucosamine and chondroitin for joint system and practically person gets a revitalization of the body structure.

We are helping him in cardiac disease through blood vessels, brain circulation and antioxidants by raising immunity after herpes. Infectologist can give any perpetuum to anyone who has infectious pains, AIDS, hepatitis.

It should be taken two months because that dose is enough to lift the immunity. It is more expensive than other preparations, but it has everything that is needed so people who can financially take it should do so.

It is taken twice a day in the powder in a glass of water after meal.

Not for pregnant women and breastfeeding women, due to Zen Sen, bromelain.

Doctors avoid giving anything to pregnant women. Ferritin is 100% tested, but let's say sometimes can lead to liver cell deterioration because of too much vitamin B, increased ALT and AST, and when it happens first eliminate all the healing aids - vitamin because they are usually used in excessive doses and sometimes can really cause a problem, but in the end it turns out in (90%) cases that the source of the problem is something else.

Perpetuum should not be given as to not burden the body.

This product is fantastic for athletes, for prevention, and we all need to work on prevention, because when a man gets ill then it is much harder to get to health. It is fantastic for neurologists, nephrologists and gastroenterologist. This would be the best target group with artrodiet, ferritin and Perpetuum. If perpetuum goes well with them, then nothing else should not be prescribed.

Neurological patients are all disciplined. Those who have had a heart attack of the brain are afraid and are ready to cooperate, they don't want to have it again because they know what a stroke means and how terrible it is when someone is in diapers, so anyone who has experienced something similar or is going to that stage, or has combined cardiac arrhythmias, minor or major strokes, they must be explained and they will accept for sure.

So the doctor should devote a few minutes to a patient, explain the course and consequences of the disease, and what comes with this preparation, because it is

not expensive comparing to three days in the spa where you need to pay 150 euros, do not get anything there practically. Therapy didn't even start and you already have spent 150 euros without any effect, and this is much better than 20 days in the spa because they will have it for the next six months and plus would feel great.

**It is important to say that all patients with a diagnosis of neurological-cardiological are not for spa, considering the fact that any hot water and temperature changes lead to the expansion of blood vessels and can lead to a heart attack.**

## VI.) CALCIDRINK

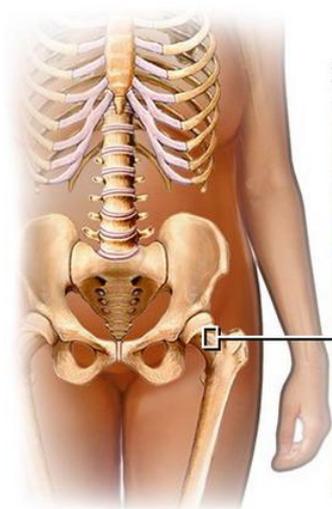
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**For those who do no't believe that osteoporosis can not be cured, I would refute that fact.** This is a decrease of bone mineral density, which leads to disruption of bone micro architecture, IE its internal structure and propensity to fractures.

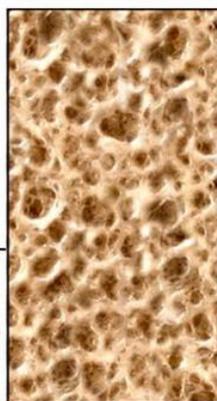
It occurs most often in the elderly population, more often in women.

The older - we mean patients over 60 years mostly suffer from osteoporosis.

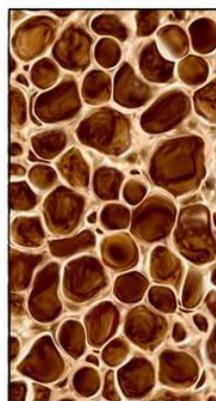
In 90% cases in women after menopause (45 to 53 years) comes osteoporosis.



