

Recommendation of Nutritional Support for Optimal Bone Healing In:

1. Hip and Knee Replacement
2. Fractures
3. Any bone / joint surgery
4. Osteoporosis (generally would include the theme of supplemental products 1-4 or # 7 listed below)

Optimally begin nutritional program at least 10 days prior to surgery.

Check with your surgeon and although they often recommend discontinuance of all nutritional products because of blood coagulation issues, the below listed supplements do not have any negative impact on blood clotting. If you wish to proceed conservatively, you can discontinue the supplement program three (3) days prior to surgery and begin again post surgery as soon as you are able to.

Continue nutritional program post surgery for at least 6 weeks.

| <u>Nutritional Product</u> | <u>Daily Dosage</u> |
|----------------------------|----------------------------------|
| 1. Vit D3 | 10,000 units |
| 2. Calcium | 500 mg |
| 3. Vit K | 15 mg |
| 4. Strontium | Follow recommendation on product |

After Surgery

5. Probiotic
Surgeries always include a round of antibiotics thus the recommendation to for a 3 week usage of probiotics
6. Vit C
Always a good idea to take higher doses of Vit C during periods of high physiological stress
7. OLALOA
1-800-800-9550
www.drinkyourvitamins.com
I great single packet powder drink that contains all the trace minerals for optimal bone repair and growth.
8. Plus the nutritional products you normally take or have been prescribed by your practitioner