

Dr. Rashidi Nutritional Support Recommendations II

WEIGHT LOSS

Wellness Essentials for Women or Men

Convenience packs with the Multigenics and EPA-DHA
(Women's has Calapatite with Magnesium and E-Complex)
(Men's has Zinc AG, and Tribulus Men's herbal)

UltraMeal Medical Food: Use 1 or 2 times daily as meal replacement, blend 2 scoops with 8 oz of water, may add fruit or mix flavors for variety.

Ultra CLA: May help promote a healthy lean body mass, use 1-2 caps 3 times daily

Insinase: new patented formula to support healthy weight loss, glucose and insulin levels, and help regulate cravings and excess appetite. Use 1 tab 3 times daily

CoQ10 ST-100: Coenzyme Q 10 aids in weight loss, and energy production, also protects heart, improves circulation and helps stabilize blood sugar.

L-Carnitine with Chromium: helps with glucose regulation, reduces sugar craving, GTF improves glucose tolerance, helps with weight loss, aids in release and utilization of insulin, and improves fat burning

MetaLipoate: promotes weight loss, improves metabolic transfer of energy, helps preserve lean muscle mass, anti-aging effect, energy enhancement.