

IMPORTANCE OF NUTRITIONAL SUPPORT AFTER SURGERY

After bariatric surgery, your digestive system has been altered and nutritional concerns require immediate attention. These include protein and vitamin/mineral deficiencies, carbohydrate sensitivity, lactose sensitivity and dehydration. Proper nutrition and supplementation are essential.

WELLCOR COMPLETE has been designed to provide the essential vitamins and minerals to maintain optimal health for weight loss.

PROTEIN AND VITAMIN/MINERAL DEFICIENCIES:

Getting enough protein and vitamins/minerals will be a challenge. Your body needs these to aid in your healing as well as to maintain proper health. Although you have the same nutrient requirements as people without surgery, your ability to absorb nutrients and calories is severely limited.

CARBOHYDRATE SENSITIVITY: You must limit the amount of foods high

in sugar and fat content as it may cause a condition called "dumping syndrome." In this, foods move through the intestines very rapidly causing nausea, cramping and diarrhea.

LACTOSE SENSITIVITY: Lactose is a sugar found in dairy products. After surgery, your ability to completely digest it may be limited. Avoid foods high in lactose including milk, cheese, and ice cream.

DEHYDRATION: Maintaining hydration is vital but may be difficult due to the size of your stomach. Drinking 48 to 64 ounces of water from a cup each day is recommended. Avoid drinking from a straw as too much air or gas may be swallowed. Dehydration symptoms include headache, dizziness and fatigue.



ORDERING INFORMATION:

Product	Case/Pack
WELLCOR COMPLETE in Berry Flavor	90 Count Bottle

This product is shipped straight to your door through the WELLCOR**COMPLETE** Home Direct!

Call 1-888-593-5526 or Visit www.wellcor.com

FREE SHIPPING in the continental United States

- Order 24 hours, 7 days a week
- All major credit cards accepted
- Products will arrive in an unmarked box to protect your privacy.

Sales tax added if applicable. Offer subject to change. Offer void where prohibited by law.

All prices, terms, and promotions are subject to change without notice. Products subject to availability.

Medical Offices: To order more of these brochures for your patients, call Wellcor at 888-593-5526 or order on line at www.wellcor.com.



WELLCOR**COMPLETE**

a division of Cardiac Wellness Supplements, LLC

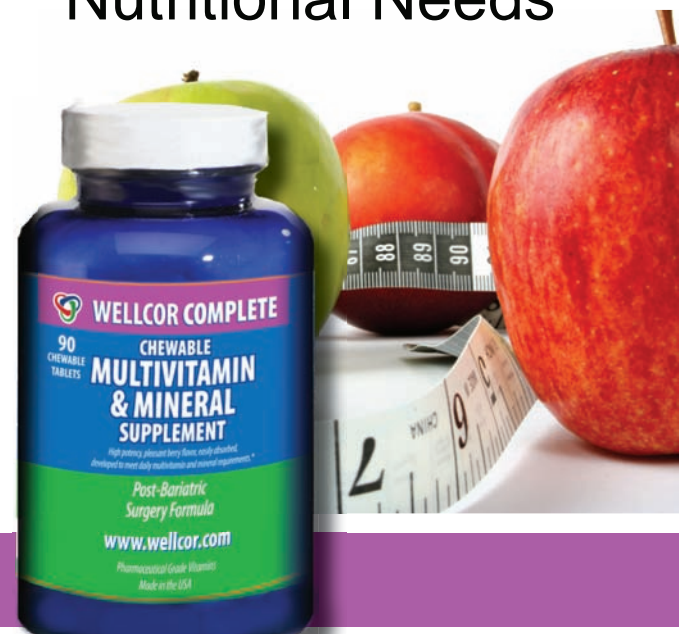
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PROVIDING THE NEEDED NUTRITIONAL SUPPORT



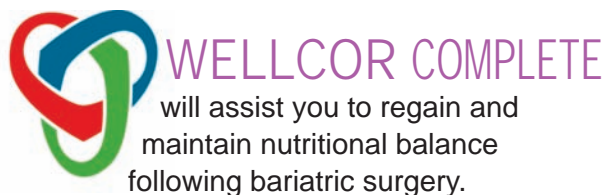
WELLCOR**COMPLETE**

Meeting Post-Bariatric Surgery Nutritional Needs



888.5.WELLCOR
(888.593.5526) toll free

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The weight loss following bariatric surgery is caused by the reduction in your body's ability to absorb calories and essential nutrients.

