

## Supplement Overview and Daily Essential: Ideal Salt

As part of the Ideal Protein Protocol, the following supplements have been designed to be taken by clients while on Phase 1: Weight Loss. These supplements were formulated to fill the nutritional gaps that result from the temporary restriction of carbohydrate-rich grains, legumes, nuts, fruits, dairy, and starchy vegetables, and to fulfill the nutritional requirements while in the state of nutritional ketosis.

### Multi-Vita + K2



### Supplement Facts

Serving Size 1 capsule □  
Servings per container 60

	Amount Per Serving	% Daily Value
Vitamin A (as 100% beta-carotene)	500 mcg EAR	60%
Vitamin C (as ascorbic acid)	50 mg	60%
Vitamin D (as cholecalciferol)	2 mcg	10%
Vitamin E (as d-alpha-tocopheryl acetate)	47 mg AT	310%
Thiamin (as thiamin mononitrate)	16 mg	1330%
Riboflavin (as riboflavin 5-phosphate)	3 mg	230%
Niacin (as niacinamide and nicotinic acid)	20 mg	130%
Vitamin B6 (as pyridoxine hydrochloride)	18 mg	1060%
Folate (as folic acid)	500 mcg	125%
Vitamin B12 (as cyanocobalamin)	67 mcg	2790%
Biotin	130 mcg	430%
Pantothenic acid (as calcium d-pantothenate)	65 mg	1300%
Vitamine K2 (as menaquinone 7)	50 mcg	42%

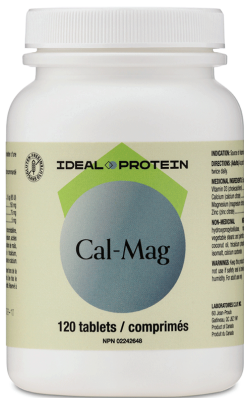
**Directions (adults):** As part of the Ideal Protein Protocol, recommend taking 1 capsule twice daily with food, a few hours before or after taking medication.

	Amount Per Serving	% Daily Value
Magnesium (as magnesium citrate)	21 mg	6%
Zinc (as zinc citrate)	2.5 mg	25%
Selenium (as selenium citrate)	50 mcg	90%
Calcium (as calcium citrate)	42 mg	4%
Iodine (as potassium iodide)	38 mcg	25%
Copper (as cupric citrate)	0.5 mg	60%
Manganese (as manganese citrate)	2.5 mg	110%
Chromium (as chromium citrate)	45 mcg	130%
Molybdenum (as molybdenum citrate)	50 mcg	110%
Potassium (as potassium citrate)	10 mg	0%
Choline (as choline bitartrate)	10 mg	*
Vanadium (as vanadium citrate)	50 µg	*

\*Daily Value not established

**Other ingredients:** Hypromellose, potassium acetate, maltodextrine, microcrystalline cellulose, magnesium stearate, silicon dioxide, corn starch, sodium ascorbate, medium chain triglycerides, sucrose, dl-alpha tocopherol, calcium silicate, gelatin (fish), arabic gum, sodium citrate, citric acid, modified food starch, corn oil, sunflower oil, candelilla wax, rosemary extract, purified water, tartaric acid. **Contains soy and fish.**

### Cal-Mag



### Supplement Facts

Serving Size 2 tablets  
Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	130 IU	33%
Calcium (as calcium citrate)	300 mg	30%
Magnesium (as magnesium citrate and magnesium oxide)	150 mg	38%
Zinc (as zinc citrate)	10 mg	67%

**DIRECTIONS (adults):** As part of the Ideal Protein Protocol, recommend taking 2 tablets twice daily.

**Other ingredients:** Microcrystalline cellulose, hydroxypropylcellulose, magnesium stearate, croscarmellose sodium, vegetable stearic and palmitic acids, hypromellose, fractionated coconut oil, isomalt, calcium carbonate, acacia gum, d-alpha-tocopherol, carnauba wax.

## Omega-3 Plus



### Supplement Facts

Serving Size 1 softgel  
Servings Per Container 60

Amount Per Serving	% Daily Value
Calories 10	
Total Fat 1 g	1%*
Omega-3 fatty acids (from fish, krill and squid oils) 940 mg	**
Eicosapentaenoic acid (EPA) 638 mg	**
Docosahexaenoic acid (DHA) 229 mg	**

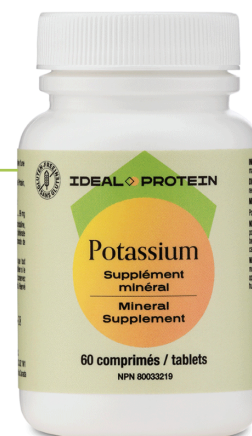
\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established

**DIRECTIONS (adults):** As part of the Ideal Protein Protocol, take 1 softgel twice daily.

**Other ingredients:** Gelatin capsule (gelatin, glycerin, purified water, caramel, carob), cranberry oil, flaxseed oil, borage oil, natural flavor, d-alpha tocopherol, ascorbyl palmitate, mixed tocopherols, soybean oil.

**Contains Crustacean Shellfish (krill).**



## Potassium

### Supplement Facts

Serving Size 1 tablet

	Amount Per Serving	% Daily Value
Potassium (as potassium citrate)	99 mg	2 %

**DIRECTIONS (adults):** As part of the Ideal Protein Protocol, take 1 tablet daily.

**Other ingredients:** Microcrystalline cellulose, glyceryl behenate, povidone, pregelatinized starch, magnesium stearate, silicon dioxide, hypromellose, calcium carbonate, isomalt, medium chain triglycerides.

## Daily Essential: Ideal Salt



### Nutrition Facts

280 servings per container  
Serving size 1/4 tsp (1.3g)

Amount per serving  
**Calories 0**

	% Daily Value*
Total Fat 0g	0%
Sodium 250mg	11%
Total Carbohydrate 0g	0%
Protein 0g	
Potassium 330mg	8%
Iodine 100mcg	70%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium or iron.

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Phase 1 of the Ideal Protein Protocol lowers circulating insulin levels and shifts the body into a ketogenic ("fat burning") state. This requires additional dietary sodium be consumed.

On Phase 1 of the Ideal Protein Protocol potassium-rich foods like fruits, nuts, avocado, grains, and legumes are temporarily restricted due to their carbohydrate content. To partially compensate for this reduction in dietary potassium, the Ideal Salt is a blend of 250 mg of sodium and 330 mg of potassium per 1/4 tsp. Clients are instructed to take 1/4 tsp per day.

Please inform the client's coach if the client should not use Ideal Salt due to the potassium content. When clients cannot consume potassium, 1/2 tsp of sea salt is used instead.

**DIRECTIONS (adults):** As part of the Ideal Protein Protocol, take 1 tsp daily.

**Ingredients:** Sea salt, potassium chloride, calcium silicate, magnesium carbonate, anhydrous dextrose, potassium iodide.

If you have any questions about the Ideal Protein Protocol, Products, or Supplements as it relates to your patient's health conditions and/or medications, please contact the Ideal Protein Scientific Support Centre at [ssc@idealprotein.com](mailto:ssc@idealprotein.com).