



Mitochondrial & Cellular Support

(Optional but Beneficial)

NAD+ precursors (NMN or NR)

- Support cellular energy

Carbon-infused MCT oils

- Metabolic and brain support

Omega-3 fatty acids

- Heart and anti-inflammatory benefits

Collagen + Vitamin C

- Support skin, joints, and healing



RegenLife

Lifestyle Foundations

Strength training

- 2–3x/week to protect lean mass and bone health.

Sleep

- 7–8 hours nightly for optimal recovery.

Mindful eating

- Small portions, chew slowly, avoid large drinks with meals to reduce nausea.

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GLP-1 Medication

Nutrition & Supplement Guidelines

GLP-1s are powerful tools for health and weight loss. Pairing them with **smart nutrition, supplements, and lifestyle habits** ensures you maintain energy, hormones, and muscle while achieving your goals.

Why Nutrition Matters

GLP-1 medications help reduce appetite and slow digestion. This supports weight loss and blood sugar control but can also increase the risk of:

- Low Protein Intake
- Vitamin/mineral deficiencies
- Loss of muscle mass

Optimizing your nutrition ensures you lose fat, not muscle — and keep your metabolism, energy, and healing strong.



Protein & Amino Acids: Protect Your Muscle

Target

1–1.2 g protein per kg body weight daily (more if active/older).

Best Sources

Lean meats, fish, eggs, Greek yogurt, cottage cheese, tofu, beans/lentils.

Essential Amino Acids (EAAs)

Daily supplements are recommended if eating less/skipping meals.

Tip

Spread protein evenly across meals (20–30 g each).



Micronutrients – Prevent Deficiencies

Key nutrients may be harder to get while on GLP-1 therapy:

- ✓ **Vitamin B12:** Monitor levels, supplement if low (sublingual or injection).
- ✓ **Vitamin D + K2:** For bones, immune function, hormones.
- ✓ **Magnesium:** Supports sleep, metabolism, and relaxation.

Gut & Metabolic Support

- ✓ **Fiber:** Aim for 20–30 g/day from vegetables, berries, chia, flax, or psyllium.
- ✓ **Hydration:** Aim for 2–3 liters/day. This helps prevent constipation.
- ✓ **Electrolytes:** Add sodium, potassium, magnesium if reduced food intake lowers intake.