



Recovery Nutrition & Supplements

Recovery from an orthopedic surgery, let alone one where you cannot work-out, is like recovering from or preparing for a marathon. Your body will undergo nutritional deficits during this time because you are not metabolizing carbohydrates and fats normally. We recommend a few post-operative wellness recovery supplements to aid in your recovery. These would optimally be started 3-4 weeks prior to your surgery date and through the post-operative recovery at least 3 months. Ultimately, our goal is to not only positively influence your surgical outcome but your whole-body nutrition and wellness. We have sorted through the plethora of sports nutrition and bone health products and highlighted Dr. McAlister's favorites for ultimate foot and ankle healing.

The following can be found on our online dispensary, which can most easily be **ordered online for a 10% discount** and shipped directly to you. Shipping is free for orders over \$49.

To Review Dr. McAlister's Recommendations online, type

<https://wellevate.me/phxfai>

Ordering Over the Phone:

Call 855-935-9382 to speak with one of our world-class Customer Support Associates about placing an order.

Ordering on the App:

Text GETWELLEVATE to 72345 or download it through the App Store on iOS devices and for Android devices the App is available on Google Play!

If you have any questions, please call the office or email our office manager at yenssi.betancourt@phoenixfai.com

Thank you,

The PFAI Team

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www.phoenixfai.com



Simple Supplement Ordering

Buy online directly from your trusted practitioner and stay ahead of your treatment plan.

Highest Quality

Best ingredients, properly stored and handled, and fulfilled by Emerson Ecologics' Quality Program

Convenience

Auto-refill, Mobile App, free shipping on orders over \$49, and personal care products plus home essentials all in one place.

Security

Safe and private communications with your practitioner with important dosage instructions.

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