

## Vitamin Supplements for Surgical Procedures



Please begin the following supplements two weeks before your scheduled surgical appointment. Unless otherwise indicated.

**Vitamin C 100mgm tablets** Take one tablet three times a day following a meal. Slowly increase the dosage over a period of time to your own individual body tolerance level. This may range between 2000mgm to 3000mgm daily. As you are increasing your dosage please progress at your own pace. If you notice stomach upset, diarrhea, or other symptoms; immediately begin to decrease your dosage until you are comfortable once again. Do not force yourself to take more than you can handle.

Try to achieve your optimal body tolerance level for the date of your surgical appointment and remain there for two weeks following. Then please begin to slowly decrease your dosage to a minimum of 1000mgms daily.

**Vitamin E 100 IU** Take one tablet a day following a meal. Vitamin E is a fat soluble vitamin so some fat content is required in your meal to transport the vitamins into your blood.

**Multivitamin** Take one tablet a day following a meal. There are some fat soluble vitamins present in all multivitamin mixtures so some fat content is required in your meal to transport the vitamins into your blood.

**Beta Carotene 10 000 IU** Take one tablet a day following a meal. Beta Carotene is converted to vitamin A by your body when required.

**Zinc 10mgm** Begin one week before your surgical appointment – take one tablet daily. Continue taking for two to three weeks following your appointment then discontinue.

**Pau D'Arko Tea** (pronounced “paw – dark – o”) usually found in a health / vitamin store.

Brewed as a tea, and consumed two to three times a day. It is a traditional South American herbal remedy made from the inner bark of the purple lapacho (an Argentinean Tree). It is used in South America against a wide range of infections. A chemical called naphthoquinone extract, from the purple lapacho, was shown to have strong anti-viral, anti-bacterial, and anti-fungal actions.

Excerpt from “The New Nutrition”

**MSM 1000mgms** (Methyl Sulfonyl Methane – a natural pain relieving substance)

Begin a few days before your surgical appointment.

Take one tablet each morning (with food); and one tablet in the early evening (with food).

Do not take later than 6 p.m. as MSM gives you energy may affect your sleep.

*Creating the smile you want*