

Micronutrition

The five mandatory supplements provided by Ideal Protein are formulated to **replace** important nutrients from foods temporarily removed in Phase 1. Each supplement is integral to the safety and efficacy of the Protocol.

These micronutrients are **necessary** for converting macronutrients (carbohydrates, proteins, and fats) into usable energy as well as for general health. These Ideal Protein **replacement** vitamins, minerals, and electrolytes meet the recommended daily requirement needed to keep the body nutritionally balanced and optimize results throughout all phases.

Ideal Protein manufactures the micronutrients according to pharmaceutical-grade standards. They are soluble, which means your body efficiently absorbs these **essential** vitamins, minerals, and electrolytes. Our citrate-based micronutrients are beneficial for reducing serum (blood) uric acid levels, which cause inflammation and pain in your joints (gout).

What is mandatory on Phase 1 of Ideal Protein and why?



While on the Phase 1, there is a temporary restriction of certain whole food groups (dairy, fruits, and grains) that supply key nutrients. Our **Multi-Vita + K2** is specially formulated to fill these nutritional gaps, improve body functions, support weight loss, strengthen the immune system, provide antioxidants, and boost energy levels. It also optimizes energy metabolism with a full panel of B-complex vitamins.



Omega-3 fatty acids are a key to weight loss and healthy cell membranes, and our **Omega-3 Plus** can help these functions with a unique blend of antioxidants. This important micronutrient is an anti-inflammatory and also helps support heart health, brain function, and vision.¹



Lack of electrolytes (sodium and potassium) can contribute to “keto flu” symptoms such as muscle cramping, constipation, fatigue, and dizziness.² Use of **Potassium** ensures your body is getting these necessary nutrients, which are normally found in foods that are restricted while on Phase 1.



Your body cannot produce calcium and magnesium. These minerals can only be obtained from foods (many of which are temporarily restricted) or through supplementation. Calcium and magnesium help your muscles and cells and are required for healthy bones. Our **Calcium** and **Magnesium** are mandatory to carry out several important functions in the body.



Sodium and potassium are two necessary electrolytes. If you have inadequate sodium and/or potassium in your body, you can encounter symptoms such as cramps and low energy levels. **Ideal Salt** contains iodized sea salt and potassium chloride, with 50% less sodium than table salt.³

¹ Do not consume if you have a fish or shellfish allergy.

² Do not consume the Ideal Protein Potassium supplement or Ideal Salt if you are currently taking a potassium-sparing diuretic (water pill) for any health condition or currently taking a high blood pressure medications that can cause retention of potassium.

³ If you have salt-sensitive hypertension follow prescriptive sodium directives given by your physician.

Ideal Protein is a nutritional ketogenic Protocol that requires the use of Ideal Protein supplements (specifically in Phase 1) and foods to achieve optimal results.

Ask your Ideal Protein Coach for more information.