GLP-1 Explained Part 1: How to Support Metabolism Without Drugs Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to GLP-1 and metabolic health

You can't have good metabolic health without good cellular sensitivity. And you can fix cellular sensitive if your metabolism is out of control. So they really are incredibly connected along with that gut health portion that we already talked about.

If your blood sugar is constantly elevated, insulin stays high, cells become resistant, energy drops, fat storage increases. And once that cycle starts, it basically feeds itself.

And that's why this formula doesn't just support blood sugar. It also supports the signaling aspect of it and the cellular sensitivity aspect. Of it. it's all rolled into this.

Welcome to Vitality Radio, the podcast that helps you make sense of natural supplements and thrive without pharma drugs. I'm Jared St. Clair. I grew up in a health food store and spent over 40 years now figuring out what works and what doesn't, so that you can make confident, informed decisions about nutrition, supplements and your health.

Hello. Welcome to Vitality Radio. My name is Jared St. Clair. And before I get into today's topic, I need to address something very closely related to this topic.

I have been working on a Vitalty Nutrition brand GLP-1 formula for well over a year now. Actually, coming close to two years, I'm afraid to say. It is going to be called Vitality GLP-1 Metabolic Optimizer.

And I owe you an apology because I truly believe that this product would be out about this time last year at the latest and maybe, maybe if everything went terribly wrong last summer.

and here we are, it's April, 2026. And it's finally here. It came in yesterday and I am so excited to explain it to you today. But let me tell you why it took so long.

Because I've had so many people asking. We've have dozens of people on our waiting list for calling and emailing and hitting us up on chat on vitalitynutrition.com.

and getting impatient and I don't blame you because I've also been maybe more than anybody impatient. In fact, I just took my first capsule of it a half an hour before I started this show.

So first, let me thank you for your patience. And second, here's why it took so long. I wasn't going to put out a product to take advantage of the GLP one craze exclusively.

And that seems what's happening right now. Now, do I want to. Take advantage. Of the G L P one. Craze. Sure. It's a great marketing opportunity. There are a lot of people talking about it.

A lot. People using pharmaceutical GL P ones and a. Lot of. did, but haven't quite bit the bullet on that. And there's tons of people buying products on Amazon and everywhere else that say GLP one on the bottle, capitalizing on a trend is not what I'm about.

I wanted every ingredient in this formula to be there for a very specific reason.

Why the Vitality GLP-1 formula took so long

Most importantly, I want it every ingredients to there at the dose that actually does something. And that made this way more challenging than I thought it ever would be.

In fact, this is the most difficult formula I've ever had to formulate, which is crazy because it doesn't have that many ingredients in it. There's nine or 10 ingredients.

And this product versus say ultimate vitality multi that has well over 40, but let me explain. There are some ingredients that because GLP-1 is a massive craze, like acromansia, the probiotic, that are so hard to get that companies my size just basically have to wait.

Now, I think I explained on an episode a few months ago when I finally got ahold of acromancia through a dear friend of mine in the industry, That was a hurdle that I was able to jump thanks to a connection that had just being in industry for so long with so many great friends around me that were there to support me.

when I need them. And a big shout out to my buddy Max for that. But that was only part one. There was another ingredient that it was very difficult to get a hold of in the right form.

I really have fallen in love with a couple of different forms of berberine. Phytozone forms are great. Liposomal forms can be very, very good from what I've seen and also what's known as dihydro berbere.

Now there were a lot of decisions to make when it came to berberine. I finally settled on one that is a dihydro berberein that has a clinically proven trademarked formula called Glucovantage.

That was another one, that required some significant hoops and some connections in order to get a hold of. So ingredient after ingredient was challenging and then came the tariffs and some of these ingredients are coming from overseas and the price went up on these things and it made them much more difficult to get and just so on and so But it is here.

It is exactly what I wanted it to be. And I can tell you right now without reservation, it's the best GLP-1 product that I've found on the market and it not even close.

I'll get into that because that's not me just saying, hey, buy my product because it better. But I could prove that it was better and I will get to that in the show description today.

So I know my sweetheart Jen will be using this product. Most of the people on our team are planning to use this. This is a formula that is so uniquely concentrated in the right ingredients to help with metabolic.

optimization that I believe it is an incredible fit for just about anybody because we know that metabolic illness is the primary driver of disease in America driving so many of these inflammatory conditions and everything else.

