



Managing Weight and Comorbidities

Excess weight is associated with a variety of comorbidities. Healthy weight management, therefore, becomes a critical component in helping reduce the risk of disease onset and progression. A designation of overweight or obese per body mass index is ultimately part of a constellation of physiological disturbances that can affect cardiovascular health, the gut-brain axis, and overall wellness.

Body weight is regulated by a variety of environmental and physiological factors. Gathering information through genomic assays of single-nucleotide polymorphisms (SNPs) associated with a metabolic syndrome phenotype may provide insights that help guide patient care decisions.

While dietary intervention may vary from one patient to the next, recommending a micronutrient-rich diet, high in fiber and low in refined, processed foods, serves as a reasonable starting point. At baseline, a lifestyle program that focuses on appropriate physical activity, adequate sleep, and stress management can provide a foundation for ideal body weight.

This clinical protocol is designed to support long-term, healthy weight management through evidence-based dietary, lifestyle, and nutrient recommendations.*

Diagnostic Biomarkers and Clinical Indicators of Obesity and Metabolic Syndrome

- Comprehensive Metabolic Panel (CMP)
- **Genomic Spotlight** - Endocrine, detoxification, inflammation, methylation
 - Several potential candidate genes have been suggested by their biologic relevance, such as genes in systems of energy balance, nutrient partitioning, lipid and insulin metabolism, lipolysis, thermogenesis, fuel oxidation, and glucose uptake in skeletal muscle.
- **Metabolomics Spotlight** - Energy metabolism and hormones
- Glucose Metabolism Profile
 - Fasting glucose
 - Fasting insulin
 - HbA1c
- Biometrics
 - Weight
 - Waist-to-Hip Ratio
 - Body fat percentage
 - Lean muscle mass

Therapeutic Diet and Nutritional Considerations

- Recommend patients achieve the RDA of dietary fiber (28 g/day women; 30 g/day men). High fiber intake is associated with decreased BMI and weight management.¹⁻³
- Advise avoiding alcohol intake and the consumption of beverages with added sugar, such as sodas, sugar-sweetened coffees, fruit juices, and energy drinks
- Recommend avoidance of “diet” foods that are low-fat and high in processed ingredients.
- Encourage patients to implement intermittent fasting or time-restricted feeding to an 8 to 12 hour window. Research demonstrates the benefits of a prolonged fasted state for weight management and metabolic flexibility.^{4,5,6} Consider recommending more extended periods of intermittent fasting where appropriate to enhance lipolysis and weight reduction.^{4,5,6}
- Provide a detailed low-glycemic meal plan that focuses on protein, fiber, and healthy fat intake and limit intake of starches

Lifestyle Interventions

- Support patient stress response via stress management techniques as chronic stress may dysregulate cortisol levels and blood glucose response.
- Recommend an appropriate exercise program that fits the patient’s lifestyle and current fitness level.
- Support patient sleep hygiene using tools such as wearable devices and the **Well World® tracker** to ensure restorative sleep. Sleep disturbances may dysregulate hunger and satiety hormone signaling, leptin and ghrelin, and circadian clocks, which can alter metabolic function



Supplement Protocol

Primary Support:



Weight Loss Support Packets

Dose	Two packets per day	Duration	Consistently until patient's target weight is achieved.
Formula Highlights	These packets are designed to assist the body in using fat for fuel and to help support healthy insulin, cortisol, and energy metabolism.*		

Metabolic Synergy™

Dose	Three capsules twice per day with a meal	Duration	Consistently until patient's target weight is achieved.
Formula Highlights	Metabolic Synergy™ helps maintain healthy glucose and insulin metabolism, while supporting the conversion of carbohydrates to be used for energy by providing nutrients for the TCA cycle.* The chromium, zinc, selenium, manganese, and molybdenum are provided as true chelates for maximum absorption and bioavailability. This formula also contains clinically relevant levels of R-lipoic acid, taurine, and carnosine to support healthy glucose metabolism.*		

ProbioMed™ 50

Dose	One capsule per day with a meal	Duration	Consistently until patient's target weight is achieved.
Formula Highlights	A shelf stable combination of 50 billion live probiotic strains, from 10 specific probiotic species, known for their ability to directly support intestinal health and the gut-brain axis.*		

Secondary Support:

Tri-Butyryn Supreme™

Dose	1 softgel per day	Duration	Consistently until patient's target weight is achieved.
Formula Highlights	This formula provides 300 mg of tributyrin per serving, which is a short-chain fatty acid that, when produced in the gut through the fermentation of dietary fiber or supplemented, may help support healthy weight by promoting appetite regulation, energy metabolism, and a healthy inflammatory response.*		

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference---weight-management--support-protocol-references>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT) is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies*. St. Louis, MO: Mosby-Elsevier; 2008.

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