

Chiro Nutrition Chart™

Vertebra	Chiropractic Connection	Product Considerations (Amount Per Day)	
C1	Cervical 1	Blood supply to head, pituitary	Inflam-Enzymes (4), Serious Brain Enhancer (3), Hematic Formula (1)
C2	Cervical 2	Eyes, optic nerve forehead	Inflam-Enzymes (4), Complete Eye Health (1)
C3	Cervical 3	Cheeks, teeth, trifacial nerve	Inflam-Enzymes (6), Cal-Mag Complex (2)
C4	Cervical 4	Nose, lips, mouth	Inflam-Enzymes (6), Cal-Mag Complex (2)
C5	Cervical 5	Vocal cords, neck glands	Inflam-Enzymes (4), Advanced Joint Complex (3)
C6	Cervical 6	Neck muscles, shoulders	Inflam-Enzymes (6), Magnesium Complex (3)
C7	Cervical 7	Thyroid gland	Inflam-Enzymes (4), Metabolic Thyro (3)
T1	Thoracic 1	Hands, trachea	Inflam-Enzymes (6), Advanced Joint Complex (3)
T2	Thoracic 2	Heart, including its valves	Inflam-Enzymes (4), Cardio-Power (3), Omega 3/EPA/DHA (2)
T3	Thoracic 3	Lungs, bronchials, breasts	Inflam-Enzymes (4), Simply Lung (2) or Simply Mammary (2)
T4	Thoracic 4	Gall bladder, bile duct	Inflam-Enzymes (4), GB Support (3)
T5	Thoracic 5	Liver, blood	Inflam-Enzymes (4), Liva Detox & Support (3), Hematic Formula (1)
T6	Thoracic 6	Stomach	Inflam-Enzymes (4), Digesti-Pan (3-6)
T7	Thoracic 7	Pancreas	Inflam-Enzymes (4), Simply Pancreas (3)
T8	Thoracic 8	Spleen, diaphragm	Inflam-Enzymes (4), Simply Spleen (3)
T9	Thoracic 9	Adrenal glands	Inflam-Enzymes (4), Simply Adrenal (3) or Anxie-Tone (3)
T10	Thoracic 10	Kidneys	Inflam-Enzymes (4), Uro-Kid Support (3-6)
T11	Thoracic 11	Kidneys, ureters	Inflam-Enzymes (4), Uro-Kid Support (3-6)
T12	Thoracic 12	Small intestines, lymph nodes	Inflam-Enzymes (4), Digesti-Pan (3-6)
L1	Lumbar 1	Large intestines	Inflam-Enzymes (6), Para-Dysbio-Zyme (4) or GB Support (3)
L2	Lumbar 2	Abdomen	Inflam-Enzymes (6), Digesti-Pan (3-6)
L3	Lumbar 3	Sex organs	Inflam-Enzymes (4), Le Feminine Advantage (3) or Prosta-Power (3)
L4	Lumbar 4	Prostate, lower back muscles	Inflam-Enzymes (6), Prosta-Power (3) or Magnesium Complex (4)
L5	Lumbar 5	Lower legs, feet, toes	Inflam-Enzymes (6), Cal-Mag Complex (2) or Vegetarian Adrenal (2)
S	Sacrum	Hips, buttocks	Inflam-Enzymes (4), Advanced Joint Complex (4)
C	Coccyx	Rectum, anus	Inflam-Enzymes (4), Para-Dysbio-Zyme (6)

Other Concerns	Chiropractic Connection	Product Considerations
Ankles	Ankles	Uro-Kid Support (4)
Bones	Bones	Calcium Complex (4), D Complex (1) or Cal-Mag Complex (3)
Elbows	Elbow	Inflam-Enzymes (6), Advanced Joint Complex (2)
Health	All systems	Vita-Mineral (1-2)
Injury	Joint, muscle	Inflam-Enzymes (8), Omega 3/EPA/DHA (4)
Knee	Knee	Advanced Joint Complex (4), also avoid caffeine
Moving aches	Muscles, joints	Inflam-Enzymes (6), Migratrol (3)
Muscles	Muscles	Magnesium Complex (3), Omega 3/EPA/DHA (4)
Wrists	Wrists	Inflam-Enzymes (6), Vitamin B-6, B-12, & Folate (2)

Note: Many spinal nerves are connected to multiple organs/systems, thus this chart is not always applicable. The above chart also normally is not including suggestions when a problem is caused by some type of infection. The amount of tablets/capsules often taken per day is shown between the (). None of these statements have been approved by the US Food and Drug Administration, Health Canada, or similar authorities.