

Supplements and other products you may want to add while on P2

Please make sure you check with your doctor or pharmacist before adding these supplements to your daily regime of medicines.

Try to find sugar and starch free in all recommended supplements if possible.

I recommend a good B12 supplement. Sublingual (that is sugar free) is best because of the way it is absorbed directly into your bloodstream. But since sugar free is hard to find, you can use the tablets. You need to take 1000mg a day.

Magnesium- 450-500mg a day. There are over 450 cellular events that involve magnesium in your body. It is a relaxing mineral and helps you overall.

Potassium-99mg per day. This will help with muscle cramping and fatigue

Vitamin D3- Most of us are Vitamin D3 deficient. I take 5000iu a day personally. During P2, make sure you take Vitamin D3 that is not in oil form.

Calcium- Take around 600mg a day

Chromium Picolinate-800-1000mg a day. This will help with sugar cravings and also help regulate bloodsugar. Feel free to also add in cinnamon either by supplement or just using lots of it in your cooking.

If you are still having a lot of uncontrolled sugar/carb cravings, add in L-Glutamine-500mg per day. L-Glutamine capsules should be opened and the contents poured under the tongue until dissolved. If it is used at the first inkling of a craving, it should be gone within 15 minutes for most people.

Are you an emotional eater? GABA 500mg-750mg before bedtime is a good thing to take. It should not be taken around the time a protein was ingested. It will help you sleep a little more sound also.

Potty Issues

Cascara Sagrada-450 mg – one every third day or so. This will help keep “things” moving during P2 without cramping.

Smooth move tea- if you prefer to drink a natural tea for regularity. They make this in a chocolate flavor also. I have seen it at WalMart and Dierbergs, as well as health food stores/vitamin shops.