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Advanced Recovery Package

## mend™ Repair + Recover Surgery And Carb Ready\*

During trauma, such as injury or surgery, your body's nutritional needs increase above the baseline due to stress, fatigue, muscle loss and a general higher metabolic demand to repair damaged tissue.

Numerous clinical studies have shown that supplementing your diet with targeted nutrients will help enhance healing and recovery.



## Science-backed Nutrients To Help You Heal Better + Faster\*



The Advanced Recovery Package provides targeted nutrients and support to optimize surgery recovery. Repair + Recover Surgery helps repair tissue, heal surgical site wounds, aid in the body's immune response, and support muscle health during bedrest. Mend Carb Ready helps prepare your body for surgery by providing energy and reducing postoperative complications.

### INCLUDED

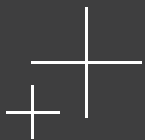
2x Repair + Recover Surgery  
3x Carb Ready

☑ 1.5g HMB

☑ 16g Protein

☑ 18g Leucine, Glutamine,  
Arginine + Citrulline

## CLINICALLY-PROVEN INGREDIENTS + BENEFITS



Reduces Nausea  
and Anxiety



Accelerates  
Wound Healing



Reduces  
Post-Surgical  
Complications



Preserves  
Muscle Volume  
+ Function



Improves  
Post-Surgery  
Inflammation



Lowers Risk  
Of Infection

**TAKE HOME YOUR RECOVERY PACKAGE  
TODAY FOR \$199**

[www.mend.me](http://www.mend.me) | 1-833-275-mend



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## Recharge And Reconnect

mend™ Repair + Recover Surgery can be blended with a variety of different things like, your favorite smoothie, sports drink, juice or even yogurt!

mend™ Carb Ready should only be mixed into water so that it remains a clear carbohydrate drink.

### RECOMMENDED DOSAGE

For planned surgeries, begin the regimen one week prior to surgery. For trauma and immediate surgeries, begin the regimen immediately and continue until all doses are finished after surgery.



**1 SCOOP**  
2x daily

am

pm

DAY OF SURGERY

**1 SCOOP**  
2x daily

am

pm

7 DAYS BEFORE

3 WEEKS AFTER



**2 PACKETS**  
1 night before\*\*



**1 PACKET**  
2-4 hrs before\*\*



MIX AT LEAST 12 OUNCES OF WATER PER PACKET, OR DILUTE TO YOUR TASTE PREFERENCES.

### RECIPE IDEAS

Sunny Citrus



**1 SCOOP**  
Mend Repair  
+ Recover Surgery  
 $\frac{1}{2}$   
Grapefruit  
**10 oz**  
Orange Juice

Refreshing Recovery



**1 SCOOP**  
Mend Repair  
+ Recover Surgery  
 $\frac{1}{2}$  CUP  
Frozen Veggies  
 $\frac{1}{2}$  CUP  
Frozen Fruit



For more recipes  
scan the QR code

### MEND IS UTILIZED BY



30+ Sports  
Team



Leading  
Surgeons + PTs



USA Military

\* Requiring medical treatment

\*\* Consult with your doctor before use.

Mend Repair & Recover Surgery is a medical food formulated for use before and after surgery. This formula helps replace essential nutrients not possible through diet alone through the dietary management of the pre- and post-surgical needs with targeted clinical nutrients. Mend Repair & Recover Surgery should always be used under medical supervision. OrthoLoneStar and its associated providers have a financial interest in Mend.

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