

DIETARY SUPPLEMENT PROGRAM

Dietary Supplement Program is a blend of vitamins and supplements uniquely designed to help support healthy skin, tissue and immune system after physical stress. We suggest you consider adding these supplements to your pre- and post-operative regimen to minimize bruising and swelling and support healthy immune function.

- **VitaMedica's Clinical Support Morning Formula** – *formulated with the B-complex to support activity levels throughout the day. Vitamin A and C plus bioflavonoids support tissue growth and repair collagen formation.* Begin taking up to two weeks prior to surgery and for at least two weeks after. Take three tablets with breakfast or lunch.
- **VitaMedica's Clinical Support Evening Formula** – *mineral-intensive formula supports rest and relaxation during the evening. Zinc supports healthy immune function, protein synthesis, and collagen formation. Selenium, bioflavonoids and other antioxidants deactivate free radicals. Copper cross-links collagen and elastin, the two most abundant structural proteins in the body.* Begin taking up to two weeks prior to surgery and for at least two weeks after. Take three tablets with dinner or before bedtime.
- **Bromelain with Quercetin** – *are two botanical compounds that exhibit excellent properties for maintaining healthy tissue during times of physical stress.* Begin taking three days prior to surgery and continue for seven days. Take two capsules three times a day, between meals or on an empty stomach.
- **Arnica** – *has been used for medicinal purposes since the 1500's for soothing muscle aches, reducing inflammation, wound healing and resolving bruising. Bruising at the time of surgery or in the early post-operative period is normal. In most cases, the bruising will resolve within ten days after your procedure. If the possibility of bruising is of a concern to you, the use of Arnica is recommended.* Begin taking two days prior to surgery and for two weeks after. Dissolve five meltaway pellets under the tongue, three times a day.

These supplements are available in a package at the Morgenstern Center