Recovery Foundation: Healthcare Professional Reference Sheet

Zafira Organics LLC · For healthcare professional reference

Product overview

Product	Recovery Foundation
Category	Dietary supplement, vegetable capsules
Serving	2 capsules daily (1,444 mg per serving)
Container	60 capsules, 30 servings
Intended users	Adults, including adults using GLP-1 receptor agonist medications
Purpose	Supports mood, stress response, digestive comfort and micronutrient intake during reduced food intake*
Questions from healthcare professionals	hcp@zafiraorganics.com

Recovery Foundation combines saffron extract, ginger extract, L-theanine and myo-inositol with six micronutrients that are commonly under-consumed during significant caloric restriction. It is not intended to replace any prescribed medication or medical nutrition therapy.

Supplement Facts

Per serving of 2 capsules, as printed on the label.

Ingredient	Form	Amount	% DV
Vitamin B12	Methylcobalamin	50 mcg	2,083%
Vitamin C	Ascorbic acid	50 mg	56%
Vitamin D3	Cholecalciferol	50 mcg (2,000 IU)	250%
Magnesium	Magnesium glycinate (elemental amount)	50 mg	12%
Zinc	Zinc citrate (elemental amount)	10 mg	91%
Copper	Copper glycinate (elemental amount)	0.5 mg	56%
Myo-inositol	—	600 mg	†
L-theanine	—	200 mg	†
Ginger extract	Zingiber officinale, rhizome	100 mg	†
Saffron extract	Crocus sativus, flower; standardized to 0.3% safranal	30 mg	†

† Daily Value not established. Percent Daily Values are based on a 2,000-calorie diet.

Other ingredients: hypromellose (vegetable capsule), microcrystalline cellulose, silicon dioxide, magnesium stearate.

Why each ingredient is included

Ingredient	Dose	Rationale	Evidence note
Saffron extract	30 mg	Mood and stress support	30 mg/day outperformed placebo for mild-to-moderate depressive symptoms in a randomized trial [1]; a standardized extract was well tolerated as an add-on to antidepressants [2]. Evidence is from short trials.

Ingredient	Dose	Rationale	Evidence note
L-theanine	200 mg	Stress response and sleep quality	200 mg/day improved stress-related symptoms and sleep quality versus placebo over 4 weeks in healthy adults [3].
Ginger extract	100 mg	Digestive comfort	Ginger reduces nausea in pregnancy [4] and has accelerated gastric emptying in healthy adults at 1.2 g [5]. The 100 mg dose here is well below doses used in nausea trials.
Myo-inositol	600 mg	Supports insulin signaling	Studied mainly at 2–4 g/day in polycystic ovary syndrome. The 600 mg dose here is below studied doses; no specific benefit is claimed at this amount.
Vitamin B12	50 mcg	Micronutrient support	Long-term metformin use is associated with lower B12 status [6], and many users of GLP-1 medications also take metformin.
Vitamin D3	50 mcg	Micronutrient support	Low vitamin D status is common in adults with obesity.
Magnesium, zinc, copper	50 mg / 10 mg / 0.5 mg	Micronutrient support during reduced food intake	Zinc and copper are combined at 20:1 to avoid zinc-induced copper depletion.
Vitamin C	50 mg	Micronutrient support	Covers part of daily needs when fruit and vegetable intake falls.

Numbers in brackets refer to the references at the end of this sheet.

Daily amounts against upper limits

Upper limits are the Tolerable Upper Intake Levels for adults set by the National Academies.

Nutrient	Per serving	Adult upper limit	Notes
Zinc	10 mg	40 mg/day (all sources)	
Copper	0.5 mg	10 mg/day (all sources)	
Vitamin D3	50 mcg (2,000 IU)	100 mcg (4,000 IU)/day (all sources)	
Magnesium	50 mg	350 mg/day from supplements	The limit applies to supplemental magnesium only
Vitamin C	50 mg	2,000 mg/day (all sources)	
Vitamin B12	50 mcg	None established	

Saffron, L-theanine, ginger and myo-inositol have no established upper limits. For reference, clinical trials have used saffron at 30 mg/day and above, L-theanine at 200–400 mg/day, ginger at up to about 1.5 g/day and myo-inositol at 2–4 g/day.

Patients taking other supplements should add those amounts when checking totals, particularly for zinc and vitamin D.

