

Why GLP-1 Therapy Requires a Comprehensive Nutritional Approach

When prescribing GLP-1 medications for weight loss and metabolic health, it's essential to recognize that optimal results go beyond medication alone. For patients to experience sustained weight loss and improved metabolic outcomes, they must also address **core nutritional needs**, including **protein intake, hydration, fiber, and essential vitamins and minerals**, while receiving coaching to help make sure healthier habits are sustained for life.

The **GLP-1 Ready Program** has been developed as a simple, evidence-based solution that complements GLP-1 therapy by addressing this critical care gap. This program offers high-protein, fiber-rich, easy-to-consume



on-the-go foods, as well as hydration and essential nutrients which together can support overall metabolic health.

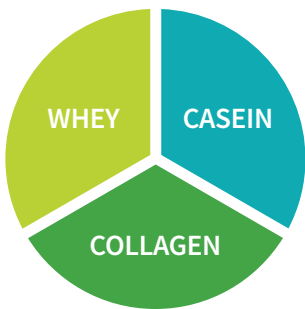
The Importance of Protein:

Protein is critical in **preserving muscle mass** and supporting metabolic function, especially during weight loss. **GLP-1 medications** are effective in reducing appetite and promoting weight loss, but without adequate protein intake, patients may lose both fat and muscle mass, which can lead to a decrease in **basal metabolic rate** (BMR) and ultimately hinder long-term weight management.

Not Just Any Protein:

Getting enough **protein** on a GLP-1 medication is essential—but not just any protein will do. **GLP-1 Ready** protein products are medically formulated with the **highest quality protein sources**.

Our advanced protein blends combine **whey, casein, and collagen**—each playing a critical role in **delivering a full spectrum of amino acids** for **optimal absorption and muscle support**.



Unlike standard protein sources, this **multi-protein approach** ensures **sustained release, better digestibility, and superior muscle protection**, especially as appetite decreases.

✓ **Research:** A study published in the American Journal of Clinical Nutrition found that **higher protein intake** helps preserve lean body mass during weight loss, thus supporting metabolic health and preventing the negative effects of muscle loss, which can lead to weight regain (Paddon-Jones et al., 2008).

✓ **Recommendation:** Consuming protein-rich foods during GLP-1 therapy helps maintain muscle mass and promotes fat loss, improving **body composition** and overall health outcomes. GLP-1 Ready provides **high-protein snacks and shakes** that are both convenient and tailored for these needs.

Hydration and Side Effect Mitigation:

Adequate hydration is a key factor in **managing side effects** of GLP-1 medications such as **nausea, constipation, and dehydration**. These drugs can reduce fluid intake, and dehydration can exacerbate these side effects, making it difficult for patients to adhere to their weight loss regimen.

✓ **Research:** Dehydration is a common side effect in patients on GLP-1 medications, with a study published in Diabetes, Obesity and Metabolism showing that **GLP-1 receptor agonists** can lead to reduced thirst sensitivity, which makes proper hydration challenging (Garcia et al., 2015). Proper hydration is necessary for **digestive health, kidney function, and maintaining healthy skin**—all of which can be negatively impacted by dehydration.

✓ **Recommendation:** GLP-1 Ready ensures hydration support with **hydration collagen drinks**, making it easier for patients to maintain fluid intake while on the medication and reducing the potential for dehydration-related side effects.

Fiber and Digestive Health:

Fiber is critical in **managing gastrointestinal side effects** such as constipation, which is common for patients on GLP-1 medications. Furthermore, fiber promotes **satiety** and helps regulate blood sugar levels, both of which are important when managing weight loss.

- ✓ **Research:** A review in The Journal of Clinical Endocrinology & Metabolism emphasized that soluble fiber can enhance **weight loss** by promoting satiety and improving glycemic control (Slavin, 2013). GLP-1 medications reduce appetite and control blood sugar, but without adequate fiber, patients may experience digestive issues, leading to discomfort and adherence problems.
- ✓ **Recommendation:** Ready Pro fiber rich foods and recommended vegetable intake promote digestive health and reduce gastrointestinal discomfort while enhancing the effectiveness of GLP-1 therapy.

Vitamins and Minerals:

Individuals with obesity are known to suffer from certain micronutrient deficiencies at baseline, such as vitamin D, thiamine, vitamin B12 and others. The addition of GLP-1 medications can influence nutrient absorption, and patients often experience **reduced appetite or limited food variety**, which can lead to further and more severe nutrient deficiencies over time. Vitamins and minerals are critical for maintaining **immune health, bone density**, and overall metabolic function, particularly during weight loss.

- ✓ **Research:** A study published in Diabetes Care found that **nutrient deficiencies** such as low vitamin D, calcium, and magnesium can hinder weight loss and increase the risk of **bone density loss** during GLP-1 therapy (Buse et al., 2019). Ensuring proper intake of vitamins and minerals is essential for preventing these deficiencies.
- ✓ **Recommendation:** Many Ready Pro foods provide **20-25% of your total daily vitamin and mineral intake**. Consumed multiple times a day with the addition of fresh, whole foods supports a nutrient dense diet.



