



### What is the XR Therapeutic Musculoskeletal Recovery Supplement™?

XR™ is a surgeon formulated blend of key amino acids, vitamins, minerals and nutrients specifically designed to support the challenges seen in surgical recovery. Each ingredient has been clinically researched for optimal effective dosing.

#### Benefits:

Wound healing  
Atrophy prevention  
Muscle repair & strength  
Faster return to functional recovery

#### Easy to use drink mix

Vegan  
Kosher  
No added sugar  
NSF Certified for Sport®

#### 1 week before surgery: 2 x packets of XR™ daily

**Day of surgery:** 1 x packet of XR™ in the recovery room post-op

**Continue for 2 weeks post op:** 2 x packets of XR™ daily

#### Directions:

Mix with 12oz water until dissolved. Add ice to chill as desired. Can also be mixed with juice, blended into a fruit smoothie, or added to a protein shake. Can be taken with or without food.

**Timing is key for the best results:** Take XR™ in the morning to kickstart your day, and right after physical therapy or exercise to support muscle recovery.



### What is XR™ Carbohydrate Loading?

XR™ Carbohydrate Loading is a Coconut flavored powdered drink mix designed to boost your body's carbohydrate stores before your operation. It is an effective nutritional strategy aimed at reducing post-operative stress and improving the recovery process

#### Benefits:

Alternative to Fasting  
Reduce Stress & Anxiety  
Improve glycemic control  
Support faster recovery

#### The evening before surgery: 2 x packets of Carb Loading

**Day of surgery, up to 2 hours beforehand:** 1 x packet of Carb Loading

**NOTE:** You must complete the pre-op carb loading up to 2 hours before your surgical time to avoid delays.

#### Directions:

Mix with 14oz room temperature WATER ONLY until dissolved. Add ice to chill as desired.

**Not Suitable for Individuals with:** Gastroparesis or delayed gastric emptying, Type 1 diabetes, or Corn allergy. Determination of usage should be made by a qualified healthcare professional.

We are available to help with any concerns or questions you may have about our products. Contact can be made either by **Text: 714.684.5292** or **Email: [xceleratedrecovery@gmail.com](mailto:xceleratedrecovery@gmail.com)**  
If you or someone else are experiencing an emergency, please call 911 immediately.

**Sign up for customized text reminders @ [xrscience.org/pages/patient-sign-up](https://xrscience.org/pages/patient-sign-up)**