

## A Guide to Supplements and Nutrition

# Enhancing Surgical Recovery for Athletes

### ESSENTIAL SUPPLEMENTS FOR SURGERY RECOVERY

#### ➤ Protein

- Role: Supports tissue repair, reduces inflammation, and aids healing.
- Amount: 1.5 – 2.0 grams per kg body weight per day, spread across 4–5 meals/snacks.
- Types: High-quality proteins with a complete amino acid profile; consider whey, or casein.

#### ➤ Vitamin D

- Role: Enhances recovery from surgery, bone health, muscle function, immune response.
- Optimal Level: Aim for 100 nmol/L for fracture prevention and muscle repair.
- Amount: 1000–2000 IU daily. If your levels are low, take 4000–5000 IU daily before surgery.

#### ➤ HMB (Beta-hydroxy-beta-methyl butyrate)

- Role: Supports muscle protein synthesis and reduces muscle breakdown.
- Dosage: 3 g daily, divided into two 1.5-g doses.

#### ➤ Creatine

- Role: May help protect your muscle mass and strength if you are in a cast, sling, or otherwise immobilized post-injury.

### DIETARY CONSIDERATIONS

Emphasize a balanced diet rich in fruits, vegetables, lean proteins, and whole grains.

Consider an anti-inflammatory or Mediterranean-type diet to reduce overall inflammation and support recovery.

### ARE YOUR SUPPLEMENTS CLEAN FOR SPORT?

Competing athletes should choose supplement brands that have undergone third-party testing to verify their contents and ensure the absence of banned substances. The most common certification programs for identifying evidence-based supplements are NSF International, Banned Substances Control Group, Informed Choice, and Informed Sport.

### LET'S CONNECT!

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