Surgical weight loss can be categorized into three types of procedures including restrictive, malabsorptive or a combination of restrictive and malabsorptive. In all cases there is a significant reduction in the consumption as well as absorption of foods and essential nutrients. As a result, you will be required to make permanent changes in your eating habits to achieve successful weight loss while maintaining health.

Other than the changes that include eating slowly, sipping water throughout the day, and avoiding carbonated and high fat beverages, alcohol, and fatty foods, you will need to supplement with additional nutrients for your health.

WELLCOR COMPLETE was formulated by Lee A. Surkin, M.D., a Yale educated, board certified cardiologist with a Masters in Nutrition who is also a member of the American Society of Bariatric Physicians. Dr. Surkin

is dedicated to providing patients with a progressive approach to not only diagnosis and treatment, but also prevention. With expertise in overall wellness, WELLCOR

COMPLETE was developed by Dr. Surkin as the highest quality nutritional supplement specific to the bariatric patient.



After caring for many post-bariatric surgery patients, Dr. Surkin became aware of the significant lack of high quality supplements to meet his bariatric patients' nutritional needs. Taking WELLCORCOMPLETE before and after bariatric surgery will provide vital nutrients.

The WELLCOR COMPLETE Advantages:

- 1. Ease of absorption ...** WELLCOR COMPLETE is easily absorbed due to its formulation. As the transfer of nutrients is vital, WELLCOR COMPLETE is able to deliver.
- 2. High potency ...** WELLCOR COMPLETE provides an excellent source of each of the essential vitamins and minerals in addition to other important nutrients. The potency is formulated to result in greater wellness and weight loss success.
- 3. Physician formulated ...** Developed by Dr. Surkin, a member of the American Society of Bariatric Physicians with a Masters Degree in Nutrition, the formula is a result of his knowledge of the needs of bariatric patients and an awareness of what was lacking in nutritional products available.
- 4. Chewable ...** A chewable design is essential for the maximum delivery of nutrients.
- 5. Pleasant taste ...** WELLCORCOMPLETE has a pleasant taste unlike many options on the market.
- 6. Unsurpassed quality...** Originally offered directly to his patients, Dr. Surkin is committed to only the finest in quality for products he produces.
- 7. Pharmaceutical grade vitamins...** Although available without a prescription, the vitamins in WELLCOR COMPLETE are pharmaceutical grade.
- 8. Made in the USA ...** As WELLCOR COMPLETE is produced in the USA, you can be assured it is monitored and governed by strict US regulations.

Dr. Surkin recommends taking WELLCOR COMPLETE once a day for one month prior to surgery and then higher dosing as directed thereafter.

With the assistance of your health care professional, you will need to create a customized nutritional plan that works with your individual needs and medical requirements. In most cases, your diet after surgery will follow these stages:

Clear Liquids -- Directly following surgery, your stomach needs time to heal. For the first day or two, you will consume only clear liquids.

Full Liquids -- During this stage, your stomach or pouch is very small and large amounts of food could damage the incision. Your meals will be limited to about half a cup. With time, meals will increase to 3/4 cup. Your diet needs to be high in protein in order to maintain lean body mass while burning fat. This stage lasts approximately two weeks.

Pureed Foods -- Your stomach is beginning to heal but is still not ready to digest whole food. You continue to need lots of protein and must avoid sugar and fat. Good foods for this stage are cottage cheese, pureed meat, mashed potatoes, pureed fruits and vegetables, scrambled eggs, oatmeal and similar items. This stage normally lasts two to three weeks. Your portion may also increase to one cup.

Soft Foods Advancing to Regular Diet -- You will stay at this stage for the rest of your life. You can eat regular foods with caution and certain exceptions. Your meals should stay at one cup in size. Food should be cut in small bites and chewed thoroughly. You should avoid eating foods high in sugar and fat; avoid alcohol, and stay hydrated.



Dr. Surkin is dedicated to providing people a progressive approach to diagnosis, treatment and prevention.