

THE LEADING NAME IN RECOVERY SUPPLEMENTS

We rely on the purest ingredients to optimize your recovery for the best possible outcomes.



Zinc

- o Supports healthy tissue recovery for wounds
- o Supports the body's natural defense system



Bromelain

- o Support for healthy immune function
- o Supports a healthy response to pain



Vitamin D

- o Support for healthy immune function
- o Supports healthy tissue recovery for wounds

INGREDIENTS

Understanding the changes produced by the stress response to surgery, we focused on essential ingredients supporting energy production, strengthening of muscles, immune function, and response to pain.



HMB

- o HMB can naturally help prevent muscle breakdown and support MUSCLE RECOVERY.



NADH

- o NADH is a key part of natural energy production.
- o NutraHeal Plus with NADH for ENERGY and ENDURANCE

PHYSIOLOGICAL EFFECTS OF STRESS

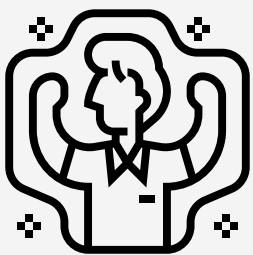
From Surgery, Injury, Sports or Workout



Stimulation of the
sympathetic nervous system
o Provides energy burst



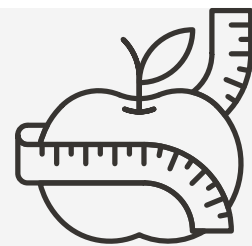
Activation of endocrine
system
o Hormonal changes leading to
energy expenditure and
MUSCLE BREAKDOWN



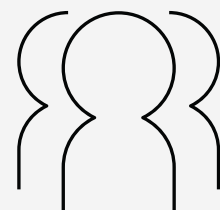
Triggering of the immune
system
o Needed for wound healing

MALNUTRITION

When the body is deprived of nutrients it needs to maintain healthy tissues and organ function



1 in every **3** patients is malnourished at hospital admission

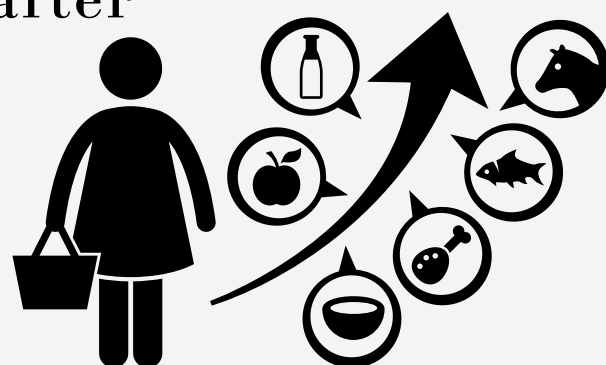


Only **3%** of these malnourished patients are being properly identified and treated



Poor nutritional status can result in

- o Increased hospital length of stay
- o Greater costs of hospitalization
- o Increased readmission after discharge
- o More infections
- o Higher death rate



ALTERED NUTRITIONAL NEEDS SURROUNDING SURGERY

Stress response from surgery results in

- o Muscle wasting
- o Greater need for energy

Fasting before surgery can

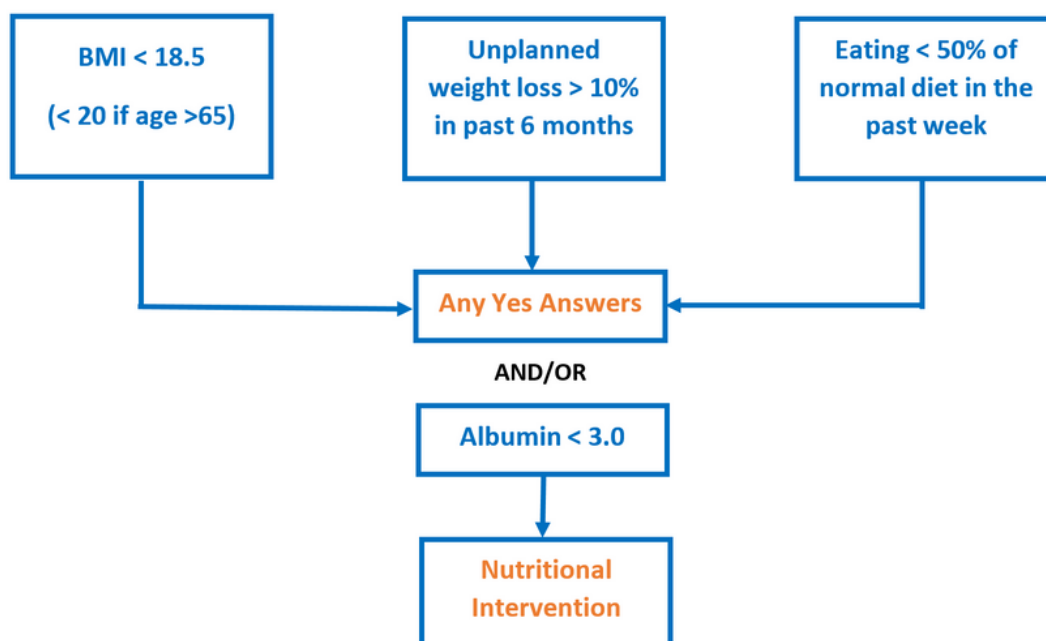
- o Weaken gut function
- o Amplify protein (muscle) loss

Bed rest

- o Promotes further muscle wasting

During hospitalization, patients can

- o Lose **2%** of muscle mass per day
- o With longer hospital stays, as much as **50%** of muscle mass is lost



DIRECTIONS

NutraHeal

If you are undergoing surgery:

Minimum Dose:

- ▣ 2 capsules twice a day for 1 week before surgery
- ▣ 2 capsules twice a day for 3 weeks after surgery

Optimal Dose:

- ▣ 2 capsules twice a day for 1 to 4 weeks before surgery
- ▣ 2 capsules twice a day for up to 3 months after surgery

If you are unable to take NutraHeal Plus before surgery, continue for a minimum of four weeks after surgery

For Sports, Workout and Injury Recovery

- ▣ 2 capsules of NutraHeal Plus twice a day for 4 weeks. Repeat another 4 weeks as needed.

NutraHeal Plus

If you are undergoing surgery:

Minimum Dose:

- ▣ 2 capsules twice a day for 1 week before surgery
- ▣ 2 capsules twice a day for 3 weeks after surgery

Optimal Dose:

- ▣ 2 capsules twice a day for 1 to 4 weeks before surgery
- ▣ 2 capsules twice a day for up to 3 months after surgery

If you are unable to take NutraHeal Plus before surgery, continue for a minimum of four weeks after surgery

For Sports, Workout and Injury Recovery

- ▣ 2 capsules of NutraHeal Plus twice a day for 4 weeks. Repeat another 4 weeks as needed.