



2 Main Supplements A Patient Taking A GLP-1RA Should Consider:

1. Great Multivitamin

Prescription Support

Why ours? Already formulated to put back large levels of B vitamins that are depleted by other prescription drugs. Methylated B12 and folic acid. High Quality COQ10. Enzymes present for absorption, metabolism, increased energy. Semaglutide has also shown to decrease Vitamin D and magnesium which are also already present in our product. All this and it does have Chromium and other vitamins to make it a very well-rounded multivitamin for this patient. ESPECIALLY if they are on other prescription medications like, high cholesterol, diabetes, high blood pressure, and hormone medications.

Retail Price point: \$30.99

2. Great Enzyme

Digestive Wellness—As motility in the gut is slowed GI side effects go way up. Our digestive blend has 18 strains and does a fantastic job of liquifying food instead of it sitting in the intestines and gut. This lowers gas and constipation pain, as well as less diarrhea, and other GI disturbances that can hamper compliance. These are the number 1 problems with compliance with GLP-1RA as stated in this article.

<https://diatribe.org/fda-updates-ozempic-label-warning-intestinal-blockages>

Retail Price Point: \$28.99

Other Solutions Rx Products of Importance:

1. **Superior Omega**- One of the purest blended Omegas on the market. We have a version that also contains Vitamin D. Probably most importantly is that it is in a triglyceride base. This GREATLY reduces GI side effects caused by omegas in general. An omega in an ethyl ester base is extremely hard to tolerate and could potentially worsen GI problems with semaglutide therapy.
Retail Price Point: \$48.99
2. **MYLK**- Our calcium product has 3 forms of calcium, and 600 mg EPA/DHA, and magnesium. Semaglutide may weaken bone density over time; possibly due to decreased absorption of vitamin D. A high-quality calcium with vitamin D makes sense in these cases.
Retail Price Point: \$28.99
3. **Superior Probiotic**- Good bacteria further supports gut health and helps maintain body weight. Our product is 7 strains, 30 billion units, and contains a prebiotic as well for overall gut health
Retail Price Point: \$25.99

Why Solutions Rx?

Our ingredient combination, quality, and affordability are second to none in the industry. Our products can improve compliance, outcomes, and quality of life for patients taking prescription medications.

A handwritten signature in black ink that reads "Chris Cornelison R.D.".