



Dear Patient:

We strongly believe in the benefits of vitamin and herbal supplementation to maximize your healing:

We recommend:

- Vitamin C** 500mg 4 times/day (no more than 4000mg/day); start 2 wks before surgery
- Arnica Montana** 3 pills under the tongue 3 times/day; start on the day after surgery
- Vitamin K** 100mcg 2 times/day one week prior to surgery and then stop after surgery
(do not take this if you are on blood thinners)
- Bromelain** 500-1000mg/day; start 1 week before surgery
- Alfalfa** 3 capsules 3 times/day for 2 weeks. This can be used as a substitute for Vitamin K and Bromelain or in addition to these for added benefit.

Alternately, if you wish, we are happy to provide the Vitamedica Recovery Support Program which meet these requirements at no mark up for you for \$60.00 plus tax. The package contains the following:

SUPPLEMENT/MEDICATION	TIME FRAME	MORNING	AFTERNOON	EVENING
Clinical Support for Surgery (Morning and Evening Formulas)	<u>Start 14 days prior to surgery & continue for 14 days after surgery</u>	<u>3 tablets with breakfast/meals (Morning Formula Only)</u>	None	<u>3 tablets with dinner/meals or before bedtime (Evening Formula Only)</u>
Bromelain with Quercetin	<u>Start 3 days prior to surgery & continue for 7 days after surgery</u>	<u>2 capsules on an empty stomach</u>	<u>2 capsules on an empty stomach</u>	<u>2 capsules on an empty stomach</u>
Arnica Montana 30X	<u>Start immediately following surgery & continue for 7- 10 days after surgery</u>	<u>3 tablets, under the tongue, let dissolve naturally. Do not eat or drink anything but water 15 minutes before & 15 minutes after taking the product.</u>	<u>3 tablets, under the tongue, let dissolve naturally. Do not eat or drink anything but water 15 minutes before & 15 minutes after taking the product.</u>	<u>3 tablets, under the tongue, let dissolve naturally. Do not eat or drink anything but water 15 minutes before and 15 minutes after taking the product.</u>