



METABOLIC ENHANCEMENT & FAT LOSS

Nutritional Support Protocol

Dietary and Lifestyle Recommendations:

1. Eat a balanced diet stressing protein, healthy fats, non-starchy vegetables, and high fiber fruits such as berries.
2. Avoid simple and refined carbohydrates such as pasta, pastries and sweets.
3. Do not overeat. Reduce calories to appropriate levels.
4. Avoid fried foods, trans fats & cooking with refined vegetable oils. Instead use organic coconut oil and high quality olive oil or macadamia nut oil.
5. Drink a minimum of 8 glasses of pure water daily.
6. Exercise every other day doing strength training one day and cardio burst training the other day (interval training).
7. Get at least 7-8 hours of solid sleep per night.
8. Manage excess stress & cortisol levels through a variety of relaxing techniques such as yoga, meditation, tai chi.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/ or from the results of your most recent Designs for Health Metabolic Profile:

Metabolic Synergy: 6 caps per day (2 with each meal or 3 twice a day)

***Weight Loss**

Support Packets: 1 packet twice per day with breakfast and lunch)

*Each Weight Loss Support Packet contains:
EndoTrim (2), Carnitine Synergy (2), CLA (2).

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