



HealFast

Optimizing Recovery, Reducing Complications

Surgical and Injury Recovery Program



Physician Formulated
Anesthesiologist Approved

Surgery & Injury Recovery

Planning for Surgery? Suffering from Injury?

Did you know that **nutrition is critical** for injury and surgery recovery?

From minor sports injuries to major reconstructive surgery, **physicians agree!**

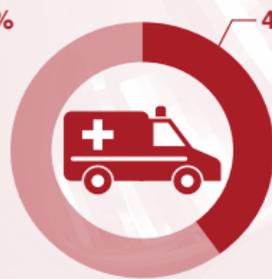
Yet most people are regularly deficient in key nutrients including those known to improve recovery!



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 strong recovery starts with you!

Nutrient insufficiency worsens during injury and surgery as your body rapidly depletes available nutrients. Ultimately this can:



Precipitate nutrient deficiency



Compromise & delay wound healing



Increase pain & fatigue

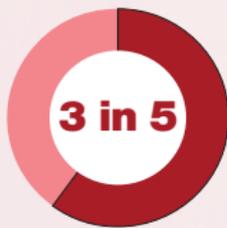


Increase infections



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.

**Don't become a statistic.
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 your 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 after the Post-Op regiment is completed
Post-Op	Replenishes key healing nutrients plus additional 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.

We care about your health! Our patent pending formula only uses the most premium ingredients and testing available to ensure quality, safety, and trust.

MADE IN AN



THIRD PARTY TESTED

Residual Solvents
Heavy Metals
Pesticides
Allergens
Microbial



Patent Pending

Key Ingredients

HealFast is formulated with 25 carefully selected ingredients to optimize benefits while minimizing interactions in and around the surgery and injury period. As always, please consult with your physician prior to surgery.

- **Vitamin C:** Required for collagen formation. Supplementation cuts surgical wound healing time in half.
- **Citrus Bioflavanoids:** 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.

HealFast Services

Our **Surgical and Injury Recovery Program** is proudly offered at your local pharmacy, doctor's office, or direct to your door through our website at www.HealFastProducts.com

Need it in a hurry? We know surgery preparation is often left to the last minute while injuries are always unexpected. So we're here for you!



Fast Delivery

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



Special Promotions

Sign up for our mailing list to receive special promotions & free shipping as our way of saying "get well soon!"



Doctor Promotions

Check with your doctor for alternative "physician sponsored" discount codes for additional savings.



HealFast Health & Wellness Blog

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



Contact Us

HealFast, Inc.
Long Island City, NY
info@HealFastProducts.com

Visit us: www.HealFastProducts.com

*These statements have not been evaluated by the Food and Drug Administration. The products and information in this brochure are not intended to diagnose, treat, cure or prevent any disease.

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