Normal bone matrix

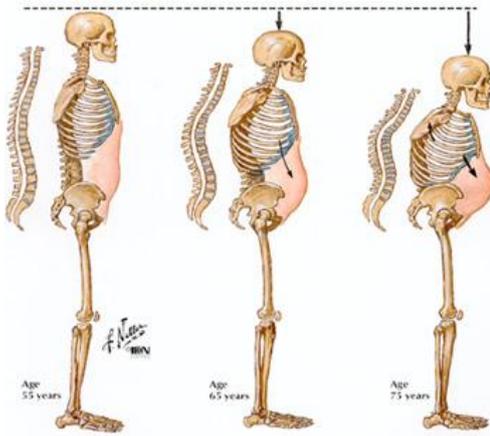


Osteoporosis



Explanation of pictures:

normal matrix structure or pathway and other osteoporotic normal matrix structure or pathway and other osteoporotic. In this osteoporotic you can see how much these structures is lost - fiber, so it becomes brittle and easily breakable.



The second image is a typical ending of osteoporosis, bone slightly changes woman losing on height, that is advanced osteoporosis which is followed by vertebral fracture.

Then a person loses height with severe pain and often bent to the ground, unable to walk at this stage and we can not help them.

In order to avoid it, every woman older than 50 should take Calcidrink 3 to 6 months a year.

There are two types of osteoporosis:

**Primary osteoporosis** occurs in women after menopause and in both genders over the age of 60.

What is the cause of all this - AGING. Aging can be defined as a disease general sickness, where everything changes from the skin to internal organs. It changes because of lack of adequate nutrition. And basically what nourishes the whole body? Nourished by blood vessels. Interactions between cells are changing, the whole metabolism changes and that leads to aging and changing appearance.

**Secondary osteoporosis** occurs in people with certain diseases such as intensified thyroid gland, inflammatory rheumatic diseases, digestive organs, after prolonged bed rest due to illness, injury.

The most common and the most interesting to us is hypothyroidism, hypocalcemia due to hypoparathyroidism and diabetes.

Diabetes is number one. There are entire studies of diabetes and osteoporosis.

It is important to prevent the disease.

Healthy lifestyle habits: proper nutrition, movement, smoking cessation, alcohol withdrawal, and in certain high-risk situation intake of calcium and vitamin D. These preparations may induce formation of bone density and reduce bone resorption, which means that it can be dispensed in the prevention and treatment of osteoporosis.

Collagen, that we spoke about at the beginning, as we can see at the structure of the bone, calcium hydroxyapatite is ejected in cavities, and this is the structure (architecture) of bones.

Calcidrink has a great amount of collagen so it makes the architecture of the bones encourages creation of bone mass and reduces the breakdown of bone in

osteoporosis, reduces the incidence of osteoporotic fractures also, speeds up the healing of fractures. It is used as a prevention in the treatment of osteoporosis.

It is significant to orthopedist because it may be given after all operations for quick healing of wounds, that after the operation knees and hips make a good reinforcement. It's very common that all people who receive an artificial hip or knee get osteoporosis.

The point is that the orthopedic surgeons usually fear osteoporosis after surgery and during the surgery.

### **Calcidrink is designed for:**

- For all operations of the thyroid gland, parathyroid gland mainly gets damaged.
- Hypocalcemia which can be primary and secondary
- Children older than 12 years.
- People with higher load movement system.
- Women in menopause or someone who is very weak and skinny.
- Elderly people in general.
- People who do not consume dairy products.

So to all those people who are fragile, gentle, don't have menstruation, etc.

The composition of Calcidrink has many substances but three of them are the most important:

**Calcium** is represented in the form of **lactogluconate** which is **450 times** better utilized in the body comparing to calcium carbonate that is usually found in the composition of similar products.

**The collagen peptides** - are part of the bone and give it elasticity and firmness.

**Vitamin D** - is essential for the absorption of calcium and phosphorus from the intestine, improving their insertion in the bone, and therefore affects the strength of bone.

Without vitamin D, there is no improvement even if we give calcium.

The quality of the bone is elasticity and strength above all, and resilience of bones depends on their size, density and size of the bone.

I do not give calcium in the form of carbonate, which is located in IDEOS and in 90% of similar products, because it is proven that the calcium carbonate is deposited in the blood vessels and causes atherosclerosis, but then it turns out that we're putting out something and 90% of it is not absorbed from the intestine.

Calcium **lactogluconate** unlike the carbonate is absorbed from the intestines and does'n accumulate in blood vessels.