So thank you for your patience. Now let's get into the Vitality Nutrition GLP-1 metabolic optimizer formula. So before I jump into the actual formula, we'll go into GLP-1 itself.

What the heck is GLp-one? If you've wondered or you heard bits and pieces or whatever, I'm not going to get into deep science on it, but I want to make sure that you at least have this to understand what we're talking about.

GLP-1 is technically, well, the actual name for it is glucagon-like peptide 1, and it's technically a peptides hormone. It's a small protein made of amino acids, but its job is hormonal.

Its released in the gut and signals the pancreas, brain, other tissues to regulate blood sugar and appetite. blood sugar regulation, insulin signaling, appetite control, gastric emptying, those are all part of what GLP-1 influences.

When GLp- 1 is functioning properly in the body, it handles carbohydrates more efficiently, which means instead of those carbs spiking your bloodsugar and getting stored as fat, your body is actually able to use them for energy the way it's supposed to.

when GL p-one is function properly, you're body also feels full. appropriately and you are in control of your appetite. Your appetite is not crushed, which can happen with GLP-1 drugs, but it is more balanced and more stable.

And your body also avoids these big blood sugar spikes and crashes making energy more. Stable as well. The reason that all matters is because GLp-one is deeply connected to insulin sensitivity.

If insulin resistance is broken, GLP-1 signaling won't work properly either, so they're inextricably tied together. Now, let's talk about the pharma versus the natural approach, because pharmaceuticals like Ozempic, Wigobi, and pill or whatever it's called.

They all work by acting as what's call a receptor agonist. That simply means that they bind to the same receptors that your natural GLP-1 would bind too.

And then they activate them, often more strongly and for much longer than what your GLp- 1 would actually do. When those receptors are activated, your body slows down how quickly food leaves your stomach, signals your pancreas to release insulin more effectively, and tells your brain that you're full.

The result is better blood sugar control and a significant reduction in appetite. The key difference is that instead of your body producing GLP-1 naturally in response to food and internal signals, these drugs are essentially stepping in and forcing that signal to stay turned on longer than it normally would be.

What we're doing with our formula though is very different.

What GLP-1 does and how natural support differs from drugs

We're not forcing the receptor, we are supporting the body's own ability to produce and respond to GLP-1 by improving gut signaling, increasing beneficial compounds like butyrate and enhancing insulin sensitivity and metabolic health.

We're helping your body turn that signal on appropriately at the right time and in the way the body was designed to do it. Now, if you've listened to Vitality Radio much, you know that my goal always is to give you something supplementally that supports the bodies natural function, not overrides it I call most pharmaceuticals, suppressive medicine because they suppress signals in the body or they override the way that the, body naturally works.

And of course, GLP ones are that way. Now it's not necessarily that I'm opposed to pharmaceutical, glp ones, g l p ones or peptides. They're different.

than a typical pharmaceutical. I don't think they're being prescribed correctly in most cases, but in certain cases where individualized dosing or microdosing is used through naturopathic or functional medicine doctors, I think, they can be very, very effective and I can think that they could be used probably pretty safely.

But finding that practitioner is a challenge and there are still risks. Even the most strongest proponents of these drugs will tell you, you've got to be careful because When you force physiology, there are risks that pop up.

That's as simple as that. Some of the risks are gastroparesis where your gastric emptying literally becomes paralyzed, severe GI distress, muscle loss, which is huge because what we're finding with GLP-1s is that lean body mass is reduced by as much as 25 to 40%. Meaning that, yes, you're getting thinner, but you are not necessarily getting lower fat as a percentage of your total body weight, depending on your body total weight going into it, your lean mass going in to it and all that kind of stuff.

And nutrient deficiencies because digestion can be hindered dramatically. So when we support the body to do it on its own, all of that stuff goes away.

Is it as strong? No, it's not as strongly. Generally speaking, not always natural ingredients are not going to be as much of a sledgehammer as pharmaceutical ingredients, but it doesn't mean that they don't work and that can't provide support for the body.

Now let's talk about this whole industry craze thing because people like yourself are exposed constantly. I know

because you're listening to this show.

On your Instagram, your tick talks, you're Facebook, other podcasts, wherever YouTube, where ever you are finding your information, You're exposed to a ton of marketing.

And I'm sure you've probably seen ads for GLP one supplements because they're everywhere right now and they are built to sell. But I have yet to find one that was built.

