

The GLP-1 Nutrient Stack

When appetite shrinks, nutrient quality matters more.
Build from food first, then use supplements to fill real gaps.

1 Build the Foundation

- Choose nutrient-dense foods before relying on powders or pills.
- Supplements should support a balanced diet, not replace it.



2 Protein Supplements

- Protein helps preserve muscle during weight loss.
- Whey or plant-based powders can make protein easier when appetite is low.



3 Fiber Supplements

- Fiber supports regular bowel movements and a healthy gut.
- Increase psyllium or inulin gradually and drink enough fluid.



4 Comprehensive Multivitamin

- A multivitamin can help cover gaps when food intake is limited.
- Think of it as nutritional backup rather than a meal replacement.



5 Electrolytes

- Sodium, potassium, and magnesium support hydration, nerves, and muscles.
- Extra replacement may help after vomiting, diarrhea, heavy sweating, or very low intake.



6 Vitamin D3 and K2

- Vitamin D supports calcium absorption, muscles, and bone health.
- Vitamin K supports normal blood clotting and proteins involved in healthy bones.



7 Magnesium

- Magnesium supports muscle function, nerve signaling, and blood sugar regulation.
- Different forms vary in absorption and their effects on digestion.



8 Omega-3 Fish Oil

- EPA and DHA support heart, brain, and inflammatory balance.
- Fish oil may help when fatty fish is rarely eaten.



9 Creatine Monohydrate

- Creatine supports muscle strength and training performance.
- It may also support mental energy during periods of low intake.



10 Vitamin B1 and B12

- B1 supports energy metabolism, while B12 supports nerves and red blood cells.
- They're stored very differently — B1 reserves can run low within just a few weeks of poor intake, while B12 reserves typically last months to years, which is why both matter on their own timelines.
- Because appetite and food variety often shrink with GLP-1 use, ask your clinician about checking your levels if you're eating very little for an extended stretch or notice ongoing fatigue, tingling, or brain fog.



This guide is educational and general in nature. It is not medical advice and does not replace individualized care from your prescriber, registered dietitian, or pharmacist. If you take a multivitamin, check labels against any other supplements you add — it's easy to unintentionally double up on nutrients like vitamin D, calcium, or B12. Introduce new supplements one at a time when possible, so you and your clinician can track how each one affects you and spot any interactions.