



Dear Patient:

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

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>

ALTERNATELY, if you do not wish to consume the Vitamedica Recovery Support Program, you may avail of these herbal preparations which are available from your local pharmacy or vitamin shops:

We recommend:

Vitamin C 500mg 4 times/day (no more than 2000mg/day); start 2 weeks 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
(do not take if you have any heart conditions, taking blood thinners or allergic to pineapple. If you are diabetic consult your physician.)

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.



Start Date:		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WEEK 1 Morning Formula	AM:							
	Noon:							
	PM:							
Evening Formula								
Date:		Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
WEEK 2 *Bromelain Morning Formula	AM:							
	Noon:							
	PM:							
Evening Formula								
**Arnica								
Date:		Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
WEEK 3 Morning Formula	AM:							
	Noon:							
	PM:							
Evening Formula								
Date:		Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
WEEK 4 Morning Formula	AM:							
	Noon:							
	PM:							
Evening Formula								

BROMELAIN WARNING: DO NOT take if you have any heart conditions, taking blood thinners or allergic to pineapple. If you are diabetic, consult your physician.

Clinical Support for Surgery: Start 14 days prior to surgery & continue for 14 days after surgery.

Morning Formula - 3 Tablets with breakfast/meals.

Evening Formula - 3 tablets with dinner/meals or before bedtime.

***BROMELAIN:** Start 3 days prior to surgery and continue for 7 days after surgery.

Take 2 Capsules 3 times a day on an empty stomach.

****ARNICA MONTANA 30X** – Start immediately following surgery & continue 7-10 days after surgery.

Take 3 tablets 3 times a day, under the tongue, let dissolve naturally. DO NOT eat or drink anything but water 15 minutes before & 15 minutes after taking the product.