To work. I took the top five, as far as I could tell, GL P one formulas that were found on Amazon. and threw them into a spreadsheet and actually looked at all the individual ingredients at the potencies that are in those formulas and compared them to the actual clinical study dose of those ingredients.

And this is what I found. You see great ingredients, things like acromansia and berberine, like I already talked about, alpha-lipoic acid in some cases, certain probiotics or prebiotics, resveratrol, EGCG, fiber.

And it all looks great on the label. But then you look at the dosing and you realize it's not even close. The clinical benefit of Berberine HCl, which is just straight regular old berberin, has been shown to be around 1000 to 1500 milligrams.

On average, the formulas I saw had one to 200 milligrams, We're talking about 10 times less in many cases than what is actually needed. Effective fiber for GLP-1 signaling shows a minimum of about three grams to 10 grams.

The average supplement with fiber in it in the GLp-one world has a few hundred milligrams. In other words, anywhere from like 10 to 30 times, less than you need.

Acromansia, one of the big ones because There's a brand out there, and I'll just say it, Pendulum, but there are plenty of others, not just them. Pendulum happens to be the biggest one out.

There that is selling acromantia and they're selling good quality stuff. there's nothing wrong with their acromancia, But on average, they have half a billion units of activity.

They're maybe up to a. And the study, the big. gold medal study that was done on Acromansia for GLP-1 support was at 10 billion units. So again, we're 10 to 20 times less than what is needed.

And there's a reason for this. Well, I'll say that there's two reasons for this. Reason number one is these ingredients aren't cheap. I get it. Acromansia is very expensive.

So is the glucovantage berberine. Glucovantage Berberin on average is something like six times the cost of regular berbere. is one of the most expensive probiotics that I've ever had to procure, and it's one the difficult ones to get.

And so yeah, there's a reason from a supply side and a cost side that companies are cutting back, but they're getting away with it because they are taking advantage of a consumer who is uninformed on what they actually need in terms of potency.

So don't be fooled by these products that say that they a GLP-1 and they have the right materials, But they don' have right stuff. When I looked through all of these formulas and tallied everything up, what I found was on average, ingredients were 10 to 50 times lower in potency than they should be based on the clinical studies that were done on these ingredients.

It's an absolute mess. And yet they're not inexpensive formulas. Most of them retail for 50 to $75 on Amazon. which is supposed to be a discount place to buy your supplements, right?

So they're not inexpensive for a month supply, $50 to $75. I saw some that were as high as $90. These are label driven formulas with non-therapeutic doses, but at therapeutic level pricing.

And that's just not okay. You don't get results from ingredients, you get result from the doses of those ingredients. In all of the research I did on these other formulas, I literally found one product that had a legitimate dose of probiotics in it.

And that's all it had. It had two of what I consider to be the four most important probiotic for GLP-1. and it did have them at legitimate doses, but it had nothing else in it.

It was still a, I would guess, minimally effective formula for most people based on what it has in. So let's talk about what you really need and why a GLP-1 supplement I believe can really work and for personal reasons for personal use.

I don't know that I've ever been more excited about a formula that. For me, since all the way back almost 20 years ago with back on track, I am so pumped about this product.

So excited that as I said at the beginning of the show, took my first capsule just right before finishing writing these notes for this show. And I'm geared up because I think this project is going to be phenomenal for me and for so many other people.

There's three pillars that I want to talk about when it comes to GLP-1. The first one is gut signaling, and this is really important because GLp- 1 is a peptide hormone that is produced in the gut.

If the got is dysfunctional, GL p1 signaling is impaired. There are four ingredients, two probiotics and two post-biotics that i've included in my formula at clinically proven doses. The first on is lactobacillus gasseri.

Now, or gassari, depending on who you ask. will shorten it to L-gassari, which deserves a major spotlight in this formula in my book. This is one of the probiotic strains with some of most interesting and intriguing human data when it comes to body composition, abdominal fat, waist circumference, and metabolic health.

In human studies, L gassary supplementation has been associated with reductions in visceral fat and belly fat.

Why most GLP-1 supplements are underdosed

Which is a big deal because that is the kind of fat that most tightly is linked to insulin resistance and poor metabolic health. And we did not just put in a little bit to make it look good.

We used a full 10 billion units, which makes it one of the dominant players in this formula and right at the clinical dose that has all the best research on it.

