

# The Ortho Nutrition Bundle

Help your patients prepare better and recover faster from surgery with nutritional optimization.

## Nutritional optimization is a significant unmet medical need in orthopaedic surgery.

- Nutrition status is a stronger predictor of surgical outcomes than obesity<sup>1</sup>
- Nutrition status is directly associated with risk of complications and readmission<sup>2,3,4</sup>
- Nutrition plays an important role in patient engagement and well-being<sup>5</sup>



## The Ortho Nutrition Bundle

A 4-week nutrition supplement program designed to help patients prepare better and recover faster from surgery, containing:

- 56 Servings of Protein Isolate (ISolution®)
- 3 Servings of Preoperative Carbohydrate (PREcovery®)
- A Shaker Bottle (with measurements)
- A Patient Instructions Booklet

*The Ortho Nutrition Bundle integrates seamlessly into orthopaedic practices, taking the guesswork out of nutrition for both the patient and the provider.*

## Evidence-Based Solution

Developed with leading nutrition researchers and orthopaedic specialists to improve outcomes in orthopaedic surgery by:

- Augmenting muscle mass, strength and size<sup>6,7,8</sup>
- Improving wound healing<sup>9</sup>
- Keeping patients in an anabolic state of metabolism<sup>10</sup>
- Empowering patients to address a modifiable risk factor

*Nutrition is an essential component of prehabilitation and surgical optimization.*

## Products and Protocol

**ISolution®:** An ion-exchange protein isolate with elevated leucine content. Taken before and after surgery to reduce the loss of muscle and improve wound healing.

**PREcovery®:** A preoperative carbohydrate with rapid-emptying polysaccharides. Taken prior to surgery as an alternative to fasting to reduce surgical stress and improve patient experience.



**ISolution®**  
14 Days Before Surgery  
2x Daily

**PREcovery®**  
2x Night Before Surgery  
1x Day of Surgery (optional)

**ISolution®**  
14 Days After Surgery  
2x Daily

## Add Nutrition To Your Practice

- ✔ **Seamless Implementation**  
Incorporate customized materials into your current education package, engagement technologies and pre-surgical classes.
- ✔ **Investment in Recovery**  
A comprehensive, evidenced-backed surgical nutrition program: only \$10/day to your patients.
- ✔ **External Patient Support**  
Ordering and patient questions can be facilitated by EMN dietitians/clinical staff via phone or email.
- ✔ **Flexible Product Availability**  
The program can be purchased by patients at a DME, or through e-commerce/phone.

**How do patients pay for it?**  
Patients are recommended to purchase at the time of surgery booking.

### Payment Methods

- Direct Billing
- Credit Card
- HSA/FSA Cards
- Interest-Free Installments

## NUTRITION IS A LOW-COST, LOW-RISK, HIGH-IMPACT INTERVENTION

### Added Value

#### Patient

- Provides a clear and comprehensive program that is easy to follow
- Includes pre and postoperative nutritional support by registered dietitians
- Empowers patients to be active participants in their surgical journey

#### Practice

- Improves patient reported outcomes<sup>5,11</sup>
- Presents an opportunity for clinic differentiation
- Offers a risk reduction strategy with no added work for your clinic

“ I loved everything about the product which I used for two total knee replacements. There is no question that the supplements helped me prepare and recover from surgery (and they tasted great). The instructions, packaging and shaker were very well thought out and functional. Thank you!!! ”

- David, 2x Knee Replacement

### Trusted by:



#### References:

1. Fu MC, et al. *J Arthroplasty*. 2016;31(11):2415-21 2. Yuwen, P, et al. *BMC Surg*. 2017;17(1):1-9 3. Bohl DD, et al. *J Arthroplasty*. 2016; 31(1): 15-21 4. Bohl DD. *Spine*. 2016;41 (21):1693-9 5. Nygren, J., et al. *Curr Opin Anaesthesiol*. 2007;20(6):540-544 6. Bauer et, al. *J Am Med Dir Assoc*. 2013; 14(8):542-59 7. Oikawa SY, et al. *Am. J. Clin. Nutr*. 2018; 3(2):1060-8 8. Dreyer HC et al. *JBS Open Access*. 2018;3(2) 9. Ohura T, *Wound Repair Regen*. 2011; 19:330-6 10. Scoop M et al. *Am. J. Physiol. Endocrinol. Metab*. 2001; 289(4):E576-83 11. Hausel et al. *Anesth. Analg*. 2001: 93(5):1344-1350

1-800-619-0783 | emnortho.com

