GLP-1 Food Marketing and the Protein Trend

The Smoothie King GLP-1 smoothies are literally identical to their regular smoothys. They just are highlighting the ones that have higher protein in them.

The Shake Shack Good Fit Menu is the same burgers and chicken just in lettuce wraps. And the Subway Protein Pocket has more fat and the amount of protein as a regular sub that it's supposedly replacing.

His conclusion, the front of the box is written by a marketing team, not a dietician. Don't trust it. Flip the Box Around. 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.

I want to start today's episode with a sentence I genuinely did not expect to say out loud. Smoothie King has a GLP One support menu? A national smoothie chain looked at the rise of Ozempic, Wigoby, and ZetBound, looked millions of Americans injecting themselves weekly with an appetite-suppressing hormone analog and said, cool, let's design a menu around that.

And they're not alone. McDonald's is marketing protein counts. Starbucks launched a protein latte. Subway has something called a Protein Pocket. Nestle launched a frozen meal line for GLP-1 users, Kellogg's made protein pop tarts, and Walmart, the largest grocery retailer in the country, literally reported to investors that GLp-one users were buying measurably less food.

So the other day I was on YouTube and a consumer journalist, at least that's what I call him, I don't know what he calls himself, Zachary Smeagol. I think I'm saying that right, or Smygle, maybe.

Over on, on Youtube with 300,000 subscribers, did a show he called The Ozempic Economy. And he does solid work exposing exactly this kind of corporate sleight of hand, publishing a video, breaking all of this down.

and it's worth your time actually, i'll link it in the show description. I agree with a lot of what he said, but I think he left something important on the table.

And today I'm going to tell you exactly what I Think that is why the protein trend matters more than we give it credit for and what the food industry is still hiding inside the quote unquote healthy rebrand and What you should actually be doing about it for yourself.

This is the Vitality Verdict. My name is Jared. Let's get into it. All right, so here's the context you need. Roughly one in eight American adults, according to Zachary, is now on a GLP-1 drug.

That's a crazy number. I'm not sure if that's actually true, but that what he says in the video. That's massive, right? It's like 12.5% if I'm doing my math right.

And that's just the people actively on prescription medication. Beyond that, there's an entire parallel wave.

Vitality Radio Introduction and Episode Setup

People who aren't injecting anything, but who are taking supplements like berberine or acromansia or the GLP-1 metabolic optimizer from Vitality Nutrition, people who paying attention to their meal timing, their protein levels, doing low carb or keto, lifting weights and actively trying to manage their own insulin response because they've

seen what these drugs do for people around them and they want in on that biology, but they don't necessarily want to in that prescription or the potential side effects associated with it.

The chronic disease crisis that enabled all of this and made this into a real trend didn't happen in a vacuum, right? Obesity, type 2 diabetes, metabolic dysfunction, these are diseases that were engineered by decades of bad dietary advice and predatory food manufacturing, ultra-processed products, seed oils, refined carbohydrates.

These aren't just food choices. They're the product of a system that profited from keeping people hungry, inflamed, and sick. So when GLP-1 drugs come along and chemically override that hunger system, the food industry doesn't get to take a victory lap because they caused the problem in the first place.

And now they're scrambling to adapt to a treatment, not because the care about your health, but because their revenue model literally requires bodies that keep eating their food.

That's the setup and that's why this moment matters. So what's actually happening? In Zachary's video, he lays out a lot and I'm going to give you what he laid out without my spin and then I'll tell you how I feel about it here in just a minute.

GLP-1, according to Zachry, glucagon-like peptide-one was discovered in 1984. It's a gut hormone that lowers blood sugar and tells your body you're full.

The problem was it broke down in the body in about two minutes, too fast to be medically useful. In 1992, an endocrinologist found a nearly identical hormone in Gila monster of all things, Gilo monster venom actually, and that hormone lasted hours.

Scientists recreated it, iterated on it and by 2017, the FDA approved Ozempic, initially for type two diabetes. Weight loss was actually just a happy side effect.

By 2021, Wigoby got approved specifically for weight management and the cultural moment exploded. Now food brands are responding. Some launched dedicated GLP One menus.

I wouldn't even be surprised if you start seeing that in restaurants, besides what you're seeing on packages in the grocery store. some have partnered with GL P One users as influencers.

Some, like Kellogg's with their protein pop tarts, yes, I said protein, pop-tarts just added a splash of protein isolate to an existing junk food and slapped a new label on it.

Zachary's core finding. Most of this is marketing theater. The smoothie King GLP-1 smoothies are literally identical to their regular smoothys. They just are highlighting the ones that have higher protein in them.