That matters in big way for metabolic signaling, for gut signaling appetite regulation and body composition. at that dose. That's where they're seeing the benefits.

The next one is one of my favorite all-star probiotics. I've used it before, but I thought it absolutely deserved it to be in this formula. It's Lactobacillus ruderi, and it is also at a clinically proven dose of three billion units.

El ruderai has been is in here because it plays a very important supporting role in gut health, microbiome balance and gut brain communication. This strain has been studied for its effects on intestinal balance, inflammation and signaling pathways that influence satiety, digestion and metabolic function.

While it may not get as much attention in the weight loss conversation as gasserie does or acromancia, it absolutely belongs in this formula designed to support natural GLP-1 activity because the gut is not just about one strain.

It's about synergy and at three billion units, this is a meaningful dose. not a pixie dose, and I have Rudorianer less because of its GLP-1 benefits and more because I consider it just this universally great probiotic for the human microbiome for so many reasons.

And I believe that the synergy of it with the other probiotics and prebiotics will play out to be a very, very effective combination. Now, Acromansia, we've talked about this one, Mucinethyla is what it's known as.

And this, the big study that was done that everybody points to is 10 billion units per day. Acromansia is in here as a postbiotic. And it's one of the most exciting and most talked about bacteria in all of metabolic research right now.

And for good reason, the strain lives in the mucus layer of gut and plays a direct role in maintaining the integrity of barrier, which is critical for controlling inflammation and metabolic signaling.

In human research, acromansia As a supplement has been shown to improve insulin sensitivity and key metabolic markers in overweight individuals. But here's where most products fall apart.

They include the acromancia at one billion or less, a tenth of the dose. which just simply, we just don't know. We don' know if that's a beneficial ingredient at that dose because it's never been used at dose in a study.

we know 10 billion works, so we're using 10 Billion and it is as simple as that. You're getting 10 to 20 times as much in this formula, the Vitality GLP-1, than any other formula that I've seen so far.

Now, the last one is one that doesn't sound that great, Clostridium butyricum, but it's not the kind that you get in the swimming pool and causes issues.

But it is a post-biotic bacteria, and it only needs to be in here at 1 billion units to being an effective dose. Closteridium Butyrichum is 1 of the most effective natural producers of butyrite.

And butylate is the one of key compounds involved in gut-driven GLP-1 signaling. Butyrate is a short chain fatty acid that feeds the cell lining in your colon, strengthens the gut barrier, reduces inflammation and, and this is the critical piece, stimulates the actual release of GLP-1 into the.

So, claustridium butyricum is also being used in leaky gut formulas. It's a really, really cool ingredient and I'm a big fan of it because I think that most people with metabolic dysfunction are also dealing with leky gut.

So this one, you know, works in a few different ways. Instead of forcing the GLP-1 receptor like the drugs do though, this is supporting the body's ability to produce that signal naturally.

And 1 billion units is a legitimate dose. in the studies that show that it directly supports metabolic health, blood sugar regulation and appetite signaling.

So as I was building this formula, I realized that I really was really building more of a multi-tool for overall health. Yes, it's a blood-sugar support formula.

It is a GLP-1 optimizer and it is metabolism formula but it's also a super gut health formula and a great immune and autoimmune support formula as well.

This is a powerful pro and post biotic blend and would be a standalone just as a probiotic formula, but also adds depth to what you get with something like back on track or vital spores because it doesn't override what they're doing, it supports what their doing and if you really need more gut support and you're already using back-on-track or vitals spore and your concerned about metabolic health or GLP-1, weight loss or A1C levels or things like that, then adding it to the mix makes a lot of sense.

This is about building a gut environment that actually produces GLP-1 consistently instead of trying to force it externally. And the overall or the happy side effect, if you want to call it that, or side benefit is better gut health at the same time.

Now I said there's three pillars, pillars two and three I'm going to talk about in unison. They are metabolic control and cellular sensitivity. But first, let's talk about insulin resistance.

Insulin resistance is one of the central problems that we're taking on here and trying to solve. At its core, insulin-resistance means that your cells are no longer responding properly to insulin signaling.

Insulin's job is to take glucose out of the bloodstream and move it into the cell to be used for energy. But when that signal is ignored, usually due to chronic high blood sugar, excessive refined carbohydrate intake, lack of movement, poor sleep, and ongoing stress, the body compensates by producing more insulin.

