



## Supplement Overview

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The four supplements required as part of the Ideal Protein Weight Loss Method have been formulated specifically to ensure that the Dieter receives the minimum daily-recommended amounts of essential nutrients based on reference daily intake (RDA) guidelines for a typically healthy person age 19 to 50.

As with the amount of protein in our protocol, it must be stressed that these are the minimum amounts required by the body daily and that there is not any amount of nutrient (macro or micro) that would be considered a high dose or hyper amount. Occasionally, a Dieter may need additional supplementation (due to age or particular medical condition) and that should be addressed under the guidance of his or her healthcare practitioner.

These supplements are given merely to make up any shortcomings the Dieter may experience while temporarily omitting certain food groups (i.e. fruits, dairy products, grains, root vegetables and legumes) from their daily meals while on the weight loss phases of the Ideal Protein Weight Loss Method.

### NATURA CAL-MAG (REQUIRED)

Dosage: 4 tablets daily  
Tablets per container: 120

#### Ingredients (4 tablets)

Vitamin D (as cholecalciferol)	260 IU	66%
Calcium (as calcium citrate)	600 mg	60%
Magnesium (as magnesium citrate)	300 mg	76%
Zinc (as zinc)	20 mg	134%

#### Other Ingredients

Microcrystalline cellulose, hydroxypropylcellulose, magnesium stearate, croscarmellose sodium, vegetable stearic and palmitic acids, hypromellose, titanium dioxide, polydextrose, talc, maltodextrin, medium chain triglycerides, sucrose, corn starch, gum arabic, coconut oil, tricalcium phosphate, dl-alpha-tocopherol.

#### CALCIUM

**694 mg of elemental calcium is supplied by the daily dosage of our two supplements.**

600 mg in the form of calcium citrate comes from the Cal-Mag.

94 mg as calcium citrate and calcium d-pantothenate is supplied in the Multi-Vita.

If a person were to have three servings of high calcium foods per day they would be receiving about 900 mg of elemental calcium. A glass of 230 ml (8 oz) of whole milk provides about 291 mg, skim milk about 302 and 2% and 1%, 297 and 300 mg respectively.

A 230 ml (8 oz) glass of calcium fortified orange juice contains roughly the same (about 300 mg). Cheeses average about 175 mg per serving (147 mg for mozzarella and roughly 200 mg for cheddar). Also, 230 ml (8 oz) of yogurt yield about 300 mg and a cup of ice cream supplies around 160 mg<sup>1</sup>.

<sup>1</sup> <http://www.drugs.com/> (2000-2013)



People on the Ideal Protein Weight Loss Method will not be eating these foods (while on the weight loss phases), therefore it is necessary to supplement them with the calcium that they would be getting from these everyday commonly consumed foods.

Ideal Protein Dieters are consuming four cups of vegetables, two green salads and one serving of a whole protein food (meat, fish or seafood) per day. These foods will amply supply the remaining calcium and ensure our program adheres to the US RDA and Canadian RNI guidelines.

## MAGNESIUM

**342 mg of elemental magnesium is supplied by the daily dosage of our two supplements.**

300 mg in the form of magnesium citrate comes from the Cal-Mag.

42 mg in the same form comes from our Multi-Vita vitamin.

US guidelines recommend adult women to receive 320 mg daily (more if pregnant) and men to receive 420 mg<sup>2</sup>.

Most common dietary sources of magnesium are nuts, legumes, cereals and grains, dairy products and dark green leafy vegetables. With the exception of the last, these foods will not be consumed during our weight loss phases, hence the need for supplementation.

## NATURA POTASSIUM (REQUIRED)

### Potassium

Dosage: 1 tablet daily

Tablets per container: 60

### Ingredients

Potassium (potassium citrate)	99 mg	3%
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### Other Ingredients

Microcrystalline cellulose, glyceryl behenate, polyvinylpyrrolidone, pregelatinized starch, magnesium stearate, silicon dioxide, hypromellose, titanium dioxide, polyethylene glycol, polysorbate 80.

**449 mg of elemental potassium is supplied in the daily dosage of three of our products.**

330 mg are supplied by ¼ teaspoon (1.3 g) of the Ideal Salt.

20 mg in the form of potassium citrate comes from the Multi-Vita.

99 mg in the form of potassium citrate comes from the Potassium.

A healthy adult usually loses about 2,000 mg of potassium per day (via urine, perspiration and feces) and generally accepted guidelines recommend replacing that amount daily through our foods. These folks could easily take in twice that amount with no ill effects and athletes or people involved in strenuous activity will normally supplement to avoid becoming hypokalemic due to increase potassium loss through excessive perspiration. Current USDA recommendations suggest adults should strive for between 3,500 to 4,500 mg per day.

<sup>2</sup> Office of Dietary Supplements. National Institutes of Health. <http://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional> (2013).



Again, the Ideal Protein Weight Loss Method focuses on the minimum daily requirements. Since we are not consuming some food groups, which are common sources of the daily potassium requirement (i.e. root vegetables, fruit, dairy and grains), we must supplement while on the weight loss phases of the program.

Certain conditions and medications, particularly some diuretics (water pills) can cause the retention of potassium. If you are not sure about your medications, please check with your healthcare practitioner. Clinics may contact the Scientific Support Center for additional guidelines. If your Dieter's physician has him/her on a potassium restricted diet, then you would suggest him/her to use Redmond's sea salt instead of the Ideal Salt during his/her Ideal Protein Weight Loss Method.

