

## Patient Education - Supplements for Musculoskeletal Pain

[www.JeffreyPengMD.com](http://www.JeffreyPengMD.com) | [youtube.com/c/JeffreyPengMD](https://youtube.com/c/JeffreyPengMD)

Glucosamine & Chondroitin  
For Joint Pain & Arthritis:

[https://youtu.be/ERfMAqLLd\\_4](https://youtu.be/ERfMAqLLd_4)



Turmeric & Curcumin  
For Joint Pain & Arthritis:

<https://youtu.be/B4Wf5-K5PmM>



Omega-3 & Fish Oil  
For Joint Pain & Arthritis:

<https://youtu.be/CIVQYr5c21w>