Gut signaling ingredients: probiotics and postbiotics

Over time, you end up with both elevated blood sugar and elevated insulin, which drives fat storage, increases cravings, lowers energy, and creates that metabolic state where people feel stuck no matter how hard they try.

And the longer that that goes on, the harder it becomes for the body to regulate itself. Does any of this sound familiar? It's a real common issue for so many of us in America today.

So when we talk about that metabolic control and cellular sensitivity pillars two and three, what we're really talking about is reversing that process, bringing blood sugar under control, reducing the demand for insulin, and most importantly, restoring the cell's ability to respond to that signal again.

Because once that starts to happen, everything else begins to fall back into place. And that's exactly why these two pillars matter so much. Let's bring these two pillars together because in reality, they're not separate systems at all.

It's really just two different sides of kind of the same thing. Metabolic control is what's happening in your bloodstream, blood sugar levels, insulin response, glucose regulation, and so on.

Cellular sensitivity is, what is happening at the level of a cell. how well your cells respond to insulin, how efficiently they pull in glucose, and whether that glucose gets used for energy or stored as fat.

And here's the key. You can't have good metabolic health without good cellular sensitivity. and you can fix cellular sensitive if your metabolism is out of control.

So they really are incredibly connected along with that gut health portion that we already talked about. If your blood sugar is constantly elevated, insulin stays high, cells become resistant, energy drops, fat storage increases.

And once that cycle starts, it basically feeds itself. That's why this formula doesn't just support blood-sugar. It also supports the signaling aspect of it and the cellular sensitivity aspect.

It's all rolled into this formula. We're not just trying to bring balance to blood sugar, although, yes, we want balanced blood sugars. a good strong microbiome that is signaling like it should.

We are also working at the cellular level to try to make cells actually less resistant to insulin, more sensitive to Insulin over time. And the way that we do that, is very intentional.

Every ingredient in this formula is designed to support one or both sides of those two pillars. either improving how your body handles blood sugar or restoring how you cells respond to it, and in many cases, both.

So let's go through the herbal and nutrient side. We've already talked about the gut health side of it which is the probiotic support blend and the postbiotic support blends that are in there.

Now we're going to talk about the metabolic support blend that's in the formula. And that starts with that dihydroberberine from Glucovantage at a full clinically proven 200mg dose.

Now, I mentioned earlier, and this is really important, that a lot of the GLP-1 formulas out there on the market have 1-200mgs of berberene. I just told you mine has 200 mg of Berberane.

But there is a huge difference between dihidro berberene and regular berberine HCL. There's actually a few differences. The first difference is we know clinically that it's five times as efficient.

200 milligrams is equal to a thousand milligrams, which puts it into that clinically effective dose. And we also know that glucovantage itself has been proven to do what it claims to, do helping to reduce A1C by 0.9 to 1.2 points, Huge reduction, if you think about that.

And the studies on berberine have been done on average over 12 to 16 weeks that have shown this. If 5.6, 5.7 is that borderline diabetes, type two diabetes number, and you can reduce that by.9 to 1.2 points, you take yourself not just out of border line, not out just of pre-diabetes, but out it altogether and into what would be considered basically healthy A1C levels.

And if you're already in diabetes in the sixes or sevens, it can get you closer to out just on its own, according to the clinical studies. That's really, really impressive what we found with berberine.

Dihydroberberin, like I say, five times more efficient, but also so much easier on the stomach. If you've ever tried berberine capsules and they upset your stomach, the hydro beriberine doesn't do it.

I've yet to have a single person tell me that it bothered their stomach in any way. Yet we hear probably from five to 10% of people that take regular berberein, which I love.

Berberean's great and effective. but about five to 10% of people, it upsets their stomach and they can't use it. And that doesn't seem to be the case with glucovantage.

So my goal here was to give you something that didn't bother your stomach. The last thing we want to do is cause stomach upset with a product that's actually designed to balance the gut as part of what it does.

But also we have to think about this. This is really important. One of the biggest challenges, and I know my fellow formulators out there will agree with this problem, is how much can you fit in the capsule?

And if I were to use Berberine HCL, not only would you have a higher likelihood of gut upset, but you'd also have to take five or six of these a day instead of just three.

So by saving weight and space inside the capsule, we're able to give you as good or better a result without the gut up set and keep it at three capsules per day, one with each meal.

