

# Leyla Weighs In: Top supplements for supporting healthy weight loss and metabolic efficiency



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!