

dietitian cassie's GUIDE TO *supplements*

Use the code **BOOKBONUS** for a special discount when you order your Women's Daily Essentials or Men's Daily Essentials to get on track with your weight loss!



ProbioVive™ Probiotics: Probiotics are good bacteria that are essential for a healthy gut. A common misunderstanding is that probiotics are only for digestion, but your metabolism and gut are strongly connected. When you're not absorbing nutrients from food, you won't get the weight loss results you want. Since the intestinal tract gets compromised regularly from stress, sickness and environmental toxins, everyone can benefit from supplementing with probiotics. My general recommendation for weight loss is one ProbioVive™ Probiotic capsule 15-30 minutes before each meal.



Pure Glutacaps™: L-Glutamine is an amino acid that plays a vital role in rebuilding and repairing the structural integrity of your digestive tract. It works with probiotics to promote nutrient absorption while reducing inflammation so that your body can focus on shedding pounds instead of healing inflammation. Bonuses: it wards off sugar cravings and is a precursor for your feel-good brain chemicals, too! My general recommendation for weight loss is two to three Pure Glutacaps™, 15 minutes before meals.



Pure Magnesium: Magnesium is an important mineral—involved in over 300 different processes in the body, making it essential for weight loss—and most of us are deficient in it. Due to deterioration of soil minerals over the years, our food has less and less magnesium to offer. My general recommendation for weight loss is two Pure Magnesium tablets two to three times daily, with or without food.

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Pure Fish Oil: Fish oil specifically targets and reduces inflammation with the omega-3 fatty acids it provides. Pure Fish Oil is a concentrated fish oil supplement that calms inflammation so your body can focus on shedding pounds. You can eat a lot of fish and still not get enough omega-3 for weight loss to happen at the rate you want it to. My general recommendation for weight loss is two Pure Fish Oil softgels 3 times per day with food. You may increase that number for additional support for achy joints, foggy memory and sore muscles.



Pure Vitamin D: We now know that vitamin D is much more than calcium's co-pilot—it's a metabolism and weight loss essential! When your vitamin D status is below the ideal range of 0-80 ng/ml, you're more likely to have a slow metabolism and difficulty losing weight. My general recommendation for weight loss is one Pure Vitamin D 5,000IU tablet per day, with or without food, and if you know your vitamin D level is low, increase to two-three tablets per day until it reaches at least 50 ng/ml.



MultiVive™ Multivitamin: Multivitamins are a lot more than just "insurance" to cover nutrients missing from our food. If your body isn't getting the daily vitamins and minerals it needs, it will be too focused on remedying those deficiencies to focus on metabolism. MultiVive™ plays a critical role in helping your metabolism work more efficiently, thus supporting weight loss. My general recommendation for weight loss is two MultiVive™ capsules per day, taken together or apart, with or without food.

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The **Women's** Daily Essentials Bundle includes EVERYTHING on pages 1 and 2, PLUS...

SynerVive™: Every female can benefit from a daily dose of SynerVive™, a highly effective, estrogen-balancing supplement for healthy hormonal balance. SynerVive™ promotes hormone balance by featuring targeted nutrients that support healthy estrogen metabolism and detoxification. It doesn't contain any synthetic hormones, and instead helps your body balance its estrogen levels naturally. It can provide significant relief for women with hormone-related health issues, and may result in improvement of premenstrual syndrome, perimenopause and menopausal symptoms. Many women experience sugar cravings in relation to their hormonal cycle, due to the swings that are a natural part of the process, and consuming more sugar can of course be detrimental to your weight loss goal. SynerVive™ helps your body metabolize excess estrogen while supporting hormone regulation, which can help control cravings. My general recommendation is two SynerVive™ tablets in the morning and two tablets at night, with or without food, daily.



SynerVive Protein™: I love using protein powders and many of my clients do, too. I created this rice-based protein powder to further support hormonal balance in women, and we see excellent weight loss results when it's taken in conjunction with the SynerVive™ tablets. My general recommendation is two SynerVive Protein™ scoops blended into 8 ounces of liquid, one to two times per day. During the menstrual cycle, I recommend three SynerVive Protein™ scoops, three times per day.

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The **Men's** Daily Essentials Bundle includes EVERYTHING on pages 1 and 2, PLUS...

TestraVive™: Hands down, this is my best recommendation for supporting testosterone balance which promotes weight loss in men. TestraVive™ can assist with weight gain issues, fertility, enhancing sex drive, and reducing the risk of prostate problems and disease, too. For weight loss, my general recommendation is two TestraVive™ tablets per day, together or apart, with or without food.



CoQ10Vive™: This antioxidant boosts metabolism provides energy, and helps support heart health, and general wellness. CoQ10 has potent antioxidant properties and cell membrane stabilizing effects and may help maintain healthy blood pressure already in the normal range. My general recommendation for weight loss is one CoQ10Vive™ softgel per day, with or without food. You can bump it up to two or three if you're taking it specifically for energy levels and don't experience a noticeable difference taking one soft gel.

Remember, quality counts!

Be sure you're not taking any ol' supplements as they can cause more harm than good if they aren't high quality (the opposite of what we're trying to achieve!).



All VeroVive™ brand supplements are available exclusively in the [Real Food Vitamins Store](#).