

## **Dr. Rashidi Nutritional Support Recommendations I**

### **WEIGHT LOSS**

- Wellness Pack:** Green Magic, Meal in a Glass, Golden Omega, Megapro, Nutricleanse, Enzymes, Vitabalance 2000 multivitamin and mineral.
- Vitacim:** (gymnema, chromium, carnitine) helps with glucose regulation, reduces sugar craving, GTF improves glucose tolerance, helps with weight loss, aids in release and utilization of insulin.
- Glucosol:** helps lose weight (2 lbs. a month), lowers blood sugar, blood pressure, an antioxidant, benefits kidney, decreases insulin resistance, especially helpful in pre-diabetics with excess weight predominantly around the middle.
- Liver Enhancer:** important for cleansing and detoxification of the liver, as toxins are often released from fat cells during weight loss.
- Bioavail:** Coenzyme Q 10 aids in weight loss, promotes cellular energy transfer, also protects heart, improves circulation and helps stabilize blood sugar.
- Signalcell AM:** promotes weight loss, improves metabolic transfer of energy, and helps preserve lean muscle mass, anti-aging effect, energy enhancement.
- Metaslim I:** drink a cup 30 minutes prior to eating to help reduce appetite and enhance the metabolism.
- Metaslim II:** enhances fat and sugar metabolism, use during or after meals.
- Rejoice:** an all natural fruit juice concentrate with essential vitamins, minerals and fiber to assist in fasting for 24 or 48 hours, often helpful to cleanse the system initially, or to “regain control” during weight loss regimen.