Pre & Post-Operative nutritional supplements

It is important to supplement your diet at least 6 weeks before and continuing after surgery for 6 months during the healing period. Certain supplements have the ability to diminish the amount of bruising and improve healing.

PRE-OPERATIVE SUPPLEMENTS

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

1 *Ascorbplex- (vitamine C) — 1 tablet daily- in the morning with breakfast
discontinue use 2 weeks prior to surgery

2 *Intestamine Powder- (Glutamine) — 2 servings a day (Take with cold or room temperature foods or liquids, do not take with foods that are hot or highly acidic) -not to be taken if suffering from IBS

3 *Ultra Protein Plus- (daily protein supplement-vegetarian based-yellow peas) — One serving per day in the am with 8 to 10 ounces of water/liquid

4 Stress-Plex-Forte - (high potency B-complex with Vitamin C- important for metabolism and wound healing) — 1 tablet daily with food in the am

5 Quercetin-Bromelain Complex - (anti-oxidant & helps with allergies) — 2 tablets daily between meals (not to be taken with food)

6 *EPA-DHA 720 - (Omega 3 Fish Oils) — 2 tablets daily with food (contains animal products)
discontinue use 1 week prior to surgery

7 *Probio SAP- 90- 2 capsules daily with/without Food
(Probiotic helps with the immune system and prevents bloating)

8 Spectramin Chelate- Take 3 to 5 tablets daily- With food
(highly absorbable mineral supplement)

9 *Lymphdiaral Drops 10 drops 3 times daily in water
(Stimulates Lymphatic Drainage and improves wound healing)

10 *Lymphdiaral Cream rub 1-3 times daily a 2-3 cm strip of ointment into painful area
(Stimulates Lymphatic Drainage and improves wound healing)

11 *Fibreplex 2 capsules at bedtime. Take plenty of liquids.
(broad spectrum dietary supplement- binds cholesterol, keeps bowels moving)
Not to be taken with prescription medication

POST OPERATIVE SUPPLEMENTS- can be started the day of surgery

*Note: Supplements taken pre- op with a * symbol are to be taken post-op as well.*

1. Bromelain 5000- 1 capsule twice daily with out food
(pineapple extract- reduces swelling, discomfort, bruising)

2. Spirul-EZ- Spirulina 3 tablets 2 times daily ½ hour before meals
(blue green algae supplement)

3. Fruit T Max- 2 capsules daily with meals
(powerful anti-oxidant)

4. CoQ Melt- liquid may be stirred into water or juice

(100mg absorbtion of antioxidant, supports cardiovascular system)

5 **Fibre-Plex**- 2 capsules 3 times daily- capsules may be opened and contents stirred into beverages or food. Take plenty of liquids.

Not to be taken with prescription medication

(broad spectrum dietary supplement- binds cholesterol, keeps bowels moving)

6 **Hydromax** ½ scoop twice daily (for hydration)

The supplements discussed above are available at our office. The above information is advantageous to be taken as a preparation pre surgery and as well during the healing process. However the suggested nutritional diet is a healthy change to incorporate for ones ongoing physical well being.