

Sound Nutrition for Weight Loss

The goal of a weight loss program is to take in fewer calories than the amount of calories expended through physical activity. However, cutting calories often results in not consuming enough important nutrients. Additionally, cutting "bad" fats such as saturated fat and trans fat in your diet often results in a loss of muscle and nutrition instead. When changing your diet to lose weight, remember to take in plenty of vitamins, minerals, and adequate protein. No matter what diet program you choose, follow these easy tips to maintain your health while you lose:

ONE... Take a multiple vitamin and mineral supplement daily

- It's crucial to maintain adequate levels of vitamins and minerals, especially when dieting.
- Consider our **Basic Multi**[®] - A convenient, single dose per day tablet containing key minerals and vitamins.

TWO... Add a high potency calcium/magnesium supplement to your routine

- Two factors make this supplement a necessity. First, most diets restrict dairy intake, drastically reducing calcium consumption. In addition, the average American is deficient in magnesium, even before dieting. Because these minerals affect the health of many systems, adding a calcium/magnesium supplement is strongly recommended.
- Try one of our calcium and magnesium products, such as **Cal-Mag Chelate** or **Cal-Mag Citrate** - Both are high potency calcium magnesium supplements providing 1000 mg of calcium and 500 mg of magnesium to achieve increased levels of these key nutrients. Ask about our brand's complete list of calcium and magnesium products.

THREE... Include fiber in your daily diet

- Increasing your fiber intake during dieting may help promote weight loss. The bulk associated with fibrous foods creates a full, satisfied feeling. As a result, you may find yourself reducing your food consumption, simply because you aren't as hungry.
- For an excellent source of fiber, try our **Super Fiber Tabs** - a concentrated, high quality fiber supplement in a convenient dosage. We also offer **Psyllium Husk Powder**, a bulk-forming fiber supplying a gentle cleansing action to the body.

FOUR... Mix a protein powder with your juice or skim milk at breakfast

- Cutting the fat from your diet often means limiting good protein sources, like meat. Your body needs protein while dieting to build lean muscle and maintain your metabolism, continuing to support your weight loss program and your health.
- Add protein to your weight loss program with one of our protein powders, such as **Non-GMO Soy Protein Powder**, **Soy Protein Powder** or **Show Me the Whey[®] Protein Powder** in three delicious flavors. Powders are a great source of dietary protein for a low fat diet.

FIVE... Be Sure to consume "good" or Essential Fatty Acids daily.

- The balance between "good" and "bad" fats is critical to a healthy heart, skin, joints and overall good health. Dieting often results in a loss of both good and bad fats, which can lead to negative health consequences.
- Add these essential fats to your daily diet:
Fatty fish such as salmon, tuna, herring, mackerel, as well as canola oil, flaxseed oil, spirulina and green leafy vegetables and don't forget to add an essential fat supplement to ensure adequate intake. Try our **Flax Seed Oil, Concentrated Omega-3**, or see our "Getting the Right Fat" fact sheet for a complete listing of our brand of essential fat products.
- Cut the following saturated and trans fats from your daily routine:
Animal foods are highest in saturated fats as well as whole-milk dairy, coconut and palm oils. Trans fatty acids are found in ready-made baked goods, fried foods, and artificial dairy products.
- Remember, no matter what diet you're on, cut calories and saturated or trans fatty acids, not nutrition!

SIX... Use Additional Weight Loss Support Products:

- **Calorie Quencher[®]** - a great stimulant-free starch and fat stopper, providing both Phase2TM and LipoSan Ultra[®].
- **Complete Citrimax[®]** - contains *Garcinia cambogia* a natural stimulant-free fruit extract that helps slow the body's production of fats from carbohydrates.
- **Kelp*Vinegar*Lecithin*B6** - Helps support metabolism and water balance.
- **CLA** - Pure Tonalin[®] Conjugated Linoleic Acid Complex. Shown in clinical studies to help maintain lean muscle mass.

This information is for educational purposes only and should not be construed as medical advice. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

REFERENCES:

Nachtigal MC, et al. Dietary supplements and weight control in a middle -age population. J Altern Complement Med. 2005 Oct;11(5):909-15.

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