

Building a Recovery Supplement Stack

A simple, practical shopping list for the nutrients in the Nutrition for Healing guide

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No single commercial product covers everything in the Nutrition for Healing guide. The easiest path is one "core" recovery product plus three cheap, well-studied additions.

Step 1 — Pick One Core Product

Juven (Abbott) — ~\$4.50–5.30/day

- Arginine, glutamine, HMB, collagen peptides, vitamin C, B12, zinc. Best product-specific healing evidence (collagen synthesis at 2 weeks).

Mend Repair & Recover: Surgery — ~\$6.60–7.80/day

- Whey protein, leucine, glutamine, HMB, zinc, vitamin C, vitamin D, iron. Broader micronutrient coverage; NSF Certified for Sport.

Either is a reasonable default. Take exactly as labeled — typically 2 servings/day for 2–4 weeks around the procedure.

Step 2 — Add Three Inexpensive Essentials

- Standard daily multivitamin/mineral — any reputable brand. ~\$0.10–0.30/day.
- Omega-3 fish oil, 1–2 g combined EPA/DHA daily. ~\$0.20–0.40/day.
- Creatine monohydrate, 3–5 g/day, plain/unflavored — the best-evidenced and cheapest addition on this list. ~\$0.10–0.20/day.

Estimated Total Daily Cost

- Juven-based stack: roughly \$5.00–6.20/day
- Mend-based stack: roughly \$7.00–8.70/day

Lion's Mane and a Mediterranean/MIND-style eating pattern remain optional, lower-priority add-ons — not necessary for a complete stack, but reasonable for patients who ask specifically about cognition. General education only — not a substitute for individualized medical advice. Confirm supplement choices don't interact with medications, especially anticoagulants.