



Nutrition Supplementation

What you need to know

The following supplements are recommended and sold by Weighless MD. After years of researching and trialing different products, we chose the following for general wellness.

Multivitamin – Amare VitaGBX

- Includes more than 50 vitamins, minerals, amino acids, and phytonutrients
- Necessary to provide the essential nutrients you may not get while dieting
- Supports bone health and immune function
- Dosing: 2 capsules with breakfast; 2 capsules with dinner

Fish Oil – Amare OmMega

- Has a 5:1 ratio of EPA to DHA for better absorption and utilization
- Supports cardiovascular, brain, nervous system, joint, and skin health; aides in insulin metabolism; and regulates the body's immune system and inflammatory response
- Dosing: 2 capsules per day

Probiotic – Microbiome Labs MegaSporeBiotic

- 100% spore-based, broad-spectrum for promotion of microbiome diversity and growth of health-promoting bacteria
- Supports weight loss, nutrient utilization, immune function, gene expression, cognitive function, and overall well being
- Dosing: 1-2 capsules per day

Vitamin D3 – Pure Encapsulation Vitamin D₃

- The average human diet does not provide adequate Vitamin D3
- Supports bone, breast, prostate, cardiovascular, colon, and immune health
- Dosing: 1000 to 2000 IU per day. If deficient: 5000 iu per day

Vitamin K2

- Supports bone and cardiovascular health by promoting vitamin D absorption and calcium deposition in the bones
- Highly recommended for individuals on statins, with high calcium scores, and those diagnosed with osteoporosis and neurodegenerative diseases
- Highly recommended for athletes who want to improve cardiac output and performance
- Must be taken with vitamin D
- Dosing: 320 to 640 mcg per day

Magnesium – Magnesium Glycinate or Magnesium Citrate

- **Magnesium deficiency is widespread!**
- Needed for over 300 chemical reactions to occur in the body
- Helps covert carbs, protein, and fat into energy; improves bowel movements; improves insulin sensitivity; and supports bone and heart health
- Dosing: 400-800mg/day or more if deficient or on diuretics

Omega/CoQ10 – XYMOGEN CoQmax Omega

- Contains monoglyceride fish oil for 3x greater absorption of EPA and DHA
- Crucial for brain, heart, joint, and hair health
- also contains coQ 10 which is a necessity for anyone on statins or on combination medications. CoQ 10 will protect the cell mitochondria from damage which causes muscle atrophy or pain in people who are on statins
- Dosing: 2 capsules 1-2 times per day



MCT Oil – Bullet Proof Brain Octane Oil

- Medium chain triglycerides sourced from coconut for easy digestion and efficient conversion to ketone energy
- Supports brain and gallbladder health; increases energy and fat burning; decreases cravings; and promote weight loss
- 1-2 Tb per day

Electrolyte Drops – Keto Electrolyte Drops

- Potent source of electrolytes without any added carbohydrates
- Prevents electrolyte imbalance, dehydration, muscle cramps, and flu-like symptoms
- Essential for weight loss patients due to water and electrolyte losses
- Prevents fatigue, brain fog and electrolyte imbalances
- 5 full droppers with 8oz liquid daily

Standard Process A-C Carbamide

- Supports healthy fluid transfer in the body
- reduces inflammation and fluid retention
- Natural diuretic
- Improves blood pressure
- Dosing: 3 capsules per day

Standard Process Cholacol-Must have if you had your gallbladder removed

- Supports the digestion of fat and gallbladder function
- Prevents side effects from high fat meals
- Dosing: 2 tablets with every meal

XYMOGEN KetonX

- Provides carbohydrate-free fuel for the muscles and brain and supports energy, performance, and focus
- Supports nutritional ketosis
- Dosing: 1 scoop 1-2 times per day

Disclaimer: These product and dosing recommendations do not replace individualized professional advice. These recommendations are generalized and may not be appropriate for everyone. If you want personalized recommendations, you are encouraged to schedule a supplement consultation.



Supplement Tips

Weighless MD recommends that you choose supplements that are:

- From regulated companies that obtain their raw ingredients from premier sources. They must ensure the bioavailability, amount absorbed, and utilization by the body
- Free from artificial sweeteners, fructose, or high fructose corn syrup (i.e. gummy vitamins)
- Tested by third party GMP Registration and NSF International, independent product testing organizations such as Consumer Lab

Make sure you are consuming high quality, top grade supplements. Many studies reveal high amounts of chemicals, metals, and toxins in supplements because companies are not required to certify their products prior to going to market.

Where to buy good quality supplements:

- You can purchase the recommended supplements from Weighless MD
- You can go to www.weighlessmd.com and click on shop for Amare products. We recommend working with the Weighless MD practitioners to get personalized recommendations. We can add products to your cart for review before you order. You must create an account before you order
- If you want to reorder XYMOGEN products, you can go to www.xymogen.com or ask one of our practitioners to enroll you in our patient direct program. This gives you access to the products at our reduced pricing and free shipping. Use this access code: 4208

We try to make this as easy as possible because we understand that searching through millions of products can be very overwhelming. Please call for a free supplement consultation if you are confused about your supplement regimen or the products you are consuming.

More is not always better.