The Shake Shack Good Fit Menu is the same burgers and chicken just in lettuce wraps. And the Subway Protein Pocket has more fat and the amount of protein as a regular sub that it's supposedly replacing.

His conclusion, the front of the box is written by a marketing team, not a dietician. Don't trust it. Flip the Box around. That's the video. Solid consumer journalism.

And I'm all about what Zachary did. I loved his video, I've actually watched several of his videos and I like this guy as a general rule, although I only watched three or four things.

But like I said, he leaves a few things out. So let's talk about this whole you know, journalist thing because there's journalism isn't what it used to be, right?

Not all journalists are working for a major newspaper or a news station or something like that. Many of them are independent and thank goodness we have those people because we know that the big corporate media is pretty much captured anyway.

So I love when people like Zachary do this kind of work. I think we need that And while I don't consider myself to be a journalist, it's kind of the same thing, right?

It's just independent media trying to present something that is valid in their mind and useful for you as a listener or viewer of their content. But like everything else.

There's always the potential for conflict of interest, things like that. Zachary is trying to build his YouTube channel. I'm trying build my YouTube Channel, which is just starting right now and my podcast membership.

How GLP-1 Drugs Changed Consumer Behavior

And obviously I sell supplements. He doesn't sell stuff, but he does promote things on this particular video is sponsored by trade coffee. Now I wouldn't see that as a conflict.

is saying, Hey, let's talk about this protein economy thing, but it's important to understand that we all have our biases. And so, you know, You can't take anything at face value.

But like I said, as a general rule, big fan of what Zachary is. Now on the food industry side, the conflicts are far more corrosive. These companies are not reformulating their products out of a genuine interest in your metabolic health.

That's for sure. They're responding to a market signal with the cheapest possible intervention that can be marketed as a response. The Cornell study that Zachary cites in his video found that GLP-1 households cut grocery spending by 5.3% in their first six months and cut savory snacks, sweets, and cookies by nearly 10%. That is a revenue crisis for processed food companies.

And their response, protein pop tarts? GLP-1 smoothies that are identical to the regular smoothys. Friendly labels slapped on unchanged recipes confirms exactly what we should expect from companies whose business model requires keeping you eating and optimally keeping your eating more.

So here's the asymmetry that I want to name. Pharmaceutical conflicts are far more corrupting than food production conflicts for this reason. Farmers benefit when people eat real food.

Pharma benefits when they stay sick. The food industry's pivot towards protein, whatever its cynical origins, is at least pointing in a direction where real foods wins if consumers hold them accountable and read the back of the label.

pharma has no such redemptive outcome built into its incentive structure. So the central debate is this, and I want to give you kind of the steel man argument on both sides before I tell you where I land.

Side one, the protein trend is a Trojan horse. Food companies are exploiting a legitimate nutritional concept, proteins role in satiety, muscle preservation and metabolic junk function and weaponizing it to sell reformulated junk food.

A protein pop tart with 10 grams of protein and 30 grams sugar is not a health food, It's a candy bar with branding around it. The term GLP-1 friendly with quotes has no regulated definition.

Any company can use it for anything. And if consumers trust these labels without reading the nutritional panel, they're going to eat the same garbage dressed up in a new package and believe that they are doing something right.

That's not just useless, that's actively harmful and I believe food companies are 100% doing that with intention to fool the consumer. There's no other way that you can.

wrap your head around this at all. I mean, a pop tart with 10 grams of protein is still not a health food, right? And 30

grams sugar counterbalances the 10-grams of proteins all day long.

So that's the argument on the one side. On the other side though, the protein trend is a net positive. And here's why. Because for 40 years plus, The dominant nutrition narrative in this country blamed fat, dietary fat especially saturated fat was the villain.

That narrative drove the low fat boom, which drove this sugar boom. Which drove, the ultra processed food boom that coincided with every chronic disease metric getting worse.

High protein as the new organizing principle is a genuine improvement. It shifts focus toward food that is satiating, muscle sparing, metabolically beneficial, and critically, it moves public attention away from carbohydrates and refined foods and added sugars.

The fact that Big Food is chasing that signal with cheap imitations does not invalidate the signal itself.

Marketing Theater vs Real Nutrition

the protein trend is creating a real market for actual whole food protein sources and that matters. So here's the uncomfortable truth that threads both sides.

The trend is right and the execution is often fraudulent. Both things are true at the same time. And the only way to benefit from the first without getting taken by the second is knowing how to tell them apart.

That's part of what this show is all about. One layer beneath the marketing theater is something Zachary touches on, but doesn't fully develop. GLP-1 is a demand signal, not a supply signal.

