



PHYSICAL THERAPY

Essential Supplements for Healing

- 1. Multivitamin:** A high-quality multivitamin like Thorne's Basic Nutrients 2/Day can help fill any nutritional gaps in your diet.
- 2. DHA | Omega-3 Fatty Acids:** These can help reduce inflammation and promote healing. Consider Thorne's Super EPA product.
- 3. Vitamin D:** Essential for bone health and immune function, Thorne's Vitamin D/K2 Liquid can help ensure adequate levels.
- 4. Protein Powder:** Thorne's Whey Protein Isolate can be beneficial for tissue repair and healing, especially for those with increased protein needs or poor appetite.
- 5. Probiotics:** Beneficial for gut health, which is integral to overall health and recovery. Thorne's FloraSport 20B is a probiotic option.
- 6. Magnesium:** Important for muscle function and relaxation, as well as overall recovery. Consider Thorne's Magnesium Bisglycinate.
- 7. Zinc:** This mineral plays a crucial role in immune function and wound healing. Thorne offers Zinc Picolinate.
- 8. B Vitamins:** B vitamins are involved in energy metabolism and the creation of new cells. Thorne's Stress B-Complex contains a comprehensive blend of B vitamins.
- 9. Vitamin C:** An antioxidant vitamin that can promote tissue repair and immune health. Thorne's Buffered C Powder is an option.
- 10. Creatine:** Thorne's Creatine is a supplement often used to improve strength and muscle recovery, particularly in athletes.

Find these supplements here: <https://www.thorne.com/u/HIDEF>

Remember, the effectiveness of supplements can vary greatly from person to person, and not everyone may need or benefit from every supplement. Personal health status, diet, lifestyle, and genetics all play a role in individual nutritional needs. This list is intended to provide general information and is not a substitute for professional medical advice or treatment for specific medical conditions. Always seek the advice of your healthcare provider with any questions regarding a medical condition.