

## **Recommended Supplements**

### **For Explant Patients**

Many of our patients ask about supplements we recommend around surgery and for detox. These are all optional you are under no obligation to take any of the supplements listed. They are just the supplements we like and many of them are ones we use as well.

#### **Bioptimizers**

Website: [biooptimizers.com](http://biooptimizers.com)

Discount Code: DPSAZ

Recommended Supplements:

- P3-OM Probiotics 1/day. Start 4-5 weeks before surgery and continue 4 weeks after surgery. May continue after postoperative period if desired. Start with every other day for 1-2 weeks and increase to daily if no problems.
- Magnesium Breakthrough 1 at night. Helps with sleep as well.

#### **Approved Medical Solutions**

Website: [approvedmedicalsolutions.com](http://approvedmedicalsolutions.com)

Discount Code: PIERCE319

Recommended Supplement:

- Nitric Oxide 2 capsules once a day. Can increase to 2 capsules Twice a day. Test strips are also available to test efficacy.

#### **Fullscripts**

Website: [fullscript.com](http://fullscript.com)

Recommended Supplements: An email will be sent to you with suggested supplements. This is the main supplement site we use.

#### **LMNT**

Website: <http://elementallabs.refr.cc/jmpierce2417>

This is our favorite electrolyte supplement and comes in a variety of flavors.