WHY IDEAL PROTEIN SUPPLEMENTS
As part of the Ideal Protein Weight Loss Method, there are five required supplements that have been formulated specifically to make up for any nutritional shortcomings that dieters may experience while temporarily omitting certain foods (i.e. fruits, dairy products, grains, root vegetables and legumes) from their daily intake while on the weight loss phases of the program. These supplements are not optional, and substitutions are not allowed given the vast differences in all of the supplements on the market. In addition, there are four supplements that are optional, but recommended.

REQUIRED SUPPLEMENTS
1. MULTI-VITAMIN:
Dosage: 2 capsules daily; 1 at breakfast and 1 at dinner
2 capsules provides: 3340 IU Vitamin A, 100 mg Vitamin C, 160 IU Vitamin D, 140 IU Vitamin E, 32 mg Thiamin, 6 mg Riboflavin, 40 mg Niacin, 36 mg Vitamin B6, 1000 mcg Folate, 134 mcg Vitamin B12, 260 mcg Biotin, 130 mg Pantothenic acid, 94 mg Calcium, 76 mcg Iodine, 42 mg Magnesium, 5 mg Zinc, 100 mcg Selenium, 1 mg Copper, 5 mg Manganese, 90 mcg Chromium, 100 mcg Molybdenum, 20 mg Potassium, 20 mg Choline, 3 mg lycopene, 500 mcg Lutein, and 100 mcg Vanadium
Capsules per container: 60 (30-day supply)

The Natura multi-vitamin is specifically titrated to the Ideal Protein Weight Loss Method and should be taken as directed to ensure proper overall nutritional intake of several important vitamins and minerals while on the program.

2. CALCIUM-MAGNESIUM:
Dosage: 4 tablets daily; 2 at dinner and 2 at bedtime
Provides: 600 mg of calcium citrate, 300 mg of magnesium citrate, 260 iu of vitamin D, and 20 mg of zinc
Tablets per container: 120 (30-day supply)

In addition to helping bones maintain their proper strength and density, calcium prevents osteoporosis and helps regulate blood pressure. Studies suggest that getting the recommended daily amount of calcium may also help with weight loss. While on Ideal Protein, dieters are required to eat four cups of vegetables, two green salads, and one whole protein serving per day, which supply the remaining calcium suggested by US RDA guidelines.

3. POTASSIUM CITRATE:
Dosage: 1 tablet daily at breakfast
Provides: 99 mg of potassium citrate
Tablets per container: 60 (60-day supply)

Potassium is a critical electrolyte, and a healthy amount is essential since it allows muscles to move, nerves to fire, and kidneys to filter blood. The right balance of potassium literally allows the heart to beat. Between the potassium citrate, multi-vitamin, and Ideal Salt, which are all required*, Ideal Protein dieters take in approximately 450 mg of potassium. Supplementation is required since dieters are not consuming certain foods that are common sources of potassium such as root vegetables, fruit, dairy, and grains.
4. OMEGA 3 PLUS:
Dosage: 2 softgels daily at dinner
Provides: 1530 mg omega 3 fatty acids (from fish and krill oils), 1020 mg EPA, 510 mg DHA
Softgels per container: 60 (30-day supply)

The Ideal Protein Weight Loss Method is a low fat diet, but an adequate daily intake of essential fatty acids is necessary, which is achieved by consuming 2 teaspoons of olive oil daily in cooking or on salads in addition to the Omega-3 Plus.

4. IDEAL SALT*:
Dosage: ¼ teaspoonful (1.3 g) daily
Provides: 250 mg sodium and 330 mg of potassium citrate
Servings per container: 269

Sodium is an electrolyte that helps maintain proper blood pressure, muscle, and nerve function, as well as the body's ability to thermoregulate and other essential functions. Ideal Salt helps ensure that Ideal Protein dieters are consuming enough salt to make up for what they would otherwise get in their daily food intake and create the optimal balance of sodium and potassium.

*Certain conditions and medications, particularly some diuretics (water pills) can cause the retention of potassium. Dieters who are uncertain about their medications should check with their prescribers. Dieters who have been placed on a potassium restricted diet by their physicians should use Redmond's Sea Salt while on the Ideal Protein Weight Loss Method, not Ideal Salt.

OPTIONAL SUPPLEMENTS
1. DIGESTIVE ENZYMES:
Dosage: 3 capsules daily; 1 at breakfast, 1 at lunch, and 1 at dinner
3 capsules provide: 225 mg Papaya Leaf, 180 mg Ginger Rhizome, 150 mg Fenugreek Seed, 162 mg Protease, 75 mg Amylase, 60 mg Invertase, 33.3 mg Glucoamylase, 27.9 mg Protease, 24.9 mg Alpha-galactosidase, 22.5 mg Lipase, 22.2 mg Diastase, 11.4 mg Cellulase, 3 mg Lactase
Capsules per container: 60 (20-day supply)

Enzymes help the body's digestive system function more efficiently by facilitating the breakdown of large macromolecules into smaller, more readily absorbable particles. Dieters with digestive issues such as constipation, bloating, cramps, and/or gas may find that their symptoms improve after using the enzymes. Enzymes should be taken with the first bite of food at the beginning of the meal.
2. ANTI-OXY:
Dosage: 1 capsule daily at dinner
Provides: 100 mg Green Tea Leaf Extract, 75 mg Alpha Lipoic Acid, 50 mg Turmeric Root Extract, 50 mg Bilberry Fruit Extract, 25 mg Bilberry Fruit Extract, 15 mg Grape Seed Extract, 2.5 mg Lycopene
Capsules per container: 60 (60-day supply)

Antioxidants help the body counteract oxidative stress due to harmful molecules called free radicals. Free radicals are highly unstable, chemically active atoms or molecular fragments that have a charge due to an excess or deficient number of electrons. Free radicals containing oxygen are the most biologically significant free radicals. Antioxidants are nutrients (vitamins and minerals) as well as enzymes that are believed to play a role in preventing the development of such chronic diseases as cancer, heart disease, stroke, Alzheimer's, and Rheumatoid arthritis.

3. FLORA HEALTH PROBIOTIC:
Dosage: 1 capsule daily at any time, with or without food
Provides: 1.5 billion cells of bifidobacterium bifidum, bifidobacterium longum and lactobacillus acidophilus
Capsules per container: 30 (30-day supply)

A healthy “gut flora” is necessary for good digestion, absorption of nutrients, and promoting normal bowel habits. For dieters who have poor digestion (gas, bloating, etc.), Flora Health probiotic is recommended in combination with Natura Digestive Enzymes.