And in a Supply and Demand world, that matters. The food industry is not leading this change. They are chasing a behavioral shift that was already underway, a shift towards intentional eating, protein prioritization, gut health awareness, lower appetite, and less tolerance for empty calories.

The shift didn't start with Ozempic, it started with the same generation that made CrossFit mainstream, that turned seed oil avoidance into a dinner party topic, at least it isn't my dinner parties, And made what's in it a question that people actually ask on a regular basis.

One thing you may not have noticed, because you might be too busy in your grocery store right now, looking down at the back of a label, is how many other people are in that same grocery, or looking, down, at, the, back, of, a, label.

It's very refreshing to see, and it's been going on for a while, it is happening more and more. So GLP-1s just accelerated that and gave it a more clinical framework.

But the underlying consumer is increasingly someone who actually reads labels, actually wants muscle, not just thinness, and actually understands that 30 grams of sugar in a protein coffee drink is not a health food, regardless of what the front.

of it says. All right. So the deeper issue is that the food industry's response tells you everything about their intentions and nothing about what the right direction actually is.

They're not showing you the path, they're just selling you, the signposts. The path is older, simpler, and requires no GLP-1 branding to validate it. My stance is this, let me be crystal clear.

I am genuinely glad that the protein trend is happening. Not the Pop-Tart version, not the Starbucks Caramel Protein Latte with 37 grams of added sugar version.

not that fiber soda with isolated chicory root that does about half of what the packaging implies. I mean the

underlying cultural shift that's legitimizing real protein as a nutritional priority and doing so at the expense of carbohydrate forward, sugar-driven, hyper-processed food culture.

That is progress, and we always need to be happy with progress. I advocate for protein from whole food, animal sources, eggs, red meat, poultry, fish, clean raw dairy if you can access that.

Grass-fed where it's realistic and pasture-raised where matters. Not because I'm obsessed with sourcing for its own sake, but because the quality of the protein matrix, the fat profile, and the nutrient density of pastured animal products are genuinely different from their industrial mega farm counterparts.

That's not marketing, that's actual biochemistry. Here's what I also want to name. The seed oil problem does not go away in the GLP-1 economy.

Why Protein Matters More Than the Packaging

every one of those protein forward fast food options is still cooked in soybean oil, canola oil safflower oil or some blend McDonald's chicken strips with 40 grams of protein sure but what are they fried in Starbucks protein latte taste yeah they've got 2% milk in them maybe or oat milk or whatever which if it's oatmilk by the way run far away because unless it is organic oatmilk it loaded with glyphosate you don't want that in your body But the other ingredients that they add to the thing, the 37 grams of sugar, that matters so much more than the high protein.

The protein number on the front does not neutralize what the industrial processing did to rest of the product. But, this trend is still pointing in the right direction.

This execution is mostly still junk, and you, as the consumer, must know the difference. what they got right. Zach re-nailed several things and I want to credit him specifically.

The smoothie king comparison is the most damning piece of reporting in this video and it's airtight. He pulled the GLP-1 smoothie side by side with the regular smoothie and they are ingredient for ingredient, the same product.

That is not a minor oversight by smoothie King. that is deliberate. They are charging the cultural cache of a medical trend while offering nothing different.

that deserves exactly the ridicule that he gave it. His closing line, the front of the box, was written by a marketing team, not a dietician, is the most useful sentence in the whole video.

The marketing of a product is least important part of product. We have to look at the substance of that product, and not the hype. And here's what I'd like to push further though, particularly about him using the word dietitian.

The implication in that line is that a dietician would have written it better. And I want to be careful there because the dietition profession itself has a serious credibility problem.

Major dietician training programs have received funding from Kellogg's, General Mills, Coca-Cola, and other food industry giants for decades. the Academy of Nutrition and Dietetics.

The credentials body for most registered dietitians in this country has had corporate sponsorships that are from processed food companies baked into its institutional DNA.

This is not a conspiracy theory. It's a documented funding relationship that shapes curriculum. shapes clinical recommendations and shapes what registered dieticians are trained to believe about food quality.

So when Zachary implies that the front of the box wasn't vetted by the right expert, I'd argue that a lot of experts are compromised by that same system that wrote the Front of The Box.

in the first place. And that's a bigger conversation maybe for another episode. But here's the point that matters

today. The front of the package never tells you what you need to know.

the back does. That's not a complicated skill. It's no specialized knowledge. it's just habit. Read the ingredients list, not the protein number on the front.

Ingredients list on back is what matters, the nutritional facts panel or if it is a supplement, supplement facts panels. In the GLP-1 economy, buyer beware is no warning for the sophisticated consumer.

