



Supplement Overview

Contributed by Michael P. Ciell, RPh, Chief Science Officer

The four supplements required as part of the Ideal Protein Protocol have been formulated specifically to ensure that the patient or client 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 patient or client 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 patient or client 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 Protocol.

NATURA CAL-MAG (REQUIRED)

Natura Cal-Mag Soft Chews

Dosage: 2 chews daily
Chews per bag: 60

Supplement Facts (2 chews):

Calories	30	
Total Carbohydrate	600mg	2%*
Sugar Alcohol	400mg	**
Vitamin D (as cholecalciferol)	260 IU	66%
Calcium (as calcium citrate)	600 mg	60%
Magnesium (as magnesium phosphate)	300 mg	76%
Zinc (as zinc)	20 mg	134%
Sodium	10mg	<2%

*Percent Daily Values are based on a 2000 calories diet

**Daily Value not established

Other Ingredients (Chews):

Maltitol syrup, cocoa powder processed with alkali, palm oil, natural flavor, mono- and diglycerides, soy lecithin, sea salt, arabic gum, maltodextrin, sucrose, tocopherols, silicon dioxide.

Contains soybeans.

Manufactured in a facility that processes milk, eggs, wheat, peanuts, tree nuts, fish and shellfish.



Natura Cal-Mag Tablets

Dosage: 4 tablets daily
Tablets per container: 120

Supplement Facts (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 (Tablets):

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 Cal-Mag supplement..

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 mg¹.

People on the Ideal Protein Protocol 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 patients or clients 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 Cal-Mag supplement.

300 mg in the form of magnesium citrate (tablets) or magnesium phosphate (chews) 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 mg².

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.

¹ <http://www.drugs.com/> (2000-2013)

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



NATURA POTASSIUM (REQUIRED)

Potassium

Dosage: 1 tablet daily

Tablets per container: 60

Ingredients

Potassium (potassium citrate)	99 mg	3%
-------------------------------	-------	----

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.

Again, the Ideal Protein Weight Loss Protocol 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 patient or client'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.



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 mcg	250%
Vitamin B12 (cyanocobalamin)	134 mcg	2234%
Biotin	260 mcg	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 mcg	50%
Magnesium (as magnesium citrate)	42 mg	10%
Zinc (as zinc citrate)	5 mg	34%
Selenium (as selenium citrate)	100 mcg	142%
Copper (as cupric acid)	1 mg	50%
Manganese (as manganese citrate)	5 mg	250%
Chromium (as chromium citrate)	90 mcg	76%
Molybdenum (as molybdenum citrate)	100 mcg	134%
Potassium (as potassium citrate)	20 mg	<2%
Choline (as choline citrate)	20 mg	
Vanadium (as vanadium citrate)	100 mcg	

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 daily at dinnertime
Softgels per container: 60

Ingredients (per 2 softgels)

Omega-3 fatty acids (from fish, krill and squid oils) 1880 mg

Eicosapentaenoic acid (EPA) 1276 mg

Docosahezaenoic acid (DHA) 458 mg **Other Ingredients**

Gelatin capsule (gelatin, glycerin, purified water, caramel, carob), cranberry oil, flaxseed oil, borage oil, natural flavor, d-alpha tocopherol, ascorbyl palmitate, mixed tocopherols, soybean oil.

Contains soybean, fish (anchovy, sardines) and shellfish (krill, squid).

NOTE: The Ideal Protein Protocol is a low fat diet. However, while patients or clients are on the weight loss phases of the protocol, it is necessary to ensure an adequate daily intake of essential fatty acids. To achieve the daily requirement, patients or clients 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. Patients or clients 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.