

Vitamedica Healing Supplements

Bromelain with Quercetin

Directions: Begin taking Bromelain three days prior to surgery. Continue taking Bromelain after surgery until the inflammation and swelling has subsided (usually 7-10 days). As a dietary supplement, take two capsules three times a day on an empty stomach. Each individual is unique and your requirements may vary.

Arnica Montana 30x

Directions: Begin taking Arnica Montana immediately following your surgical procedure and continue until the bruising and swelling subsides (7-14 days). To ensure proper absorption, do not brush your teeth, eat or drink anything but water 15 minutes before and 15 minutes after taking this product. This product is a sublingual application. Do not handle the tablets. Instead, drop tablets into bottle cap and place tablets under tongue and let dissolve naturally.

Adults: 3 tablets, 3 times a day.

Active Ingredient: (HPUS) Arnica Montana 30X