It's the baseline, it's floor, and it starts by flipping the box. If we have a product that has 30 grams of protein, but has 40 grams sugar, we're not really making that much progress.

I guess is that product better than the one that had 40g of sugar and no protein? Sure, I'll give you that. But still not health food, right? So we just have to use really basic common sense logic to figure this out.

Here's what mainstream dieticians and registered nutrition professionals are saying in response to the GLP-1 food trend. Most are cautiously supportive of increased protein focus.

They emphasize protein quality matters and they will often defend fortified or processed protein products as acceptable options for people who won't choose whole food alternatives.

The standard establishment line is something like this, any protein is better than no protein and meeting people where they are is pragmatic. I hear we are comfortable giving people permission to eat processed food as long as the number on the label is high enough.

And I want to say something plainly here, I do not trust dieticians as a class with health advice, period.

Reading Labels and Avoiding Food Industry Tricks

Sounds harsh. I know I already told you why just a minute ago, but this profession that overwhelmingly defended the low-fat dietary guidelines for decades is a huge part of the problem.

As big a part as food companies are, because if dieticians and the food company that support them were actually saying things about whole food, real food not just whole grain.

That's the one thing that they seem to focus on when it comes to food is whole-grain. But if they were looking at whole food sources of protein, clean protein clean healthy food then we wouldn't be in this mess in the first place.

This is the profession whose credentialing body took money from the very companies making the products they were supposed to evaluate objectively. Talk about conflict of interest.

Come on. A profession that will, to this day, routinely tell clients that a hundred calorie snack pack of processed snack food is a healthy choice because it fits the macros, while industrial emulsifiers and the total absence of nutritional density still is what the product is really made of.

The specific failure mode in the GLP-1 era is this. A dietitian will see 25 grams of protein on a label and call it a win. They are trained to count nutrients, not evaluate food.

Protein count, fiber count calorie count. These numbers exist inside a nutritional vacuum unless you're also asking what vehicle delivered them. Twenty-five grams of protein in a clean whole food source is not the same biological event as 25 grams a protein isolate inside a product that also contains inflammatory oils, 28 grams have added sugar, and five ingredients you need a chemistry degree to pronounce.

The number is the the food is, not and most dietitians are either not trained well enough to make that distinction or are institutionally discouraged from making it.

The framing protects careers and avoids conflict with the food industry's advertising budgets. It's technically defensible. it is completely inadequate as guidance though.

Telling someone that a protein pop tart with 30 grams of sugar is an acceptable protein source as part of a balanced diet is the same intellectual failure that gave us low-fat cookies and diet soda for 40 plus years.

The Framing does the work. that the science doesn't. The establishment doesn' get to claim nutritional high ground here. These are the same institutions that spent four decades presiding over the worst run of chronic disease, not just in American history, but in world history while demonizing the saturated fats that kept our grandparents lean, healthy, and functional.

So what's the real world impact of all of this? Let's just go through a few case studies. These are generic case study, okay? A woman on Wigoby who's lost 30 pounds in six months, she's eating less, which means every meal that she does eat needs to count more.

She walks into a smoothie king, sees the GLP-1 smoothie support menu, orders what she believes is specifically designed for her medical situation and gets the exact same smoothie she would have ordered anyway, just with a different name on the menu board.

she doesn't know that. And so she trusts the label. There's a guy at the gym who is not a drug, but he's doing everything else that he can manage to help balance his insulin and optimize his GLP-1 levels.

Because the label says protein and he's trying half of what he is buying is ultra processed filler with a protein number bolted onto the front. He thinks he doing the right thing.

And I've seen that for years in the supplement industry where high protein foods, high, protein bars, for instance, sports supplements across the board, Sports Nutrition.

Dietitian Conflicts and the Back-of-Box Rule

turned into a very artificial, highly, I'll say dirty for lack of a better term, the opposite of clean supplements because people were looking at how much protein versus how many sugar and carbs and that was all that mattered.

It wasn't what's the quality of the protein. what's the sourcing of the protein, it wasn't what it's sweetened with, what is it flavored with. It was just how many grams of all of these macros are in there.

And so the picture is just simply not complete. Then there's a parent who's been trying to feed her kids better, who sees high protein on a Pop-Tarts box and makes the entirely rational mistake of thinking that the food industry has actually done something meaningful.

All three of them are being sold the same thing. The performance of nutritional integrity without the substance. And let me be direct about something.

These aren't lazy people. the food industry is deliberately engineering confusion for consumers who haven't yet learned to distrust the front of the box.

That's not a personal failure. It's a predatory system targeting people at the exact moment that they're trying to do better. And that gap between effort and information is exactly where they make their money.

