




Medical Weight Loss Support Protocol[‡]

DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS



This protocol includes product recommendations for nutritional options to support common adverse events during and/or post medical weight loss programs, including use of GLP-1/semaglutide medications.[‡]

FOUNDATIONAL SUPPORT

DIET 	EXERCISE 	LIFESTYLE 
<ul style="list-style-type: none"> • Mediterranean Diet • Recommended protein intake: Adults with obesity during weight reduction: >60-70 g/day and up to 1.5 g/kg/day • Recommended fiber intake: Women: 21-25 g/day Men: 30-38 g/day • Recommended fluid intake: Consumption of 2.5-4 L/day 	<ul style="list-style-type: none"> • Moderate aerobic exercise for a minimum of 30 minutes, 5 days/week • 2-3 days of resistance training/week 	<ul style="list-style-type: none"> • Adequate sleep of 8-9 hours/night • Stress management • Behavior modification counseling

Maintaining these habits after drug discontinuation will minimize weight rebound.

OVERALL HEALTH AND DAILY WELL-BEING [‡]			
CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Micronutrient Needs	Dietary assessment	<p>O.N.E.™ Multivitamin (Order Code: ONE1/ONE3/ONE6)</p> <p>Getting essential nutrients has never been easier. Our O.N.E.™ multivitamin offers nutrients you may be missing due to decreased food intake in a convenient, one-capsule-per-day dose.[‡]</p>	1 capsule daily, with a meal
	Dietary assessment and/or Omega-3 Index	<p>O.N.E.™ Omega (Order Code: ONO3/ONO6)</p> <p>O.N.E.™ Omega delivers a once-daily dose of 1,000 mg of triglyceride-form EPA/DHA per softgel. It supports the natural resolution of the inflammatory process, joint and connective tissue integrity and cardiovascular health.[‡]</p>	1 capsule daily, with a meal
	25-hydroxy vitamin D	<p>Vitamin D₃ 125 mcg (5,000 IU) (Order Code: VD51/VD52/VD56)</p> <p>Vitamin D helps the body absorb calcium and phosphorus from food, while reducing the amount of calcium lost in urine. This is essential for keeping calcium levels balanced and supporting strong healthy bones.[‡]</p>	1 capsule daily, with a meal

[‡]Not all inflammation is associated with disease states. The body's inflammation response to life's occasional, normal stressors is important for optimal health.

[‡]This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.




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FOCUSED SUPPORT

The products below help manage common adverse physiological events associated with GLP-1 receptor agonists, including semaglutide. Choose from the options listed below:†

TO BE USED DURING MEDICAL WEIGHT LOSS PROGRAM			
CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Gastrointestinal Motility	Prolonged postprandial fullness, bloating, nausea and/or epigastric discomfort	<p>MotilPro (Order Code: MOP1)</p> <p>MotilPro offers advanced gut signaling support for serotonergic and cholinergic function allowing for healthy gut motility.†</p>	3 capsules, 1-2 times daily, between meals
Lean Mass Preservation	Bio-impedance analysis or visual inspection of muscle mass	<p>PureLean® Protein (Order Code: PLPV6)</p> <p>PureLean® Protein is a vegetarian protein that includes peptides, omega-3 fatty acids, antioxidants and a comprehensive multivitamin/mineral complex to fuel and preserve muscle composition. It also contains DNF-10 which assists in reducing the release of the “hungry hormone”, ghrelin. This can help promote satiety and support healthy weight management.†</p>	1 scoop daily
		<p> Muscle Protect with HMB (Order Code: 57737P-275X)</p> <p>Muscle Protect with HMB offers a great-tasting, leucine-rich blend of essential amino acids combined with HMB®, vitamin D₃ and glutamine for preserving healthy muscle mass and function.†</p>	Adults take 1 scoop, 1-2 times daily dissolved in 8-10 oz of water or another beverage
Hydration	Low fluid intake Loss of >2% of body weight in 24 hours Strenuous or prolonged exercise Self-reported fatigue during physical activity	<p>Electrolyte/Energy Formula (Order Code: EEF3)</p> <p>The loss of sodium, potassium, chloride, calcium and magnesium during exercise can lead to fatigue, fluid loss and muscle cramps. With just one scoop per day, Electrolyte/Energy Formula supports hydration, stamina and electrolyte repletion.†</p>	1 scoop daily
Beauty, Appearance	Self-reported assessment	<p>Astaxanthin (Order Code: AST1/AST6)</p> <p>Astaxanthin helps support the skin’s natural antioxidant defenses to protect from free radical damage due to sun exposure and may support joint function and comfort after strenuous exercise.†</p>	1 capsule, 1-3 times daily, with meals
		<p>Biotin Complex Hair & Skin (Order Code: BCHS6)</p> <p>Our clinically researched Biotin Complex Hair & Skin formula reduces the appearance of fine lines, support collagen integrity and encourage hair growth and volume.†</p>	1 capsule daily, with a meal
		<p>Hyaluronic Acid (Order Code: HYA1/HYA6)</p> <p>Our Hyaluronic Acid formula supports skin hydration, healthy skin turnover and joint lubrication and comfort.†</p>	1 capsule, 1-2 times daily, with or between meals

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FOCUSED SUPPORT (CONTINUED)

TO BE USED DURING MEDICAL WEIGHT LOSS PROGRAM			
CLINICAL OBJECTIVE [†]	ASSESSMENT	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Gut Health	Stool test: commensal microbiota balance and/or short chain fatty acids quantity	<p>Probiotic 50B (Order Code: PR56)</p> <p>Probiotic 50B is a multi-strain probiotic offered in an acid-resistant capsule with pH targeted release that offers 50 billion colony forming units (CFU) of 7 probiotic strains to promote a healthy microbiome and supports GI and immune health.[†]</p>	1 capsule daily, with or between meals
	Malabsorption: self-reported postprandial GI symptoms	<p>PureLean® Fiber (Order Code: PLFX3)</p> <p>PureLean® Fiber is a powdered blend of fiber and prebiotics that promotes satiety, nutrient absorption, bowel regularity, a balance of healthy microflora and blood sugar.[†]</p>	1 serving (2 scoops), 1-3 times daily, mixed with a beverage

TO BE USED POST MEDICAL WEIGHT LOSS PROGRAM			
CLINICAL OBJECTIVE [†]	ASSESSMENT	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Support Glycemic Control After Drug Discontinuation	Fasting glucose HbA1c Insulin Sensitivity	<p>Berberine UltraSorb™ (Order Code: BUS6)</p> <p>Our Berberine UltraSorb™ is 4x more bioavailable than a standard berberine formula and supports glucose metabolism and cardiometabolic health.[†]</p>	1 capsule, 1-2 times daily, with or between meals

Available for download at PureEncapsulationsPro.com/Protocols

[†]Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise

All assessments may not be necessary. Testing should be performed at the discretion of the healthcare provider.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. These recommendations are not intended to act as therapeutic adjuvants or augment a particular therapy or drug action. This information is not a substitute for medical, diagnostic, treatment, or other professional advice or the independent clinical judgement of a health care professional.

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