### NATURA MULTI-VITA (REQUIRED)

Dosage: 2 capsules daily  
Capsules per container: 60

#### Ingredients

Vitamin A (as 100% beta-carotene)	3340 IU	66%
Vitamin C (as ascorbic acid)	100 mg	166%
Vitamin D (as cholecalciferol)	160 IU	40%
Vitamin E (as d-alpha-tocopheryl acetate)	140 IU	468%
Thiamine (as thiamine mononitrate)	36 mg	2140%
Riboflavin (as riboflavin 5-phosphate)	6 mg	352%
Niacin (as niacinamide and nicotinic acid)	40 mg	200%
Vitamin B6 (as pyridoxine hydrochloride)	36 mg	1806%
Folate (as folic acid)	1000 mg	250%
Vitamin B12 (cyanocobalamin)	134 ug	2234%
Biotine	260 ug	86%
Pantothenic acid (as calcium d-pantothenate)	130 mg	1300%
Calcium (as calcium citrate and calcium d-pantothenate)	94 mg	10%
Iodine (as potassium iodide)	76 ug	50%
Magnesium (as magnesium citrate)	42 mg	10%
Zinc (as zinc citrate)	5 mg	34%
Selenium (as selenium citrate)	100 ug	142%
Copper (as cupric acid)	1 mg	50%
Manganese (as manganese citrate)	5 mg	250%
Chromium (as chromium citrate)	90 ug	76%
Molybdenum (as molybdenum citrate)	100 ug	134%
Potassium (as potassium citrate)	20 mg	<2%
Choline (as choline citrate)	20 mg	
Vanadium (as vanadium citrate)	100 ug	

#### Other Ingredients

Hypromellose, maltodextrin, Microcrystalline cellulose, magnesium stearate, silicon dioxide, calcium silicate gelatin, cellulose, sodium citrate, citric acid, modified food starch, corn starch, corn oil, sodium ascorbate, sucrose, gum



### IDEAL SALT (REQUIRED)

Serving size: 1.3 g (¼ teaspoonful)

Servings per container: 269

Container: 350 g (12.3 oz)

**Ingredients** 1.3 g (¼ tablespoon) provides:

Sodium (as sodium chloride)	250 mg	10%
Potassium (as potassium chloride)	330 mg	9 %

#### Other Ingredients

Sea salt, potassium chloride, calcium silicate, magnesium carbonate, sugar, potassium iodide.

**NOTE:** If on potassium restricted diet, use Redmond's Salt.

### OMEGA-3 PLUS (REQUIRED)

Dosage: 2 softgels one time a day at dinnertime

Softgels per container: 60

**Ingredients** (per softgel)

Omega-3 fatty acids (from fish and krill oils) 1680 mg

#### Eicosapentaenoic acid (EPA)

**1154 mg**

Fish oil (anchovy, sardines, mackerel, tuna) 1128 mg

Krill oil 26 mg

#### Docosahezaenoic acid (DHA)

**526 mg**

Fish oil (anchovy, sardines, mackerel, tuna) 514 mg

Krill oil 12 mg

#### Other Ingredients

Gelatin, glycerin, water, natural flavor, carob, caramel color, mixed tocopherols, ascorbyl palmitate, rosemary oleoresin extract.

**Contains fish (anchovy, sardines, mackerel and tuna) and crustacean (krill).**

**NOTE:** The Ideal Protein Weight Loss Method is a low fat diet. However, while Dieters are on the weight loss phases of the method, it is necessary to ensure an adequate daily intake of essential fatty acids. To achieve the daily requirement, Dieters should use 2 teaspoons of olive oil daily in their food (while cooking meals or on salads) and take 2 Omega-3 Plus softgels daily at dinnertime.

For more details on our Omega-3 Plus supplement, please read the Omega-3 Plus document found on our Client Library, Micronutrition section.



### ENZYMES (RECOMMENDED)

Dosage: 1 capsule, 3 times a day with meals  
Capsules per container: 60

#### Ingredients (per capsule)

Papaya leaf powder	75.0 mg
Ginger rhizome powder	60.0 mg
Fenugreek seed powder	50.0 mg
Protease 4.5 powder (15,000 HUT)	30.0 mg
Amylase powder (2,500 DU)	25.0 mg
Invertase powder (200 SU)	20.0 mg
Protease 6.0 powder (8,000 HUT)	16.0 mg
Glucoamylase powder (5 AGU)	11.1 mg
Protease 3.0 powder (10 SAPU)	9.3 mg
Alpha-galactosidase powder (125 GalU)	8.3 mg
Peptidase power (2,000 HUT)	8.0 mg
Lipase powder (375 FIP)	7.5 mg
Diastase powder (200 DP)	7.4 mg
Cellulase powder (300 CU)	3.8 mg
Lactase powder (100 ALU)	1.0 mg

#### Other Ingredients

Rice bran, hypromellose, water.

Enzymes help the body's digestive system to function more efficiently by facilitating the breakdown of large macromolecules into smaller, more readily absorbable particles. Dieters with digestive issues (constipation, bloating, cramps and/or gas) may find their symptoms improve after using the enzymes. Enzymes should be taken daily immediately before a meal.

### NATURA ANTI-OXY (RECOMMENDED)

Dosage: 1 capsule, 1 to 2 times daily.  
Capsules per container: 60

#### Ingredients (per capsule)

Green tea leaf extract powder (50% polyphenols)	100 mg
Alpha lipoic acid	75 mg
Turmeric root extract powder (95% curcumin)	50 mg
Bilberry fruit extract powder (4:1)	50 mg
Bilberry fruit extract powder (25% anthocyanins)	25 mg
Grape seed extract powder (85% polyphenols)	15 mg
Lycopene (10%)	2.5 mg

#### Other Ingredients

Calcium phosphate, gelatin, silicon dioxide, magnesium stearate, modified corn starch, glucose syrup, dl-alpha-tocopherol, sodium ascorbate, water, maltodextrin, gum arabic.