

SOLUTIONS



for your

GLP-1 JOURNEY

GLP-1 SIDE EFFECTS

WEIGHT ISN'T THE ONLY LOSS



LOSS OF BONE MASS

Losing a lot of weight can weaken your bones.

Solution: Take a bone health supplement with Vitamin D, Magnesium, and Calcium.



LOSS OF NUTRIENTS

Eating less means fewer nutrients.

Solution: Multivitamins can help fill in the gaps.



LOSS OF GUT HEALTH

Over 70% of Semaglutide users have stomach issues.

Solutions:

- Constipation? Add fiber and drink water.
- Nausea? Try ginger.
- Boost immunity and gut health with probiotics.
- Improve digestion with digestive enzymes.



LOSS OF MUSCLE

20-40% of weight loss while on GLP-1 is from muscle

Solution: Increase dietary protein and lift weights.



LOSS OF HAIR

Hormone alteration and eating less = less nutrients for hair growth

Solution: Replenish depleted nutrients with supplements.



LOSS OF ENERGY

Decreased appetite = less eating = less energy.

Solution: Ensure adequate, whole food diet along with energy boosting supplements.

FLIP TO OTHER SIDE FOR SPECIFIC RECOMMENDATIONS

GLP-1 PATIENTS GET 10% OFF SUPPLEMENTS



LOSS OF BONE MASS



LOSS OF MUSCLE



LOSS OF NUTRIENTS



LOSS OF HAIR



LOSS OF GUT HEALTH



LOSS OF ENERGY