So the human research on berberine shows that A1C reduction we already talked about improved fasting glucose levels and improved insulin sensitivity over 12 to 16 weeks.

But what makes this even more powerful is how it works, what it actually is doing. It activates AMPK or AMP-K, which increases cellular energy production.

it improves glucose uptake into cells and reduces hepatic, otherwise known as liver, glucose output. And because this is dihydroberberine, like I said, you get that higher absorption rate and none of the stomach upset, at least not that we've experienced.

The next ingredient is alpha lipoic acid, one of my favorites, a very true superstar of when it comes to blood sugar balancing. It's also a powerful antioxidant.

And the human clinical studies show a, very effective dose is between three and 600 milligrams per day. I was able to get 400 milligrams in this formula.

So right there, kind of in the middle of what the research says. Now I would have put more, but I couldn't fit more. Uh, so we've got 400 Milligrams, which I'm still very comfortable with as a good clinical dose, But this is one where somebody, especially if you are higher on the A1C level, you've Got any kind Of nerve issues.

If you Are in diabetes, adding additional alpha lipoic acid could make a lot of sense. Another 400. milligrams a day, I think could make a lot of sense for you.

So just keep that in mind. But I, think for most people, 400 milligrams is going to be an efficient and effective dose. Human studies in this dosage range show significant improvements in insulin sensitivity, increased glucose uptake in the muscle cells, and more comfort, less discomfort having to do with nerve pain.

Metabolic control and cellular sensitivity

Also, what does this mean in real life? Less circulating glucose, lower insulin demand, more energy production, and all at that 400-milligram dose. Now, chromium is in this formula as well as a polynicotinate, one of my preferred forms of chromia.

I love this form. It's basically chromiam bonded to niacin, essentially. One of the things that drives me crazy is how much chromium is used in supplements and how little is often put in there.

And it makes no sense because it doesn't take up hardly any space in the capsule. I mean, it's it it, makes a difference, but it does not make that much of a different.

In the clinical research is phenomenal at 1000 micrograms a day and at least 500 micro grams a. There is research indicating that 200 micro-gram is an effective dose.

But that research is old research, and the more research has been done, the better the results get at higher doses. So we have a full thousand micrograms in here.

I did not want to mess around with that. And one thing you may not have noticed in the past, maybe because you don't take the product or you haven't paid attention to carefully recently, to the formula, but we also have 250 micrograms of chromium in the ultimate vitality, multi also in nicotinate form.

And that is in there because I want metabolic support even on a daily basis, just in a multivitamin. The reason that I stuck with a thousand micro grams of Chromium here is because many of you are also taking the multi and 1250 micro-gram is an amazing sweet spot for Chrromium.

But a 1000 micro gram is awesome. You don't need more than a thousand. I don' think. Can you benefit from a little more in a 1,000? I think so probably, but I didn't want to overdo it for those of you who are taking the multi as well.

And again, I'm thrilled with a 1000 micrograms, whether or not you're taking The Ultimate Vitality Multi. The research indicates that 1,000 micrograms of chromium is excellent for insulin sensitivity improvement, glucose control improvement and fasting blood sugar decreases at that dose.

Now something that a lot of people are less familiar with is something called bitter melon extract. Now, as a food, that sounds terrible. I've never tried bitter melon.

Of all the melons that I love are quite sweet, right? But bittermelon extract at 500 milligrams in a standardized extract is important. It's standardized for a couple of very key components, including what's called charitin and actual bitter components of the food itself.

And what they found at 500 milligrams is that it helps to reduce fasting blood glucose, improve glucose tolerance, reduces post meal glucose spikes. The mechanism is, that enhances glucose uptake into the cells.

So that's supporting that cellular signaling, cellular sensitivity, supporting insulin signaling pathways and reducing glucose absorption and production.

And again, 500 milligrams standardized to the key components is a dose that actually works. Now, am I starting to sound a little like a broken record?

Bitter melon, chromium, alpha lipoic acid, dihydro berberine, they all have similar benefits, but they do it in very different ways through different mechanisms of action.

Some brands out there that'll put out a formula with GLP-1 on the front of the formula will say, well, we've got eight ingredients and there's this amazing synergy and they put a little bit of all those ingredients in there.

I'm not relying on this synergy, but I am counting on it enhancing the formulas. You don't need synergy with this formula because all of these individual ingredients are at clinically proven doses.

but there will be synergy because of the way that these ingredients are actually behaving inside the body, all utilizing different pathways of benefit and all at the clinical dose.

