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## Recommended Supplements for Weight Loss

### An all in one-

**Wellness Essentials for blood sugar support by Metagenics.** (An all in one packet that includes everything you need for metabolic and antioxidant support to optimize weight loss)

Consider also adding:

- Integra Lean (Irvingia) by Life Extension 2/day
- Optimized Resveratrol with Pterostilbene 250 mg/day

### If doing individually, consider these:

- Multigenics multivitamin by Metagenics, or Life Extension 2 a day multivit
- Chromium Picolinate 1/day by Metagenics
- Optimized Resveratrol with Pterostilbene 250 mg/day by Life Extension
- Integra Lean (Irvingia) by Life Extension 2/day
- Omega-3 by Metagenics: EPA/DHA 720 3/day
- Pure Inventions Green Tea concentrate, 1 -2 dropper full with glass of water 3-4x/day.

### Medical Food to assist with weight loss

- 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. 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 diet and exercise program under the direction of Dr. Grover or another experienced professional in weight loss management. Sign up for our Advanced Wellness Program today!

**Live your Best!**