

# Leyla Weighs In: Supplement recommendations for supporting healthy weight loss and optimizing metabolic efficiency

**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 that leads to fat accumulation around the midsection.

**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.

**WellBetX PGX** – 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.

For more on this topic, listen to Dr. Hoffman’s Clinical Focus podcasts for this week, where he discusses Weight Loss Supplements in-depth. ([Part One](#), [Part Two](#))

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 health care!