Cautions and possible interactions

Medication or condition	Ingredient	Consideration
SSRIs, SNRIs or other serotonergic medication	Saffron	Theoretical additive serotonergic effect. A trial of saffron extract added to antidepressants reported good tolerability [2]. Advise review by the prescriber.

Medication or condition	Ingredient	Consideration
Anticoagulants or antiplatelet agents	Saffron, ginger	Both may affect platelet function at high doses. The amounts here are low; monitoring at the clinician's discretion.
Antihypertensive medication	Saffron, L-theanine	Either may modestly lower blood pressure.
Insulin or sulfonylureas	Myo-inositol	May modestly support insulin sensitivity; monitor glucose. Low risk at 600 mg.
Lithium	Myo-inositol	Inositol may interact with lithium's mechanism. Consult before use.
Levothyroxine	Magnesium, zinc, copper	Separate by 4 hours.
Tetracycline or quinolone antibiotics, bisphosphonates	Magnesium, zinc	Separate by 2–6 hours, following the medication's labeling.
Hypercalcemia, sarcoidosis, hyperparathyroidism	Vitamin D3	Use only under medical supervision.

Use with GLP-1 medications

- No known interactions with injectable semaglutide or tirzepatide.
- **Oral semaglutide:** take it first, on an empty stomach as its labeling directs, and wait at least 30 minutes before Recovery Foundation or any food or other oral product.
- Delayed gastric emptying can change the timing of absorption of any oral product, including supplements.

Who should not use, or should consult first

- Not recommended during pregnancy or breastfeeding.
- Not intended for people under 18.
- Known allergy to any ingredient.
- Bipolar disorder, kidney or liver disease, or any medication listed above: consult before use.

Quality and testing

- **Manufacturing:** made in a facility in Akron, Ohio, certified by UL Solutions to FDA dietary supplement cGMP (21 CFR Part 111) and the Natural Products Association GMP standard, for capsules, tablets and powders.
- **Finished-product testing:** lots are tested by an independent, ISO/IEC 17025-accredited laboratory for microbial contamination, heavy metals and ingredient content.
- **Certificate of Analysis:** available on request. Send us the lot number printed on the bottle, and we'll send the certificate for that lot.

Recent lot results (lot 1558-6050011-1):

Test	Result	Specification
Lead	0.034 mcg per serving	⩽ 6.0 mcg
Arsenic	0.062 mcg per serving	⩽ 10 mcg
Cadmium	0.008 mcg per serving	⩽ 4.1 mcg
Mercury	0.004 mcg per serving	⩽ 2.0 mcg
E. coli, Salmonella, S. aureus	Absent	Absent
Total plate count, yeast, mold	None detected	Within limits
Zinc, copper, magnesium, vitamin C, L-theanine, inositol	Within specification	Per label
Ginger	Identity confirmed (HPTLC)	Zingiber officinale

Directions

Take 2 capsules daily with food, or as directed by a healthcare professional. Separate from levothyroxine by 4 hours, and take after oral semaglutide as described above.

Selected references

1. Akhondzadeh S, et al. Crocus sativus L. in the treatment of mild to moderate depression: a double-blind, randomized and placebo-controlled trial. *Phytother Res.* 2005;19(2):148–151.

2. Lopresti AL, et al. Efficacy of a standardised saffron extract (affron®) as an add-on to antidepressant medication for the treatment of persistent depressive symptoms in adults. *J Psychopharmacol.* 2019;33(11):1415–1427.
3. Hidese S, et al. Effects of L-theanine administration on stress-related symptoms and cognitive functions in healthy adults: a randomized controlled trial. *Nutrients.* 2019;11(10):2362.
4. Viljoen E, et al. A systematic review and meta-analysis of the effect and safety of ginger in the treatment of pregnancy-associated nausea and vomiting. *Nutr J.* 2014;13:20.
5. Wu KL, et al. Effects of ginger on gastric emptying and motility in healthy humans. *Eur J Gastroenterol Hepatol.* 2008;20(5):436–440.
6. Aroda VR, et al. Long-term metformin use and vitamin B12 deficiency in the Diabetes Prevention Program Outcomes Study. *J Clin Endocrinol Metab.* 2016;101(4):1754–1761.

Disclaimer

*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.

This sheet is provided for healthcare professional reference and does not replace individual medical advice.

Contact

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