



Surgery Supplement Information

Valasta: This will be dosed by your weight.

- First dose will be in the **AM with FOOD**
- Second dose will be **no later then 2pm with food**
- Stool will be reddish within about 1-3 days (this is normal)
- May make you use the bathroom more frequently if there is gut inflammation

Myco Mushroom Tea:

- Drink **half** of a 16oz bottle per day
- Continue drinking until you finish all bottles received
- Shake very well
- Once open refrigerate

Hydrogen Tablets:

- 2-3 tablets per day in 6-8oz of plain water (no ice or anything else added to the water)
- Let it fully dissolve and then drink immediately

CBD:

- Half a dropper per every 4-6 hours as needed for discomfort and inflammation
- Can increase by quarter increments to get the desired relief of pain
 - **Max amount 1 full dropper**
 - ****If you are at a full dropper and no relief, please refer to pain meds instructions per Dr. Julia's script for you.**