So we're getting individual benefit from individual ingredients, and then an enhanced benefit from the synergy of those ingredients all working in different ways inside the human body.

The last ingredient here is Panax ginseng. Just last week I did a show on Pannax Ginsing as an extract. This one has a 4 to 1 extract, 200 milligrams, and we put that in there because ginseng is just a wonder herb.

I absolutely love this stuff. It helps with stress response and reduction of elevated cortisol, which then in turn decreases blood sugar, promote insulin sensitivity instead of insulin resistance.

And because when we have high cortisol, those two things go backwards. Blood sugar is increased and insulin resistance is increase. When we reduce cortisol we actually improve those things.

Human studies on panics ginseng show improved fasting glucose and reduced post meal glucose spikes as well. And of course, ginseng is fantastic for just general baseline energy and vitality and just feeling overall good.

Key metabolic ingredients in the formula

There's also some natural benefits in hormone production with gensing as well. So that is the formula. We have two probiotics, two postbiotics, we have a mineral in there with the chromium, and then we an acid that is an antioxidant, an alveolipoic acid, And we three herbal components in the dihydroberberine, the ginseng and the bitter melon.

And the idea is simply that through those individual ingredients and the synergy involved with all of them, we are improving how glucose is handled in the bloodstream.

We are proving how insulin functions. we're restoring how the cells respond and we increasing how efficiently the body produces energy overall. This is not about forcing the to do something that wouldn't naturally do.

this is about restoring the bodies ability to what it was designed to in first place. because when metabolic control and cellular sensitivity come back online and the gut gets healthy and signaling inside the guts improves, everything else starts to work again.

Blood sugar, energy, fat loss and even appetite regulation can be improved. What I expect people to experience with this formula, reduced cravings, more stable blood sugar, fewer energy crashes, better control around food and breaking through weight plateaus and over time, these improvements in metabolic health can actually last because this is something that does build over time.

You're not just flipping a switch, you're improving how your body functions at a deeper level. As insulin sensitivity improves, as the gut environment shifts, and as your cells start responding properly again, those benefits compound.

That's why I recommend giving this at least three to four months minimum. because that's the timeframe where most of the human research on these ingredients shows optimal results.

Now, that doesn't mean that you won't feel benefits sooner. Many people will notice improvements in cravings, energy, and blood sugar stability quite quickly.

But the deeper changes, like a meaningful shift in A1C and a true reset of gut environment, those take more time. And in many cases, especially with a microbiome, that process can extend even beyond the three month window.

So that is really a huge important part of this. Now, one of the things that I want to reveal right now that i'm so excited about that frankly, I did not expect as I was formulating this product and I started to see the individual ingredients and the prices involved in these ingredients.

is that I could get a month supply to you at what I think is a reasonable price for a product like this. $69.99 is the price. 69. 99 is right in there with many of the GLP ones that are found on Amazon.

And this is literally 10 to 50 times stronger and significantly more comprehensive than anything else that could find. And frankly, if you're curious or you want to challenge that, do it, dig around.

If you find a formula that's close, I want see it. I really do genuinely take a picture of it and send it to us to be a chat or call us on the phone at 801-292-6662.

And I wanna remind you something that is really, really important that does separate what we do at Vitality Nutrition from what a lot of other companies do.

We have no sales force. We are a retail store that goes direct to consumers, not through distributors. We do have a wholesale arm of our company. we sell to about 20 or 25 practitioners and supplement stores out there, but we don't even offer all of your formulas to them because some of them we simply don' have enough room for a whole sale price on those supplements.

Others we are able to make it work. This product would sell for well over $100, probably in the $150 to $200 range and many other brands based on the types of margins that those brands need to support the marketing and the sales force and distribution network that these types We just don't have that stuff.

It's the contract manufacturer, then it's me, and then, it is you. Its really pretty simple and that makes all the difference with pricing. So, for a month supply, three capsules a day, $69.99. When I first started working on the formula, I genuinely thought we were going to be at $89.90. So I'm thrilled to introduce it to the price that I am able to.

I don't know if that will change as ingredients shift and change. We've got a war going on and a million other things, but at least this first batch, that's where it's at.

It'll stay there or stay close to there anyway. that it does. The other thing that I want to make sure is really clear is that this is a product, again, working with the body, not against the bodies.

