

Post Operative ACL/Osteotomy Nutrition and Supplements

1. **Calcium:** 1500 mgs/day. It is important to get Calcium Citrate rather than Calcium Carbonate tablets. Make sure you are getting at least 1500 mgs of Calcium. The weight of the Citrate doesn't count.
2. **Multi-vitamin:** find a good multi-vitamin to take each day.
3. **Vitamin C: 2000 – 3000** mgs per day. To help immune system and new cell growth.
4. **Vitamin D:** 50,000 IU/week in divided doses over the week
5. **Total Daily Caloric Intake:** 40kcal/kilogram of body weight
Kilograms of body weight is calculated by your weight in pounds divided by 2.2
6. **Protein Intake:** 1.125gms of protein/kilogram of body weight