



# WEIGHT PROTOCOL



**WELLTRIM® IG (IGOB131®) AFRICAN MANGO EXTRACT:** Supports body weight and waist circumference as well as plasma total cholesterol levels, LDL cholesterol, metabolic function, adiponectin and, perhaps most importantly, C-reactive protein.\* Healthy CRP levels can ultimately support healthy leptin levels.\*



**WHITE KIDNEY BEAN (BEANBLOCK®):** Beanblock® contains an active ingredient, Alpha-amylase inhibitor isoform 1 (Alpha-AI1), that targets certain enzymatic activity which can lead to the breakdown and absorption of specific macronutrients such as starch. Affecting starch absorption can support healthy metabolic processes and satiety.\*



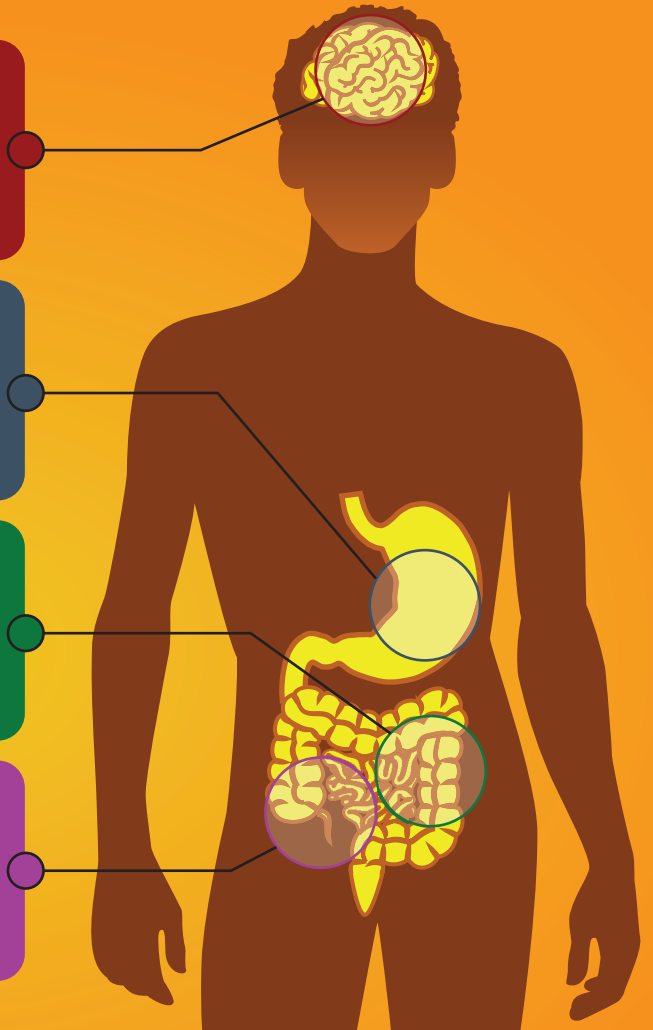
**GREEN COFFEE BEAN:** Supports healthy levels of glucose-6-phosphate, which is responsible for converting glycogen into glucose.\*

Source: J Agric Food Chem. 2010 Apr 14;58(7):4141-4



**GREEN TEA PHYTOSOME®:** Supports genetic signaling associated with Adiponectin and healthy fat accumulation by supporting lipolysis within adipocytes.\*

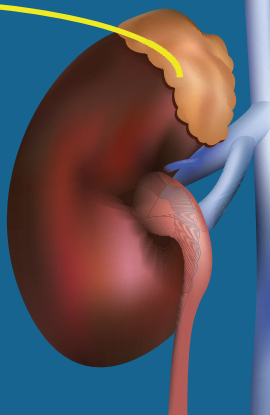
Source: Di Pierro F., et al., Alternative Medicine Review. Volume 14, Number 2 (2009)



## CORTISOL/ DHEA RATIO

### HEALTHY RATIO=

- Healthy levels of abdominal adiposity
- Healthy levels of T4 to T3 conversion (T3 is one of the body's most powerful metabolic hormones, 5x more potent than its precursor T4)



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**A•D•K** ▶ SUPPORTS HEALTHY OSTEOCALCIN

↪ SUPPORTS ◀ METABOLISM  
INSULIN SENSITIVITY  
VISCERAL FAT

### OTHER SYSTEMS:

THYROID



ADRENAL



DETOX



DIGESTIVE



METABOLIC



**PRIMARY SUPPORT**

**A•D•K**  
**Adipo-Leptin Benefits™**  
**Right Whey™**  
**DIM® Plex**

All weight management programs should include a multivitamin (Metabolic Multi or Daily Best™ Ultra)

**A•D•K:** 1 capsule daily  
**Mango-Plex:** 1 capsule twice daily before a meal  
**Right Whey™:** 1 scoop daily  
**DIM® Plex:** 2-4 capsules daily  
 (if additional DIM is necessary, consider DIM Pro or DIM Pro 150)

**SECONDARY SUPPORT**

**Lean Benefits™**  
**Citrin Plus**  
**Thermo-Set®**

**Lean Benefits™:** 1-2 capsules for 60 days and reassess to determine ongoing need  
**Citrin Plus:** 1-2 capsules daily and reassess to determine ongoing need  
**Thermo-Set®:** 2-3 capsules daily (use this product if there is adrenal involvement)

**Gluco Benefits™**  
**Cortisol Benefits™ or**  
**Adrenal Benefits™**

**POSSIBLY CONSIDER A DETOXIFICATION PROTOCOL**

**Gluco Benefits™:** 3 capsules daily  
**Cortisol Benefits™ or**  
**Adrenal Benefits™** 2 capsules daily

**WEIGHT MANAGEMENT ENCOMPASSES NOT ONLY SUPPLEMENTS, BUT ALSO THE FOLLOWING:**

- The right foods for the patient's metabolic type
- Identifying any potential food sensitivities
- Hormonal balance
- Movement
- Need for detoxification

**CONSIDER THESE TESTS TO PROVIDE THE BEST SUPPORT FOR WEIGHT HEALTH:**



- Basic
- CBC
- CMP
- Lipid Panel
- Thyroid Panel
- Adrenal Stress Index

*Annalisa Behling, PhD*



*"Counteract rising cortisol levels during times of elevated stress by decreasing coffee intake. Caffeine stimulates the production of cortisol and facilitates greater levels of belly fat."*