Calcidrink is indispensable preparation for osteoporosis for the following reasons:

- It combines calcium lactogluconate with vitamin D
- 450 times better absorbed than calcium carbonate
- Absorbed from the intestine, thus not deposited in blood vessels and will not cause formation of atherosclerosis
- Consists of collagen peptides that produce rebar of bone

It is important that these substances are taken simultaneously in one slide because collagen peptid stimulates the production of peptide ingredient of bones, which is installed through Vitamin D so it gives us tighter and better bone.

So we closed the entire circle of installation. First we created matrix so after the installation of calcium hydroxyapatite, there should be calcium in order to practically be able to cement the reinforcement.

I've done a study where patients were taking Calcidrink 3 months a year and had an increase of bone density for 15% which is not observed with any other preparation, **it is not noted even with taking bisphosphonates, and speaking of bisphosphonate, they cause gastric disorders where people after three years of taking got an ulcer.**

**They have been given for 5 years and now pushing to 10 years which is ridiculous because there is no prosperity after 5 years, plus obtains necrosis of the jaw.**

**Question:**

There is 600 mg of Calcium Lactogluconate, is it the recommended daily dose for osteoporosis? Should not it be 800mg?

**Doctor:**

800mg isn't in use any more. It is recommended 400 mg of pure calcium and that's enough, because it is suggested that people take calcium through food.

Calcium citrate and lactogluconate are absorbed to 80%, there is no side effects, and all the others up to 20% including carbonate causes ulcers. 90% of patients after a few months of taking carbonate complains of nausea, because it is poorly absorbed, plus has a bad influence of the mucous membrane of the stomach.

**Question:**

800IJ vitamin D3 is recommended as a daily dose in osteoporosis. Is there enough in Calcidrinku?

**Doctor:**

Calcidrink has 240 IU, everything beyond that is considered a therapy, but then we could'n call it a supplement. Therefore, if someone has a severe osteoporosis is free to take additional Vigantol drops, 15-21 drops once a week.

It could be given two doses a day, a month, until it reaches the level of vitamin D because it is important to achieve a normal level of vitamin D in the blood. Then you have to maintain that dose and 5.5 micrograms is enough.

Copper, Zinc, Manganese - it's necessary for the metabolism of bone, then vitamin K1, C, E ... each of these elements has its role in creating new bone matrix.

It is important to take as a preventive and in osteopenia and osteoporosis, it is important to reach the level of vitamin D3, I raise it up for seven days with Vigantol. Vigantol is good because it is in the form of cholecalciferol, and that is good because cholecalciferol is measured in blood and when we see that vitamin D is on good level, you should maintain that dose.

Cholecalciferol is basic vitamin D which can be measured in blood.

Calcidiol and calcitriol can not be measured in blood and that's the alpha and D3 ROKATROL.

Rocaltrol is the best, but can not be measured in blood, and people who have hypoparathyroidism, and take rokatrol, then measure vitamin D have no reason to do so because rokatrol already reacted so this is diholecalciferol and performs the hydroxylation in the kidneys, so it's already processed, its active form.

It is important to say to endocrinologist, to convince him, because they do not know the details, they first give rokatrol and then measure vitamin D.

Calcidrink in powder form is taken once a day. Mix powder in cold water and drink.

It is recommended to take in the evening.

Preparations can be combined, no toxic effects, collagen can not be overdosed, all that which is surplus will be decomposed.

The increase of bone density of 10 - 15% per annum with using bisphosphonates.

Only bisphosphonates to 5% (bonviva, fosavans, alendronate ...) studies have shown that maximum is 7%.

At the end there is a chart of diagnosis: we have created it for us and the doctors in order to ease making combinations of it.

