

GLOWWELL PREP™ | CLINICAL INGREDIENT PASSPORT

One-page preoperative review for surgical, anesthesia, and pre-admission teams

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WHAT IT IS Daily preoperative nutrition drink (dietary supplement). One 50 g scoop daily. Protein 15 g, L-arginine 7 g, L-glutamine 5 g, vitamins, minerals, electrolytes, prebiotic fiber, postbiotic.	HOLD Stop at least 24 hours before surgery arrival. L-arginine is the only PREP ingredient on the SPAQI supplement hold list.	ALLERGENS Milk (whey protein isolate) Wheat (postbiotic culture medium)	NOT IN IT No herbs or botanicals, proprietary blends, stimulants, sedatives, CBD/THC, fish oil, vitamin E, vitamin K, turmeric, ginkgo, garlic, ginseng, St. John's wort, kava, or valerian.
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WHY WE RECOMMEND IT

Part of a program	PREP is part of a personalized prehabilitation program. It comes with the READY Guide, a 21-day surgical readiness plan.
Recognized in surgical guidance	Nutrition and prehabilitation are part of surgical preparation in guidance from the ERAS Society, ASER/POQI, ESPEN, ASCRS/SAGES, and the American College of Surgeons (Strong for Surgery).
When to take it	Ideally before and after surgery. If the surgical team prefers, the alternative is to start after surgery.

AFTER THE 24-HOUR HOLD

Bleeding / coagulation	No clinically significant risk. L-arginine's mild platelet effect clears within 5–8 hours of the last dose.
Blood pressure / anesthesia	No intraoperative concern. L-arginine's small blood pressure effect is gone by 24 hours. Oral magnesium 300 mg does not potentiate neuromuscular blockade.
Glucose	No perioperative concern. 6 g sugar per serving.

BOTTOM LINE For an otherwise healthy adult having elective surgery, no ingredient at the listed dose poses a clinically significant perioperative risk once PREP is stopped 24 hours before arrival.

WHILE TAKING PREP

Fasting and bowel prep	PREP is not a clear liquid (15 g protein). Do not take it on a clear-liquid day or in place of a carbohydrate-loading drink.
Other immunonutrition	Do not combine with another arginine-containing immunonutrition drink ordered under an ERAS pathway. Use one or the other.
Levothyroxine, oral quinolones or tetracyclines, bisphosphonates	Take several hours apart from PREP, per the drug label. Magnesium and zinc reduce their absorption.
History of herpes simplex	Laboratory studies suggest arginine supports herpes virus replication. There is no clinical evidence at 7 g/day.

NOT FOR USE WITHOUT CLINICIAN REVIEW

eGFR <30 or dialysis	Magnesium 300 mg can accumulate. The 27 g protein and amino acid load counts toward any protein limit.
Liver disease (Child-Pugh B/C) or hepatic encephalopathy	L-glutamine is catabolized to ammonia.
Heart attack in recent months	L-arginine supplements are not recommended during recovery from a heart attack.
Pregnancy, lactation, under 18	The combination has not been studied in these groups.

FULL FORMULA, PER DAILY SERVING

INGREDIENT	PER SERVING · FORM	INGREDIENT	PER SERVING · FORM	INGREDIENT	PER SERVING · FORM
Whey protein isolate	15 g · Ultra-filtered	Selenium	100 mcg · Sodium selenite	Biotin (B7)	300 mcg
L-Arginine	7 g · Free-form	Sodium	334 mg · Citrate + chloride	Folate	500 mcg DFE · 5-MTHF
L-Glutamine	5 g · Free-form	Potassium	160 mg · Citrate	Vitamin B12	500 mcg · Methylcobalamin
Vitamin C	500 mg · Ascorbic acid	Choline	100 mg · Bitartrate	Inulin / FOS	1.5 g · Prebiotic fiber
Magnesium	300 mg · Bisglycinate	Thiamin (B1)	12 mg · Mononitrate	Postbiotic (Humiome LB)	340 mg · Heat-killed
Vitamin D3	75 mcg (3,000 IU)	Riboflavin (B2)	10 mg · 5-phosphate form	Sugar	6 g · Sucrose
Vitamin A	900 mcg RAE · 300 preformed	Niacin (B3)	25 mg · Niacinamide	Stevia	Flavoring amount
Zinc	25 mg · Gluconate	Pantothenic acid (B5)	50 mg	Other	Flavors, guar gum, citric and malic acid
Copper	1 mg · Gluconate	Vitamin B6	15 mg · P5P		

ABOUT Dietary supplement regulated under DSHEA. Not a drug and not FDA-approved. Full ingredient and dose disclosure, with no proprietary blends. Formulated by Cherie Long, MD, board-certified anesthesiologist and founder of GlowWell. No society has reviewed or endorsed PREP. Patients are told to pause other OTC vitamins and minerals while taking PREP. GlowWell instructions never override the orders of the surgeon, anesthesiologist, or care team.

KEY REFERENCES SPAQI: Cummings et al., Mayo Clin Proc 2021 (PMID 33741131) · ASER/POQI: Wischmeyer et al., Anesth Analg 2018 (PMID 29369092) · ESPEN: Weimann et al., Clin Nutr 2025 (PMID 40957230). Full reference list on request: providers@getglowwell.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.