

# GLP-1 WEIGHT LOSS SUPPORT

Integrated protocol outline combining mitochondrial dietary support with GLP-1 therapy, including weight loss projections.



## MITOCHONDRIAL BOOSTER PROTOCOL + GLP-1 SYNERGY)

### Morning Routine (6-8 AM)

1. **Take 2 NAD + PQQ Boost Tablets:** NAD+/PQQ Combo → 200mg NAD + 20mg PQQ. Acts like battery upgrades (NAD = fuel recycler, PQQ = new power plant builder)
2. **Take 1 ML of MB12 + LM:** Methylated B12/Mineral Cocktail → 10mg B12 + trace minerals. Functions as cellular "spark plugs" for energy ignition.

### Evening Routine (8-10 PM)

1. **Take 2 NeuroPro Plus Tablets:** NeuroPro Plus → 30mg methylene blue. Mitochondrial "night shift crew" enhancing overnight cellular repair.

## MITOCHONDRIAL POWER PLANT OPTIMIZATION

### Morning Supplements (Engine Starter Kit)

- **NAD+** = Fresh spark plugs (recharges aging energy factories)
- **PQQ** = New power plant construction crew (builds more mitochondria)
- **Methyl B12** = Premium fuel additive (enhances energy conversion efficiency)

### Evening Supplements (Overnight Maintenance)

1. **30mg Methylene Blue** = Battery reconditioner (enhances cellular energy storage)\*

*\*At <50mg dose, comparable to routine car maintenance - medical director reports 40+ years without serotonin syndrome issues.*

## GLP-1 DIET ACCELERATOR PROTOCOL SYNERGY

Component	Mitochondrial Benefit	Weight Loss Impact
9-Hour Eating Window	Allows "cellular cleanup" (autophagy)	+2-4% body weight loss
8,000 Steps	Boosts mitochondrial density	+1-2% fat loss
7-8hr Sleep	Repairs energy factories	+1-3% metabolic boost

## EXPECTED WEIGHT IMPACT TIMELINE

### With Supplements + GLP-1 Diet Accelerator Protocol

- **Weeks 1-4:** 1-3 lbs water weight + reduced inflammation
- **Months 2-3:** 4-8 lbs fat loss (mitochondrial "afterburn" effect)
- **Months 4-6:** Additional 5-10 lbs (sustained metabolic rate)

*Compared to GLP-1 alone: 23% better weight maintenance in trials*

### Safety & Sustainability

- **Methylene Blue:** 30mg dose = 1/10th typical prescription strength
- **B12 Combo:** Enhanced absorption avoids injection needs
- **Step Target:** Achievable for 78% of sedentary starters

### Total Potential Additional Loss

When combined with calorie reduction (from time-restricted eating), expect **12-22 lbs over 6 months** beyond standard dieting. Mitochondrial enhancements help maintain 83% of loss vs 67% with diet alone.

Critical Note: This synergistic approach appears to counteract the 40% lean mass loss seen in GLP-1 monotherapy by preserving muscle mitochondria. Patients report better energy for exercise compliance – a key factor in sustained weight loss.

*Individual results vary. These estimates based on 12-week trial data extended to 6-month projections.*

*This is not medical advice. This is targeted approaches to support mitochondrial health.*



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