

VITAMINS YOU SHOULD TAKE IF YOU ARE ON GLP-1 MEDICATIONS

DID YOU KNOW?

Glucagon-like peptide-1 (GLP-1) is a hormone that helps regulate blood sugar, appetite and digestion. Taking GLP-1 medications can sometimes lead to nutrient deficiencies, as these medications may affect the absorption of certain vitamins in the body. By taking the right supplements, you can help prevent any deficiencies and support your overall health and well-being.*

PROBIOTICS



Probiotics are known to help maintain a healthy balance of gut bacteria, which can be particularly beneficial when taking GLP-1 medications that may impact your digestive system. By incorporating probiotics into your routine, you can support digestion, boost your immune system, and possibly even enhance the effectiveness of your GLP-1 meds.*

VITAMIN D & CALCIUM

Vitamin D is crucial for maintaining strong bones, immune function and supporting overall well-being. When combined with GLP-1 meds, vitamin D can help optimize your body's response to the medications. Taking vitamin D can also help with bone density changes that can occur while losing weight, due to the effects of the GLP-1 medications.*



Calcium plays a vital role in maintaining strong bones and teeth. By supplementing with calcium, you can help counteract any potential loss of bone mass that may occur while on GLP-1 meds. Additionally, calcium is also essential for proper muscle function, nerve transmission, and blood clotting. Ensuring you have an adequate intake of calcium can contribute to your general well-being.*

OMEGA-3 & MAGNESIUM



Omega-3 Fatty Acids have anti-inflammatory properties that may complement the actions of GLP-1 meds and contribute to your overall well-being. Taking omega-3 can help support heart health, improve cognitive function and reduce inflammation in the body, which can enhance the effectiveness of your GLP-1 treatment. This is especially important for individuals with diabetes who are at a higher risk of heart-related complications.*

Magnesium is essential for many bodily functions, including regulating blood sugar levels and supporting nerve and muscle function. By ensuring an adequate magnesium intake, you may experience improved insulin sensitivity and better blood glucose control. Additionally, magnesium supports heart health by helping to lower blood pressure and reduce inflammation, which are important factors to consider alongside GLP-1 medications.*

VITAMIN B12

Vitamin B12 is important for nerve function and the production of red blood cells. GLP-1 medications may sometimes interfere with B12 absorption, so supplementing with this vitamin can help maintain your energy levels and support your nervous system function. Vitamin B12 plays a crucial role in converting food into energy, so ensuring you have enough of it while on GLP-1 meds can help you feel your best.*



By supplementing with these vitamins, you can help prevent nutrient deficiencies and maintain optimal health, while you are on GLP-1 medications.* Always talk to your health provider about the best vitamin supplement for you based on your individual needs and health goals.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.