## Dr. Cederquist’s Approach

### Step 1: Micronutrients & Sleep

Many of my patients have low levels of several nutrients — often magnesium, vitamin B12, and vitamin D. Repleting these nutrients makes a difference in their quality of life.†

Sleep is also incredibly important for healthy weight management.† As an initial intervention, I often recommend a low dose of melatonin to support the body’s natural sleep cycle.‡

In a 26-week randomized, double-blind, placebo-controlled study, a simple multivitamin significantly supported healthy weight, lipid profile and energy expenditure with no change in diet or exercise habits.††

In several studies, adequate sleep (7-8 hrs.) has been associated with healthy weight, satiety and dietary choices.‡2

### SCIENTIFIC RESEARCH

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### Addtional support based on lab results:

- **B12 Liquid (as either methyl or adenosyl/hydroxycobalamin)**
  - Order Codes: B12L/AHBL

- **Vitamin D3 Liquid or Capsule**
  - Order Code: VDL/VD16

- **Magnesium (glycinate)**
  - Order Code: MG9

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### Step 2: Adequate Protein & Fiber

A higher-protein diet is particularly helpful, especially when combined with adequate fiber. I generally recommend between 100 to 140 grams of protein per day, depending on gender and medical conditions, along with two servings of fruit and at least three servings of vegetables.†

Reduced-calorie diets that are higher in protein have repeatedly been associated with healthy weight management,† satiety and body composition.‡3

### SCIENTIFIC RESEARCH

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### ADDITIONAL SUPPORT

- **PureLean® Protein or PureLean® Whey**
  - Order Codes: PLPV6/PLW4

- **PureLean® Fiber**
  - Order Code: PLFX3

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### Step 3: Glucose & Lipid Metabolism

By comparing hundreds of test results, I discovered that 90% of my patients need support for glucose metabolism, either clinically or sub-clinically. I use Metabolic Xtra — one of my favorite products — to support both healthy glucose and lipid metabolism.†

Weight can influence glucose and lipid metabolism. Research suggests that support for these two objectives can contribute to healthy weight management and cardiovascular function.‡4-6

### SCIENTIFIC RESEARCH

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### ADDITIONAL SUPPORT

- **Metabolic Xtra**
  - Order Code: MX29

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Available for download at [PureEncapsulations.com/purelean](http://PureEncapsulations.com/purelean)

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