



THERAPEUTIC MUSCULOSKELETAL RECOVERY SUPPLEMENT

Cranberry Lychee Flavor
Powdered Drink Mix



**Supports
Faster
Recovery**



**Stimulates
Muscle
Growth**



**Promotes
Wound
Healing**

POOR NUTRITIONAL STATUS INCREASES:

- Wound / Healing Complications
- Infections
- Length Of Stay
- Readmissions
- Cost

1. Lees Nutrients 2020
2. Ueyama, JBJS 2023
3. Hendrickson 2022 JBJS
4. Ueyama, Bone Joint J 2020
5. Dreyer JBJS 2019
6. Aquilani ACER 2017
7. Baldissarro Biomed R 2016
8. Nishizaki J Clin Nutr 2015
9. Dreyer, J Clin Invest. 2013
10. Williams Ann Surgery 2003
11. Invernizzi ACER 2019
12. López Nutrients 2021



- 29.6 g per serving
- No added sugars, artificial flavors, or dyes
- Excellent source of Vitamin A, C, D3, B6, & Zinc

BENEFITS OF TARGETED NUTRITIONAL SUPPLEMENTATION:

- Activate Muscle Protein Synthesis⁽¹⁾
- Enhance Collagen Synthesis⁽¹⁰⁾
- Improve Strength^(2,8)
- Preserve Muscle Volume^(2,3,4,7,8,9)
- Faster Return to Functional Activity^(4,6,9,11)
- Decrease Complications⁽⁵⁾
- Less pain⁽⁴⁾
- Enhance Healing [Fracture Union]^(5,12)
- Improves Patient Reported Outcomes⁽⁷⁾
- Improve [Albumin]^(4,10)
- Optimize Wound Healing^(10,12)

ENHANCED OUTCOMES FOR HIGH-DEMAND PATIENTS



HIGH RISK PATIENT

- Arthroplasty
- Complex reconstructions
- Rotator cuff tears
- Trauma
- Low [Albumin]
- Smokers
- Diabetics
- Revisions
- Infections
- Age >70 (sarcopenia)



HIGH PERFORMANCE ATHLETE

- Optimize muscle volume/strength
- Peak Performance
- Faster return to sport
- Boost Immune defenses
- Actively engaged in recovery process

SURGEON FORMULATED CLINICALLY RESEARCHED INGREDIENTS AT OPTIMAL EFFECTIVE DOSES

xrscience.org

NSF Certified for Sport® & Patient Safety

The NSF Certified for Sport® certification is the only independent third-party certification program recognized by the United States Anti-Doping Agency (USADA), Major League Sports Associations, Department of Defense, Ironman, NASCAR, Taylor Hooton Foundation, and many other organizations seeking to mitigate the risks of contaminated dietary supplements.



2x per day for Injury or surgery recovery

1x per day for exercise and muscle maintenance

XR™ SUPPORTS RECOVERY FROM:

SURGERY



INJURY



EXERCISE



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|------------------------------|--|
| Alpha Ketoglutarate (AAKG) | Supports recovery and wound healing and facilitates muscle growth. |
| Leucine-Enriched EAA Complex | Key trigger of anabolic response for regular muscle growth and repair. |
| L-Arginine | Promotes blood flow, enhances protein production, helps support the body's healing process for bones and wounds. |
| Creatine Monohydrate | Supports performance and enhances lean body mass when combined with exercise. |
| Cystine/ Theanine (CT) | Powerful antioxidant, helps maintain normal immune function, supports levels of inflammatory markers, lowers surgery stress markers. |
| L-Citrulline | Boosts Nitric Oxide production, helps maintain consistent circulatory health and muscle function. |
| L-Glutamine | Supports recovery of tissues during times of stress and surgery. |

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|------------------|---|
| Calcium HMB | Protects muscle tissue breakdown during stress and supports complete rebuilding of skeletal muscle. |
| Zinc | Supports wound healing, helps maintain a strong immune function. |
| Vitamin D3 | Necessary for absorption of calcium and bone synthesis. |
| Vitamin A | Necessary for bone and epithelial synthesis, and immune function. |
| Vitamin B6 | Supports optimal wound healing, a strong immune system, and healthy circulation. |
| Vitamin C | Reduces oxidative stress, supports healthy collagen and wound healing. |
| Boron citrate | Helps maintain Vitamin D utilization, supports bone and wound healing, and a healthy inflammatory response. |
| Beet Root Powder | Enhances Nitric Oxide production, promoting circulatory health and mitochondrial efficiency. |