

Optimize your body for surgery using this surgeon recommended nutrition program.



MIDWEST
ORTHOPAEDICS
AT RUSH



The **Ortho Nutrition Bundle** is a 4-week nutrition program recommended to help you prepare better and recover faster.



ISOLution® is a clinical-grade protein isolate drink taken 2x daily before and after surgery.



PREcovery® is a specialized carbohydrate drink taken the night before your surgery.

ISOLution®

PREcovery®

ISOLution®

2x Daily for
14 Days Before Surgery

2x the Night
Before Surgery

2x Daily for
14 Days After Surgery

Learn more at www.emnortho.com or call 1-800-619-0783

Nutrition Matters

Nutrition is an important part of surgery that you can control. Take part in your care with the **Ortho Nutrition Bundle**.



**MAINTAIN
MUSCLE**



**IMPROVE WOUND
HEALING**



**ENHANCE
EXPERIENCE**

**For patients of Midwest
Orthopaedics at Rush:**

\$295

HSA/FSA
Eligible

Scan QR code with
phone camera to
order online.



Option 1: Order for Delivery

Phone: **1-800-619-0783**

Online: **www.emnortho.com**

Free Standard Shipping

Please enter your surgeon's last name as the verification code when ordering.

 **Option 2:** Purchase In-Store at These MOR Locations

**Chicago Orthopedic
Building**

1611 West Harrison, Suite 103
Chicago, IL 60612
312-432-2482

Oak Park

610 S. Maple, Suite 1550
Oak Park, IL 60304
312-432-2550

**Rush Oak Brook
Orthopedic Center**

2011 York Road, Suite 1500
Oak Brook, IL 60523
708-492-5664

Westchester-PMC

2450 S. Wolf Road, Suite G
Westchester, IL 60154
708-273-8426

Naperville

55 Shuman Blvd, Suite 700
Naperville, IL 60563
630-339-2262

Indiana

9200 Calumet Ave, Suite S300
Munster, IN 46321
708-492-5450