



# HealFast

Optimizing Recovery, Reducing Complications

## Surgical and Injury Recovery Program



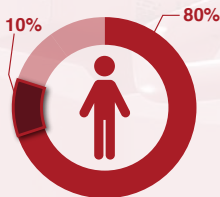
Physician Formulated  
Anesthesiologist Approved

# Surgery & Injury Recovery

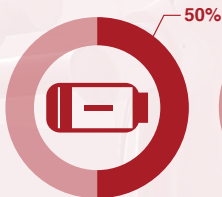
## Patient Injured or preparing for Surgery?

Evidence-based research is conclusive: **nutrition is critical** for injury and surgical recovery.

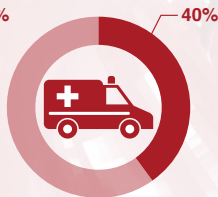
Yet many patients are regularly deficient in key nutrients including those known to improve recovery!



Per the CDC and NHANES, nearly **80%** have **insufficient nutrient intake**, of this **10%** are **clinically malnourished!**



**"50%** of Americans are **deficient** in Vitamins A, C, and Magnesium."  
- USDA



Studies show at least **40%** of patients are **malnourished** at time of hospital arrival.

## A patient's strong recovery starts with you!

**Nutrient insufficiency worsens during injury and surgery as physiological stress rapidly depletes available resources. Ultimately this can:**



**Precipitate nutrient deficiency**



**Compromise & delay wound healing**



**Increase pain & fatigue**



**Increase infections**



**Result in complications**

**These complications are often costly, common, but preventable!**



Surgical patients will experience a complication



Surgical patients experience a complication after discharge



Discharged patients will be readmitted within 30 days

- JAMA Surgery Published Research  
- Centers for Medicare & Medicaid Services

Healthcare is already expensive and unpredictable. Complications lead to additional pain and cost. Prepare your practice to optimize outcomes and thrive in new payment models and MACRA/MIPS era.

**Beat the statistics.  
Take Charge!**

# Nutrition Management

## Optimized Nutritional Support for Better Recovery

The **HealFast Surgical and Injury Recovery Program** contains a unique blend of premium-grade Vitamins, Probiotics, Amino Acids, Antioxidants, and natural Anti-Inflammatories.

Our formula was designed using **over 200 comprehensive studies** in immuno-nutrition and wound healing to reduce complications and optimize recovery from **surgery, sports, and serious injury**.

### It's What We Do Best!

The complete **HealFast Surgical and Injury Recovery Program** consists of two formulas.

Instructions				
Formula	Uses	Dosage	For Surgery	For All Injuries (non-surgical)
Pre-Op	Optimizes nutritional status prior to surgery	3 Tablets taken twice daily	Commence 5-day regiment starting 5-days before surgery	Commence 5-day regiment <b>after</b> the <b>Post-Op</b> regiment is completed
Post-Op	Replenishes key healing nutrients plus <b>additional</b> ingredients to control pain and inflammation	4 Tablets taken twice daily	Commence 10-day regiment immediately after surgery	Commence 10-day regiment immediately after injury occurrence as possible

\*\*Note: In the event the Pre-Op formula was not completed prior to surgery, commence and complete the 10-day Post-Op formula immediately after surgery, and then use the Pre-Op Formula.

Our patent pending formula only uses premium ingredients and testing available to ensure quality and safety

Formulated to specifically minimize interactions in perioperative and peri-injury periods



Patent Pending

# Key Ingredients

**HealFast** is formulated with 25 carefully selected ingredients to optimize benefits while minimizing interactions in the peri-operative and peri-injury period.

- **Vitamin C:** Required for collagen formation. Supplementation cuts surgical wound healing time in half.
- **Citrus Bioflavonoids:** Improves Vitamin C absorption and blood vessel strength. Strong antioxidant and potential anti-tumor and cardiovascular benefits.
- **Zinc:** Shown to reduce surgical wound healing time by 43%. Regulates immune system. Antibacterial properties.
- **Vitamin B Complex:** Supports energy needs. Increases protein synthesis. Prevents excessive inflammation.
- **Vitamin A:** Required for bone and skin formation. Shown to activate production of connective tissue and blood vessels. Enhances resistance to infection. Reduces steroid medication inhibition of wound healing.
- **Bromelain:** Pineapple extract with a range of potential therapeutic effects. Studies demonstrate various anti-clot, anti-swelling, and anti-inflammatory benefits. Eliminates burn debris and accelerates wound healing. Aids with pain control. May inhibit growth and invasiveness of tumor cells.
- **Quercetin:** A bioflavonoid found in onions. Regulates histamine and inflammation. Like Bromelain, reduces bruising and swelling. Aids with pain control.
- **Probiotics:** Counteracts side effects and complications of antibiotics. Shown to reduce the risk of antibiotic-resistance, hospital-acquired infections, length of antibiotic therapy, and hospital stay.
- **Glutamine:** Studies show decreased wound infection rates and improved healing. Potent antioxidant. Cellular protection from states of inflammation, injury, and stress.
- **Arginine:** Used in collagen creation. Enhances wound healing and immune response. Increases collagen deposition in wounds. Decreases healing time of pressure ulcers. Critical for blood flow regulation.
- **Magnesium:** Vast metabolic impact. Aids in muscle relaxation, soreness, and cramping.
- **Selenium:** Strong antioxidant. Regulates repair of cellular damage.
- **Folate:** Essential for new cell formation and amino acid metabolism.
- **Copper:** Strong anti-bacterial. Strengthens bone and connective tissue.

## About Us

The HealFast team is comprised of Anesthesiologists and Surgeons who know that healthcare is more than “just a job,” it’s personal.

When our family members required surgery, the lack of available nutritional support and counseling laid the foundation for the **HealFast Surgical and Injury Recovery Program**.

As physicians, we care about optimizing your recovery and medical treatment. HealFast was created as a premium nutritional support program using trusted ingredients clinicians recommend for a comprehensive and sustainable recovery.

**Our Goal** is to reduce your recovery complications and associated medical costs with our safe, effective, and patent pending formula.



**A recovery you can trust**



# HealFast Services

HealFast is proudly offered to our Physician partners:

- HealFast's physician **discounted** wholesale price
- Wholesale price **includes** shipping and delivery to your office location.

Online e-commerce platform for direct-to-patient fulfilment.

- HealFast will create and actively manage a Clinic owned e-commerce page on our website for a small transaction fee on each item sold.
- HealFast will handle **all** fulfilment and delivery activity.
- Physician-sponsored discount codes on retail prices will be honored.



## Fast Delivery

Order online and enjoy our 2-day "Amazon Prime Approved" shipping services.



## HealFast Health & Wellness Blog

Check out our Health & Wellness blog for useful articles and videos created by HealFast physicians.



## Special Promotions

Sign up for our mailing list to receive special promotions & free shipping

## Contact Us

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