

It's that time of year again!

With bathing suit season upon us, many are trying to shed a few pounds, so I thought I'd share some of my favorite supplements for supporting healthy weight loss, and optimizing your metabolic efficiency.

Combined with a healthy diet and regular exercise, these supplements can help augment your fitness goals!



EGCG - Containing the highest-potency pure green tea extract available, EGCG enhances thermogenesis (fat-burning) and is a natural antioxidant and anti-inflammatory.

L-Carnitine - Carnitine ushers fat into the mitochondria (the “powerhouse”) of cells, enhancing fat-burning.

NT Factor- Promotes metabolism, maintains the integrity of cell membranes, and supports optimal mitochondrial function.

Orthomega - Essential fatty acids are depleted by the standard American diet, which contains unhealthy fats. Orthomega provides EPA and DHA, crucial to proper biochemical functioning; it has been shown to combat insulin resistance which leads to fat accumulation around the mid-section.

Metasol - A polyphenol derived from lychee, Oligonol confers its benefits by supporting healthy metabolic biomarkers derived by reduction in belly fat and healthy weight maintenance.

Chromemate Chromium GTF - A critical trace element which helps facilitate uptake of glucose into the cells, stabilizing blood sugar and cravings.

Dimpro - A dietary supplement that restores hormonal balance which may help to reverse hormonal weight gain.

L-Glutamine - A critical amino acid in the maintenance of gut integrity with the added bonus of helping to alleviate sugar cravings.

PGX Fiber - A proprietary soluble fiber complex and sugar blocker.

5 HTP - 5 hydroxytryptophan is a direct metabolic precursor of serotonin, a neurotransmitter responsible for mood regulation and satiety.

You can access any of these supplements in [Dr. Hoffman's Fullscript dispensary](#).

If you would like an individually tailored nutrition plan for your weight optimization goals, please feel free to make an appointment with me: (212) 779-1744.

I look forward to being a collaborator in your healthcare!

Leyla Muedin, MS, RD, CDN

As you may know, I've been doing a weekly "Q&A with Leyla" podcast feature with Dr. Hoffman. Now you can get my perspective and expertise every Friday on my own episode of the *Intelligent Medicine* Podcast. If you missed last week's, you can [listen here](#). To be sure you don't miss out on any of my important insights and information, [subscribe today!](#)

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