So you should not expect to see rapid muscle loss like we see with GLP-1 drugs in many cases, extreme appetite suppression, appetite control, and you feeling in control of your appetite.

That's what I expect people to. And that's, what, I hope that people will see and that we'll start hearing back from you. We don't want this extreme suppression where people end up starting to look like they've lost as much muscle as they have fat, which I am seeing a lot right now, and maybe you are as well.

We're all about not overriding physiology, but restoring physiology. And this is something else that's really, really important. Diet and lifestyle still matter.

I'm sorry, but it's just true. It wasn't, I wish I could sell you this stuff and say, you're going to lose 50 pounds of fat in three months or whatever it is.

And you don't have to change a thing because you are not going be hungry at all. Well, I believe you're going to be less hungry. I really do. You're gonna have more control when it comes to dinner time and lunchtime and all that kind of stuff.

Think you gonna feel overall better on this formula than you did without it. But a walk after meals is still extremely beneficial for metabolism for your blood sugar and everything else.

Exercise and movement always important. Strength training is huge because as we're losing weight, even if we are doing it in a more natural way, it is very likely for us to also lose some muscle.

So strength training, getting plenty of protein, Very, very important, utilizing creatine in this process, I think makes a ton of sense to help maintain your muscle mass.

And of course, always getting enough sleep is a major factor. Supplements support the system. They don't replace discipline. We do know that GLP-1 optimization does make discipline a little easier though, at least when it comes to the dinner table.

So I said at the end, I want you to try it for three months and I do want to you try for it three month.

Expected results, pricing, and how to use it

How about we do this? $69.99 for one bottle. If you put three bottles in your cart. It'll automatically take $10 off for bottle for a total of $30 off.

And that'll give you that three month supply. Cause I really want you to give it three months and that's it's not about me selling you three bottles. Obviously I'd love to sell you.

Three bottles, okay. That's just the truth. but that's not what this promotion's about. This promotion is about getting you to try three bottles because I think that you're gonna see your best results at or around three months on the formula.

And I really, really genuinely want your feedback on this formula, I Really want to hear from you. how it worked, how you feel because this product came in yesterday.

It is based 100% on clinical trials on all of these ingredients in humans. That's what this formula is. So I already am very confident that it works because the individual components work.

The question is how much better does it work because all those individual component are there. and they're at the clinically effective dosage because I believe that, well, there is not a study that's ever put all of these ingredients or even two or three of those ingredients in together to see how they work and how to help each other out.

So I need your feedback. I'm asking for your feed back and I'll certainly give you mine once I've been on this formula for a while myself. When metabolic control and cellular sensitivity come back online Everything helps to start working again.

Blood sugar, energy, fat loss, and even appetite regulation. And those are the things that I hope to hear back from you. Thank you so much for your patience.

thank you, so, much, for, your support of Vitality Radio and Vitalty Nutrition. Remember, we have a second Vitaly Nutrition still operating under the name Healthy Me in South Ogden, Utah at 1735 East Skyline Drive in south Ogdon, But if you look up healthy me, that's us.

It's going to be Jen, me and Bridger are the people from vitality that you'll see up there. And then we also have three wonderful people that they left there for us that are joining our vital team as well.

as well as we're introducing J. I. just ingredients to the South Ogden market. I think for the first time, super excited to have that up there. We're also putting in a full sports nutrition section which they've never had there at Healthy Me.

A lot of really cool stuff. Probably increasing their selection by at least 50 to 60% for next couple of months and we'll be having a big grand reopening.

in the next couple of months as well. So stay tuned for that. And otherwise, I think I've given you all I have on the GLP one formula. Look for it in.

The link in, the show description. and remember if you put three bottles in your cart, it'll automatically drop $30 off of your total 10 bucks off each bottle when you commit to the three.

Thank you so much. For listening to me, for supporting me and my family and for waiting patiently for this formula, can't wait to hear back from you. I'm Jared St.

Clair and this has been Vitality Radio. Thanks for listening the Vitaly Radio podcast. If this episode helped you, follow the show, share it with someone and explore trusted education and resources at vitalitynutrition.com.

See you next time. Hello, everyone. I hope you enjoyed this week's episode of Vitality Radio. Just a reminder that this podcast is for educational purposes only.

This podcast has not been evaluated by the FDA. Thank you.