Dijagnoza	Terapija Geladrink preparatima	
Dekompenzovana gonartroza	1 m. Fast 2 m. Forte	1 m. Fast 5 m. Forte
Gonartroza i OA generalizovana	<b>Žene:</b> 2 m. Forte 1 m. Calcidrink <b>Muškarci:</b> 2 m. Forte 1 m. Artrodiet	<b>Žene:</b> 3 m. Forte 3 m. Calcidrink <b>Muškarci:</b> 3 m. Forte 3 m. Artrodiet
Osteoartroza Diskopatija Polineuropatija	2 m. Forte prah 1 m. Artrodiet 1 m. Calcidrink	2 m. Forte prah 3 m. Artrodiet 1 m. Calcidrink
Osteoporoza	3 m. Calcidrink i to 2x godisnje uz ostalu terapiju bifosfonata	
Reumatoidni artritis Mb Behterew	1 m. Fast 2 m. Forte 1 m. Calcidrink	
SLE (lupus)	1 m. Ferritin (ukoliko ima anemiju) 2 m. Forte 1 m. Calcidrink	
Sistemske bolesti gde je izražena <b>anemija</b>	1-2 m. Ferritin 1-2 m. Forte	
Ukoliko dominira <b>Neuropatija</b>	3 m. Artrodiet	
Neurološka oboljenja (paraliza i pareza nerava) - HB insuficijencija - Dijabetična neuropatija	1 - 3 m. Artrodiet 1 Calcidrink 1/2 doze dnevno (kutija tada traje 2 meseca)	
Perniciozna anemija gastritis, druge anemije	1 m. Ferritin 1x1 2 m. Ferritin 1/2 doze na dan (jedna kutija)	
<b>Kod antikoagulantne terapije (farin, sintron i heparin) - Smanjiti doze na pola</b> m - mesec		

diagnosis	Therapy with preparations:
Gecompensated gonartrosis	1 m. Fast                      1 m. Fast 2 m. Forte                      5 m. Forte
Gonartrosis i OA generalized	Female                              Female 2 m. Forte                      3 m. Forte 1 m. Calcidrink              3 m. Calcidrink Male                              Male 2 m. Forte                      3 m. Forte 1 m. Artrodiet                3 m. Artrodiet
Osteoarthritis intervertebral disc polyneuropathy	2m. Forte powder      2m. Forte powder 1 m. Artrodiet              3 m. Artrodiet 1 m. Calcidrink              1 m. Calcidrink
osteoporosis	3 m. Calcidrink two times per year with other bisphosphonates therapy
rheumatoid arthritis Mb Bechterew	1 m. Fast 2 m. Forte 1 m. Calcidrink
SLE Lupus	1m. FERRITIN(if a patient has anemia) 2 m. Forte 1 m. Calcidrink
systemic diseases anemia is displayed	1-2 m. Ferritin 1-2 m. Forte
If neuropathy dominates	3 m. Artrodiet
Neurological deseases (paralysis and paresis of nerves) HB insufficiency diabetic neuropathy	1-3 m. AFRODIET 1 CALCIDRINK ½ doses a day (preparation then lasts for 2 months)
pernicious anemia gastritis, other anemia	1 m. Ferritin 1x1 2m. FERRITIN ½ dose per day (one box of preparation)
<b>With the anticoagulant therapy (farin, synthon, heparin) reduce doses to half m - month</b>	

- In lupus, if you go to a dermatologist, neurologist and nephrologists.
- Nephrologists treat lupus nephritis, when kidneys are infected.
- Always remember Ferritin with anemia
- Ferritin and Forte for systemic disease where anemia is expressed.
- When neuropathy dominates take Artrodiet.

**Question:**

When you give coagulant therapy, do you reduce doses in half?

**Doctor:**

in fact these are the precautionary measures that no one can blame us. Why? Because

Glucosamine and chondroitin sulfates are chemically very similar to heparin that is given in koagulant therapy, or with glucosamine and chondroitin where you can not overdose, while patients who receive heparin and Sintrom therapy often overdose with these drugs, because older people are often forgetful and take more than is allowed, so they will say that's from geladrink.

Especially if the patient has an INR that it is too high, so bruises, hematomas appear, and beside koagulant therapies drinks Geladrink too, his doctor, who leads him through this koagulant therapy, says the patient has side effects as result of Geladrink rather than heparin, especially if the same doctor sees the his this table with diagnoses and therapies.

Basically, you should not have any harmful actions or interactions when taking farina or heparin.

The problem is in fact in older patients, neurological and cardiovascular, who forget and take a higher dose and then blame someone else.