

# Medical-Grade Fat Loss Supplement Protocol

**Objective:** Enhance fat oxidation, metabolic flexibility, insulin sensitivity, and energy expenditure using pharmaceutical-grade, evidence-based supplementation.

△ **Pre-Protocol Testing** (Optional but Ideal)

**Recommended Labs:** Fasting insulin & glucose, HbA1c, Lipid panel (incl. triglycerides), TSH, Free T3/T4, Reverse T3, Cortisol (AM/PM or salivary panel), Vitamin D (25-OH), Ferritin, magnesium, zinc

**Morning Protocol** (With Breakfast — Fat-Containing Meal)

**Methylated Multivitamin** (High Potency, Thermo-Supportive)

Form: With 5-MTHF, methylcobalamin, chelated chromium, B-complex

Dose: 2 capsules with breakfast

Purpose: Supports metabolism, thyroid function, and detoxification

Example: Pure Encapsulations Nutrient 950 w/ Metafolin, Designs for Health Metabolic Synergy

**Omega-3** (Triglyceride Form)

Dose: EPA 1,000–1,200 mg + DHA 750–1,000 mg

Take: With breakfast

Purpose: Improves insulin sensitivity, reduces inflammation, supports fat mobilization

**Vitamin D3 + K2** (MK-7)

Dose: 3,000–5,000 IU D3 + 100–200 mcg K2

Take: With breakfast (fat-containing meal)

Purpose: Enhances leptin sensitivity, supports metabolic and immune function

**Berberine HCl** (AM Dose)

Dose: 500 mg 2x/day (AM and PM)

Timing: Take 15–30 minutes before meals (esp. higher carb meals)

Purpose: Mimics metformin — improves insulin sensitivity, reduces post-meal glucose spikes, enhances fat metabolism

Cycle: 6–8 weeks on, 2 weeks off

**Midday Protocol** (Before or With Lunch)

**Creatine HCl**

Dose: 1.5–2 g daily

Timing: With or after training, or mid-day

Purpose: Preserves lean mass, boosts workout performance, supports ATP and cognition during caloric deficit

**Acetyl-L-Carnitine** (ALCAR)

Dose: 1,000–2,000 mg

Timing: 30 minutes before training or mid-morning

Purpose: Enhances fat oxidation, supports mitochondrial transport of fatty acids, improves cognitive focus during fasting

## **Evening Protocol** (With Dinner or Bedtime)

### **Berberine HCl** (PM Dose)

Dose: 500 mg

Timing: 15–30 min before dinner

Purpose: Continues glycemic control, enhances nighttime insulin sensitivity

### **Magnesium** (Glycinate or Threonate)

Dose: 300–400 mg elemental

Timing: 1–2 hours before bed

Purpose: Improves sleep, reduces cortisol, regulates blood sugar and muscle relaxation

### **L-Theanine** (Optional – for Stress or Appetite Control)

Dose: 200 mg

Timing: 30–60 minutes before bed or when needed

Purpose: Reduces stress-related eating, improves sleep quality

## **Optional Thermogenic & Hormonal Add-Ons**

### **Green Tea Extract** (EGCG Standardized)

Dose: 400–500 mg EGCG

Timing: AM or pre-workout

Purpose: Boosts metabolic rate, supports thermogenesis and fat oxidation

Caution: Avoid if sensitive to caffeine or taking stimulant-based pre-workouts

### **Inositol** (Myo-Inositol or D-Chiro-Inositol)

Dose: 2–4 grams/day (split doses)

Purpose: Improves insulin sensitivity, especially in PCOS or high body fat individuals

### **Probiotic** (Optional)

Dose: 10–30 billion CFU/day

Timing: Morning or bedtime, empty stomach

Purpose: Gut microbiome balance influences fat metabolism, appetite, and inflammation

## **Clinical Implementation Notes**

Berberine: Ideal for clients with stubborn fat loss, metabolic syndrome, or high carb intake

ALCAR + Creatine HCl: Preserve lean mass and enhance energy, especially in caloric restriction

Omega-3 & Vitamin D: Foundational anti-inflammatory fat loss support

Magnesium at night: Crucial for recovery and blood sugar regulation during sleep

Caffeine-sensitive clients: Consider decaf green tea or low-stim thermogenics