

Your Surgeon Recommends NUTRITION OPTIMIZATION FOR ENHANCED SURGICAL RECOVERY

Promote Surgical Healing. Protect Muscle Strength. Recover Faster.

Just as athletes fuel up before a competition, preparing for surgery with the right nutrition is essential. Your need for protein doubles after surgery. Studies suggest that protein loading 1-2 weeks prior to surgery and continuing supplementation for up to 3 months afterward can enhance recovery and prevent muscle loss.

Several vitamins and minerals, including Vitamin D, Vitamin C, and Magnesium, are also key players in improving your surgical outcomes.

Complete Surgical Nutrition was developed by surgeons to provide a comprehensive solution to support you through the critical recovery phase, helping you get back to doing what you love, faster.



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