

SUPPLEMENTS THAT SUPPORT WEIGHT LOSS WHEN HORMONES ARE INVOLVED

STRESS, CORTISOL & BURNOUT SUPPORT

Ashwagandha

Helps with: High cortisol, stress eating, stubborn belly fat, poor sleep.

Why it matters: High cortisol increases abdominal fat storage, appetite, and nighttime cravings. Ashwagandha has strong evidence for lowering stress and improving cortisol rhythm.

Best for: Women who wake up tense, crash mid-afternoon, or eat at night to cope.

Magnesium (Glycinate or Threonate)

Helps with: Tension, anxiety, poor sleep, evening cravings.

Why it matters: Magnesium regulates the stress response and improves insulin sensitivity. Low magnesium worsens cravings and disrupts sleep which drives weight gain.

Best for: Women who feel wired, anxious, or exhausted but can't wind down.

B-Complex

Helps with: Low energy, overwhelm, irritability, burnout.

Why it matters: B-vitamins regulate adrenal hormones and support mitochondrial energy. Deficiency directly increases fatigue and cravings.

Best for: High performers running on caffeine and adrenaline.

Vitamin C

Helps with: Stress recovery, fatigue, immune strain.

Why it matters: The adrenal glands use vitamin C rapidly during stress. Replenishing helps lower stress-induced inflammation.

Best for: Chronic stress, burnout, slow recovery.

Rhodiola

Helps with: Low motivation, adrenal fatigue, brain fog.

Why it matters: Rhodiola improves resilience to stress and stabilizes energy output.

Best for: Women who feel tired but wired, or “not themselves.”

INSULIN RESISTANCE, CRAVINGS & PCOS

Berberine

Helps with: Insulin resistance, cravings, belly fat, PCOS.

Why it matters: One of the most researched natural compounds for improving glucose and insulin. Supports consistent fat loss in metabolic dysfunction.

Best for: Women with cravings, stubborn midsection fat, or PCOS.

Myo-Inositol + D-Chiro Inositol

Helps with: PCOS symptoms, irregular cycles, carb cravings.

Why it matters: Restores insulin sensitivity, improves ovulation, lowers androgens.

Best for: PCOS, irregular cycles, intense sugar cravings.

Chromium

Helps with: Sugar cravings, reactive hypoglycemia, blood sugar swings.

Why it matters: Supports insulin signaling and lowers appetite.

Best for: “Hangry,” shaky, afternoon sugar crashes.

NAC (N-Acetyl Cysteine)

Helps with: PCOS, inflammation, emotional eating.

Why it matters: Increases glutathione, lowers inflammation, improves insulin sensitivity.

Best for: PCOS or cravings tied to emotion/stress.

THYROID-RELATED WEIGHT ISSUES

Selenium

Helps with: Autoimmune thyroid, slow metabolism.

Why it matters: Essential for converting T4 into active T3. Reduces thyroid inflammation.

Best for: Cold hands/feet, fatigue, slow digestion, weight gain.

Zinc

Helps with: Thyroid hormone production, immune balance.

Why it matters: Zinc deficiency is common and worsens low T3 levels.

Best for: Low appetite, low mood, hair loss, slow wound healing.

Vitamin D

Helps with: Metabolism, mood, inflammation, immunity.

Why it matters: Low vitamin D correlates with weight gain, inflammation, and hormone dysregulation.

Best for: Anyone with low levels on labs.

GUT, INFLAMMATION & DETOX

Probiotics

Helps with: Bloating, inflammation, cravings, insulin resistance.

Why it matters: The gut influences appetite, metabolic health, and inflammation. Specific strains improve abdominal fat and metabolic flexibility.

Best for: Bloating, irregular digestion, stubborn midsection fat.

Omega-3s (EPA/DHA)

Helps with: Inflammation, mood, insulin sensitivity, brain fog.

Why it matters: Lower inflammation, support leptin and insulin signaling, and reduce visceral fat.

Best for: Puffy, inflamed, bloated, or stressed women.

Resveratrol

Helps with: Estrogen balance, metabolic inflammation, insulin resistance.

Why it matters: Supports mitochondrial health and inflammation regulation.

Best for: Perimenopause, PCOS, stubborn fat.

MUSCLE RETENTION & METABOLIC STABILITY

Creatine

Helps with: Muscle retention, strength, metabolism.

Why it matters: Prevents muscle loss during weight reduction, keeping metabolism strong.

Best for: Any woman losing weight or strength training.

Protein Powder

Helps with: Appetite control, muscle support, weight loss consistency.

Why it matters: Adequate protein increases metabolic rate, reduces cravings, and improves satiety.

Best for: High performers who under-eat protein.
