



Fat Loss



Fundamental Supplements

- **Active Multicap (Flourish):** 1 capsule daily with a meal or snack to support insulin activity and nutrient replacement.
- **BerGluCoQ10 (Flourish):** 1 capsule before each meal or snack that has carbohydrates or sugars. Most people can take up to 3-4 daily to support appropriate glucose absorption and metabolism.
- **Flourish Biotic Lean (Flourish):** 1 capsule daily supports the gut bacteria balance for improved glucose levels, fat-derived energy production, and insulin sensitivity.

Additional Considerations

- **Vital D3 K2 (Flourish):** 1 capsule daily with a meal or snack supports fat and glucose metabolism.
- **Flourish Cleanse Plus:** 1&1/2 to 2 scoops twice daily as a healthy meal replacement and to support liver and kidney removal of toxins released from fat cells.
Particularly effective for those with water retention and resistance to fat loss.
- **Zinc Taste Test (Flourish)** – zinc is incorporated into insulin and supports its activities.
- **Flourish Food List - Handout**
- **Flourish Palm Rule - Handout**
- **Intermittent Fasting - Handout**
- **HIIT Handout** – Home version of High Intensity Interval Training/Exercise