



## Leyla Weighs In: 10 supplements to help you reach your weight loss goals



Summer is here and the time is right to get serious about your weight loss goals. Here are some of my recommendations:

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.

Capsiate Natura – Enhances metabolism with the help of capsinoids. In numerous clinical studies, Capsiate has been shown to increase metabolism without any side effects.

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 Granules – 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 find these and many more 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 becoming a collaborator in your healthcare!

Leyla Muedin, MS, RD, CDN

*Email your questions to [RadioProgram@aol.com](mailto:RadioProgram@aol.com)*