

Provider's Name: _____

Pin#: NDS-10376

Protocol for Weight Loss

The key to long-term weight-loss is a healthy diet and moderate exercise program. Several supplements can help support this goal.

The following nutrients are recommended for weight loss:

- **Chromium Synergy (300 mg)**- Designs for Health (DFH-CHR090)/90 Caps
Dosage: One capsule twice per day
Helps stabilize blood sugar levels and reduce cravings.
- **Green Tea Extract (150 mg)** polyphenols- Gaia Herbs (GAI-90P35060/60 Softgels
Dosage: Two capsules in AM and 2 capsules in early afternoon
Contains caffeine. Green tea extract helps to increase metabolism, making it easier to burn fat. Effective when combined with exercise.
- **Hoodia (30 mg)**- Cardiovascular Research (CVR-HOODIA)/60 Caps
Dosage: Two capsules twice daily
Hoodia is an herb that is effective in suppressing appetite. Effective when combined with healthy food choices.
- **Relora Plex**- Douglas Labs (DOU-98739-60X) 60 Veg. Caps
Dosage: Two caps daily
Relora Plex helps balance elevated cortisol levels due to excess stress. High cortisol levels are related to increased weight, particularly in the truncal region.

** There are no potential drug interactions to report with the use of these supplements. **

We have some items available for purchase in the office; if ordering online a shipping fee will apply.

Supplements are offered to our patients with the understanding that they are part of an uncovered treatment plan. All supplements will be sold to the individual patient; we will not submit to any insurance.