



# GLP-1 SUPPORT

Supplement	Quantity	Time
Advanced Daily	1	Morning
Digestive Enzymes	1	Morning
Magnesium+	1	Morning
Omega-3 Complex	1	Morning
Probiotic+	1	Evening
Vitamin D3+	1	Evening

## WHAT DOES THE GLP-1 SUPPORT PACK DO?

The GLP-1 Support Pack helps support your body as it adjusts to eating less while on GLP-1 medications. Rapid changes in appetite and digestion can reduce nutrient intake, slow metabolism, and impact daily comfort. This pack is designed to help support digestion, nutrient gaps, energy, gut balance, and overall metabolic and muscle health—so progress feels smoother, steadier, and more sustainable. It supports the areas most affected during GLP-1 weight loss: digestion, energy, strength, consistency, and overall well-being.

## WHAT IS OFFERED IN THE GLP-1 SUPPORT PACK?

Each box comes with a 30-day supply of convenient daily strip packs divided into morning and evening. The box includes 30 individual morning packs with 1-Magnesium+, 1-Advanced Daily, 1-Digestive Enzymes, and 1-Omega-3, and 30 individual evening packs which each contain 1-Vitamin D3+ and 1-Probiotic+. Together, these six targeted products help support nutrient intake, digestion, gut balance, metabolic health, bone and muscle support, and daily comfort as your body adapts to eating less.

**\*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.**

# Supplement Facts

Serving Size: 1 pack  
Servings per container: 30

	Morning Pack		Evening Pack	
	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Retinyl Acetate)	300 mcg RAE	33%	0 mcg DFE	0%
Vitamin C (from Calcium Ascorbate)	50 mg	55%	0 mg	0%
Vitamin D3 (from Cholecalciferol)	5 mcg	33%	25 mcg	166%
Vitamin E (as d-alpha tocopherol)	6.70 mg	44%	0 mg	0%
Vitamin K2 MK-7	0 mcg	0%	25 mcg	27%
Thiamine (Vitamin B1) (as Thiamine Mononitrate)	0.65 mg	43%	0 mg	0%
Riboflavin (Vitamin B2)	0.60 mg	46%	0 mg	0%
Niacin (Vitamin B3)(as Niacinamide)	10 mg NE	62%	0 mg NE	0%
Vitamin B6 (from Pyridoxine hydrochloride)	0.75 mg	57%	0 mg	0%
Folate [from (6S)-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®)]	50 mcg DFE	12%	0 mcg DFE	0%
Vitamin B12 (as Methylcobalamin)	25 mcg	1041%	0 mcg	0%
Biotin (as D-Biotin)	15 mcg	50%	0 mcg	0%
Vitamin B5 (Pantothenic Acid from d-Calcium Pantothenate)	3 mg	30%	0 mg	0%
Calcium (from Calcium Carbonate, Calcium Citrate Malate, and Calcium Citrate)	56.25 mg	5%	0 mg	0%
Choline Bitartrate	62.50 mg	11%	0 mg	0%
Iodine (from kelp)(stem and leaf)	50 mcg	33%	0 mcg	0%
Magnesium (from Magnesium Lactate, Magnesium Bisglycinate, DiMagnesium Malate, Magnesium Citrate)	76 mg	19%	0 mg	0%
Magnesium (from Magnesium Oxide)	50 mg	12%	0 mg	0%
Zinc (from Zinc Glycinate Chelate) (TRAACS®)	2.50 mg	22%	0 mg	0%
Selenium (from L-selenomethionine)	27.50 mcg	50%	0 mcg	0%
Copper (from Copper Glycinate Chelate) (TRAACS®)	375 mcg	41%	0 mcg	0%
Manganese (from Manganese Glycinate Chelate) (TRAACS®)	1 mg	43%	0 mg	0%
Chromium (from Chromium Nicotinate Glycinate Chelate) (TRAACS®)	15 mcg	50%	0 mcg	0%
Molybdenum (from Molybdenum Glycinate Chelate) (TRAACS®)	25 mcg	55%	0 mcg	0%
Docosahexaenoic Acid (DHA-from Alaska Pollock)	240 mg	*	0 mg	*
Eicosapentaenoic Acid (EPA-from Alaska Pollock)	320 mg	*	0 mg	*
IDLife Proprietary Digestive Enzyme Blend - Acid Stable Protease, Peptidase, Fungal Amylase, Bacterial Amylase, Lactase, Lipase, Papain, Xylanase, Alpha-Galactosidase and Bromelain	300 mg	*	0 mg	*
Inositol (from Inositol HexaNicotinate)	10 mg	*	0 mg	*
PABA (para-Aminobenzoic Acid)	10 mg	*	0 mg	*
Proprietary Probiotic Blend (Lactobacillus plantarum 299V, Bifidobacterium longum, Lactobacillus casei subsp casei, Lactobacillus acidophilus, Bifidobacterium lactis, Bifidobacterium bifidum, Streptococcus thermophilus, Lactobacillus reuteri, Lactobacillus paracasei, Bifidobacterium infantis, Lactobacillus rhamnosus, Lactobacillus fermentum, Lactobacillus salivarius)	0 mg	*	100 mg	*
Quercetin (Dimorphandra mollis) (Flower)	0.75 mg	*	0 mg	*
Silicon	17.21 mg	*	0 mg	*
Vanadium (from Vanadium Nicotinate Glycinate Chelate) (TRAACS®)	125 mcg	*	0 mcg	*

\*Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Gelatin (Bovine), Low Moisture Rice Dextrin, Safflower Oil, Glycerin, Vegetable Capsule, Gelatin (Shell Ingredient), Stearic Acid, Capsule Shell (Hydroxypropyl Methylcellulose), Silicon Dioxide Micronized, Glycerin (Shell Ingredient), DI Water, Magnesium Stearate, Purified Water (Shell Ingredient), Orange Blend (Turmeric Ext.) (Shell Ingredient), Medium-Chain Triglycerides Oil

Please store in a cool, dry place away from direct sunlight.