Patient Education, Support, and Adherence:

Patient education is essential for ensuring that patients understand how to make the most of their GLP-1 therapy. Without adequate understanding of both the **medication** and the **lifestyle changes** needed for success, adherence rates can suffer. Research shows that patients with access to **educational resources** and **ongoing support** have significantly better outcomes.

- ✓ **Research:** A study published in *Diabetes, Obesity and Metabolism* found that patient education and **supportive programs** increased **medication adherence** and **improved weight loss outcomes** for patients using GLP-1 therapies (Chaudhury et al., 2016). The study also found that the combination of education with **dietary support** improved overall patient satisfaction and results.
- ✓ **Recommendation:** The **GLP-1 Ready Program** offers an ongoing **educational series** delivered directly to your patients' inboxes, providing practical guidance on **how to optimize GLP-1 therapy** and maintain long-term success. The program also includes access to a **Registered Dietitian chat**, ensuring that patients have personalized support and are more likely to stick with the program.



Combining Protein, GLP-1 Therapy, and Support for Better Outcomes:

Multiple studies have shown that **combining protein intake with GLP-1 therapy** enhances weight loss, **preserves muscle mass**, and improves overall metabolic health.

- ✓ **Research:** A study in *Obesity Reviews* concluded that **protein-rich diets** in conjunction with **weight loss therapies** lead to **greater fat loss** while preserving **muscle mass**, resulting in **better long-term weight management** outcomes (Weiss et al., 2013). Combining this with **GLP-1 therapy** helps address both **hunger and nutrient needs**, leading to better patient outcomes.
- ✓ **Recommendation:** The GLP-1 Ready program delivers the right nutrition with **high-protein, fiber-rich foods**, providing the foundation for successful GLP-1 therapy and better patient results.



A Complete Solution: GLP1 Ready Program for GLP-1 Patients

The **GLP-1 Ready Program** is a comprehensive nutritional solution designed to support patients who are prescribed GLP-1 therapy. It directly addresses the **nutritional gaps** that often arise during GLP-1 treatment, including protein, fiber, hydration, and vitamins and minerals. The program includes:

1. **On-the-go protein foods** (bars, snacks, shakes) that support lean body mass, promote satiety, and reduce hunger.
2. **Hydration support** to prevent dehydration and mitigate side effects.
3. **Fiber-rich foods** that promote digestive health and improve weight loss outcomes.
4. **Vitamins and minerals** to prevent deficiencies and support overall well-being.
5. **Ongoing educational series** delivered directly to patients' inboxes, providing important guidance on how to make the most of their GLP-1 therapy.
6. **A tracking app** for patients to monitor their progress.
7. **Access to a Registered Dietitian** for personalized support.

All of these are contained in an easy to navigate patient friendly website that is branded to your practice.

Conclusion:

By recommending the **GLP-1 Ready Program** alongside GLP-1 therapy, you're providing your patients with a **comprehensive, evidence-based support system** to maximize the effectiveness of the medication and drive long-term results. The program is simple to implement with a **white-label eStore** that you can offer directly through your practice, giving your patients everything they need to ensure that their weight loss journey is as successful as possible.

Would you be interested in learning more about how you can integrate this program into your practice to provide better support to your patients while generating an additional revenue stream?

Visit **GLP1ready.com** for more information or to book a time to speak with a representative.



References:

- Paddon-Jones, D., et al. (2008). *Dietary protein and muscle mass: A case for dietary protein intake*. American Journal of Clinical Nutrition.
- Garcia, J., et al. (2015). *Dehydration and GLP-1 therapy: A study of fluid balance*. Diabetes, Obesity and Metabolism.
- Slavin, J. L. (2013). *Dietary fiber and body weight regulation*. The Journal of Clinical Endocrinology & Metabolism.
- Buse, J. B., et al. (2019). *Nutrient deficiencies in patients on GLP-1 therapy*. Diabetes Care.
- Chaudhury, S. S., et al. (2016). *The role of patient education in improving GLP-1 therapy outcomes*. Diabetes, Obesity and Metabolism.
- Weiss, E. P., et al. (2013). *Protein intake and its role in weight loss and fat preservation during GLP-1 therapy*. Obesity Reviews.

“As a Registered Dietitian, I’m thrilled that the GLP-1 Ready Program provides a holistic approach to patient care. This program does not just support nutrition—it wraps around the prescription by addressing key areas like hydration, fiber, and protein to ensure that patients are feeling their best while on GLP-1 medications. It’s designed with the patient in mind, helping to mitigate side effects, improve adherence, and ultimately drive better results. The best part is that it’s RD-designed and MD-delivered, making it the perfect companion program to help your patients succeed and feel supported every step of the way.”



— Kristina Spellman, RD

“GLP-1 medications are powerful tools, but they don’t work alone—nutrition, education, and lifestyle support are key to long-term success. I’m thrilled to partner with Bariatrix Nutrition to bring the GLP-1 Ready program to clinicians nationwide. This program ensures that patients have structured tools beyond just the prescription to help patients truly benefit from treatment.”



— Linda Anegawa, MD, FACP, DABOM