

## Pre & Post Injection supplements

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It is important to supplement your diet at least 1 week before and continuing after injection(s) for 1 week during the healing period. Certain supplements have the ability to diminish the amount of bruising and improve healing.

### PRE-INJECTION SUPPLEMENTS

***Note: \* indicates that the supplement should be taken post injection as well.***

- 1      **\*Arnica Montana MK** - 5 granules 3 times daily, orally by cap
2.      **\*CoQ Melt-** liquid may be stirred into water or juice (100mg absorption of antioxidant, supports cardiovascular system, great for the skin)
- 3      **Bromelain 5000-** 1 capsule twice daily without food  
(Pineapple extract- reduces swelling, discomfort, bruising)
- 4      **\*Traumeel** - apply to affected areas, AM and PM, rubbing it on the injected area(s)

The supplements discussed above are available at our office. The above information is advantageous to be taken as preparation pre injections and as well during the healing process.