

Nutrition: Minerals & Proteins

Eating less food on any weight-loss program will reduce your intake of proteins, minerals, & water. We recommend taking supplements to maintain your health & energy, avoid sickness & disease, increase longevity, and improve skin, bones, hair, & nails. Also see our **How to Eat on Weight-Loss Medicines**.

What to do.

1. Continuous measurement of your protein-, mineral-, body-water levels & overall nutrition.

- ☐ We recommend you use a smart body-scale that measures your protein, mineral, & body-water levels and if they are below, within, or exceed acceptable levels for your body composition.
- ☐ During your ongoing Consults with use, we encourage you to inform us of your protein, mineral, and body-water measures, and your current supplementation so that we can provide you with recommendations and coaching on appropriate supplements including those below.

2. Add electrolyte powders to your water.

- ☐ We recommend you add electrolyte powder (with at least magnesium, calcium, & potassium) to your water to increase your water *and* mineral intake. See our recommended products below.

3. Specific recommended supplements.

Below is a list of specific supplements we recommend. Download then click on each link to see a product. Add one or two supplements each 2-3 days to determine your body's acceptance. Also, start with half-doses and increase to recommended doses over 1-2 weeks. Rotate their use. For example, take for 3-4 months, then off for 1 month. Read all labels. Check for redundancies. Discuss your reactions to these and other supplements with us during your Monthly Consults.

Minerals

[Electrolyte Powder #1](#): By far our favorite. Best ingredients, mix, taste, low sweetness, and price.

[Electrolyte Powder](#): Popular. For hydration (body-water) & trace minerals (magnesium, calcium, potassium).

[Multi-Vitamin, Multi-Mineral](#). For daily vitamins and minerals, immune support, energy, & health.

[Magnesium L-Threonate](#): For improved memory, cognition, and mood.

[Magnesium Citrate](#): For stress, sleep, relaxation, bones, teeth, muscles, & nerves.

[Potassium & Magnesium](#): For blood pressure, blood circulation, and cardiovascular health.

[Trace Minerals](#): Small levels of zinc, copper, manganese, boron for immune system, bones, & joints.

[Fish oil](#): Improve heart, brain, eyes, & mood.

Proteins (and other)

[Collagen Powder](#) (with Biotin, Vitamin C & Hyaluronic Acid): To nourish hair, skin, nails, joints, & bones.

[Whey Protein Powder](#): To increase your protein levels, energy, & muscle-growth.

[Vegan Protein Powder](#) (pea protein): To increase your protein levels, energy, & muscle-growth.

[Creatine Monohydrate](#): For energy, strength, muscle-size, endurance, recovery.

[Organic Super Seeds](#): For nutrition and digestion.

[Prewrite Powder](#): For energy, strength, endurance, & performance.

[Post Workout Powder](#): Increase muscle-building and muscle-recovery & repair.

[Senolytic Activity](#) (flavonoids, fisetin, & quercetin): Immune & cellular support, anti-aging, longevity.

[Plant-based Sweetener](#) (stevia & monk fruit): To add sweetness to foods with lower carbs & calories.

[Probiotic Gummies](#): For digestive & immune health. Also, cognition & mood.

[Heartburn & Gas Relief Chews](#): Fast heartburn, acid indigestion, gas & sour stomach relief.