

**Summary of Anti-inflammatory Supplements
Supported by Clinical Studies**

Supplement	Priority	Example products	Typical Dose
Bifidobacteria probiotic	High	<ul style="list-style-type: none"> · Jarrow Bifidus Balance · GutPro Infant Powder 	10 billion CFU per day
Fish oil	High	<ul style="list-style-type: none"> · Nordic Naturals Ultimate Omega 2x · Garden of Life Omega 3 Minami Platinum 	2000-4000 mg (2-4 grams) per day EPA + DHA
Vitamin D	High	<ul style="list-style-type: none"> · Doctor's Best Vitamin D3 Softgels 	2000 IU per day
Glucosamine	Medium	<ul style="list-style-type: none"> · Jarrow Glucosamine HCL Mega · NOW Glucosamine 1000 	1000-1500 mg per day
Borage oil	Low	<ul style="list-style-type: none"> · Nature's Way EFA Gold Borage · Jarrow Formulas Borage GLA 	500 mg GLA per day (~2500 mg borage oil)