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## **Recommended Supplements for Wellness**

### **An all in one-**

**Wellness Essentials for Women/ Wellness Essentials for Men by Metagenics** (An all in one gender specific packet that includes everything you need for multivitamin, antioxidant, and Omega-3 support to optimize your health. If struggling to lose weight consider the Wellness Essentials for blood sugar support. Consider also adding:

- Vitamin D3 by Metagenics, 1000 IU to 5000 IU based on your Vitamin D levels.
- Optimized Resveratrol with Pterostilbene 250 mg/day
- Co-Q10 100mg/day by Metagenics
- Consider Extra Omega-3 if suffering from high triglycerides, depression, or inflammatory condition. Metagenics EPA/DHA lemon recommended. Total dose of 4 grams/day.
- If you are not doing wellness essentials and need a great multivitamin, use Multigenics by Metagenics.
- Extra calcium if you are at risk for osteopenia or have osteoporosis. Usual dose 1500mg/day. See Metagenics calcium supplements.

### **To help with additional weight loss and antioxidant support consider:**

- Integra Lean (Irvingia) by Life Extension 2/day
- Pure Inventions Green Tea concentrate, 1 -2 dropper full with glass of water 3-4x/day.

### **Medical Food to assist with weight loss or to maintain healthy weight.**

- Protein Fusion or UltraMeal bars by Metagenics
- Perfect protein powder by Metagenics
- Ultra-Whey Protein by Metagenics

**Purchase online** by going to <http://revolutionarymd.com> and clicking on wellness links, then vendor link for Metagenics, etc. Most are also available in our office. We recommend these supplements due to their high bioavailability, quality and GMP certification. Links to recommended books are also available on our wellness links. Thank you for your business.

Always combine this with a well designed wellness program under the direction of Dr. Grover or another experienced professional. Sign up for our Advanced Wellness Program today! **Live your Best!**