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## Manganese Supplementation for Soft Tissue Laxity

Includes Joint Laxity and Ehlers-Danlos Syndrome

### Protocol with B12-Manganese by Standard Process (34mg).

Four times per week (M,W,F,Sat) x 4 weeks

Then 3 times per week x 3 weeks

Then 2 times per week x 2 weeks

Then stop.

Discontinue and notify your physician if you experience any topical fungal infections.

The above directions are for 1 “Pulse.”

Some patients require a two-week rest after the first pulse, then starting a second pulse before they notice a benefit.

High dose manganese options can be purchased with a discount provided by Dr. Nourani [HERE https://wellevate.me/bobby-nourani](https://wellevate.me/bobby-nourani):

- 1) [B12-Manganese](#) by Standard Process (34mg). The original study was performed using this particular supplement.
- 2) [Mn-Zyme](#) by Biotics Research (10mg)
- 3) [Bio-Dent](#) by Standard Process (7mg)

Other forms of Manganese can be purchased at your local health food or drug store, Amazon.com, or the following online retailers with discounts for practitioner-grade supplements.

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**Bobby Nourani, DO, FAAO**

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Board Certified Family Medicine

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