But here's one thing, the trend can work. I saw it work last weekend with my lovely wife, Jen. She and I were at Costco and we were looking for food because as you know, probably, I've been on my GLP-1 metabolic optimizer formula now since the day it came out.

As I'm recording this episode, that's 19 days ago. And it's been a revelation. It's the most amazing thing. My sugar cravings are. in the toilet and the very best way possible.

Carbohydrate cravings are there and I'm doing everything I can to maintain my lean body mass by adding as much protein as possible, watching lots of influencers on YouTube, which is actually how it came across this video with recipes that I want to try out and test and making stuff from higher protein sources.

Now I've been paying attention to protein for a long, long time. But because of my suddenly pretty dramatic weight loss, I recognize that I have the potential to lose a lot of muscle as well.

So I'm taking my own advice that did in the second GLP-1 show on the lifestyle side of making sure that i'm getting plenty of grams of protein. We're looking through the aisles at Costco, we find Safe Catch Tuna.

in a six pack. Now, Safe Catch is great because it's called Safe catch because they're measuring for mercury, has the lowest mercury levels of any tuna.

They're not sponsoring this show. I don't know who these guys are, but I really like their product. And it says right on the package in big, bold print, how many grams of protein per can?

I think it 44, I may have that wrong. That makes it easier for the consumer. and I like that. Then of course, if you flip the can and you read the rest of it, you find this is a good product, I like this.

We also saw a pasta made in Italy, which I liked because they're not using American hybridized grains. So generally speaking, Jen can eat that a lot better than she can the stuff that's made here.

And it's got beans that are mixed into the semolina flour. You've got wheat flour, yes, but it is a higher quality Italian wheat flours plus beans to give you a high dose of fiber and protein.

Now, is it still a carbohydrate food? Yes. I believe it was 37 grams of carbohydrates, but it 9 grams fiber and I believed it 11 or 12 grams protein. That blows away every other pasta on the market just about that I've seen.

And so we said, okay, so how do we make this a healthy meal for us? Well, that's easy. We add a lot of protein to it, you know, create a meat sauce of some sort that kind of thing.

You can make an amazing Alfredo sauce out of Greek yogurt. or cottage cheese or a combination of Greek yogurt and cottage. Cheese actually, I think is what you do with that one.

And you can actually create a very high protein meal that has a reasonable amount of carbohydrates in it because this trend is working. So it is happening.

It is buyer beware. I've been doing that a lot on this show lately, but my gosh, the marketing out there just never ceases, right?

Real-World Examples of Better Protein Choices

And it's people like you listening to shows like this that are armed with the information that you need to make the right choice. To look at the front of the label, let that big number catch your eye and then flip it around and make sure that once you examine the little numbers, that everything lines up in a way that can make it work.

The protein signal on the front is awesome, but the ingredients list on back tells the story. So what's my vitality verdict? The wins. The first win is that GLP-1 cultural movement is shifting the dominant nutritional conversation away from low-fat mythology and toward protein prioritization.

That is unambiguously better than where we were. For four decades, dietary fat was the villain and carbohydrates were given a pass. The GLP-1 economy, whatever its cynical commercial drivers, is ratifying a framework in which protein is the anchor macronutrient.

That matters. Parents are reading labels differently. Restaurants are competing on protein count. Consumers are

asking new questions. The direction is right.

Second win. The decline of plant-based as the default healthy signifier, the beyond meat moment is fading. Thank goodness. The oat milk and pea protein everything era is losing its cultural dominance.

What's replacing it in the GLP-1 conversation is whole food protein, including animal protein eggs, meat, fish, and hopefully clean organic or raw dairy.

They're being rehabilitated in the public conversation in ways that would have been impossible just five or 10 years ago. That is a genuine win and I don't care whose business model it's driving.

The third win, the protein label explosion is at least creating market pressure for transparency. When every brand is competing on protein grams, consumers learn to read the panel.

Some of them will notice 10 grams of protein and 30 grams sugar isn't health food. And that literacy will develop It's slow, but it's real. And the misses, the first miss is enormous and Zachary named it accurately.

The food industry is overwhelmingly choosing relabeling over reformulation. They are not making better products. There are marketing existing products with GLP-1 language, protein call-outs.

and fiber claims that in many cases are either identical to the original or marginally altered. This is deception at scale. Smoothie King deserves specific condemnation as does Kellogg's for protein pop tarts.

So does ConAggar for relabeling frozen meals with GLP-1 friendly without changing the recipe at all. The second miss which Zachary didn't fully address is that the seed oil problem is still baked into almost every one of these high protein fast food offerings.

You cannot call something a metabolic upgrade if it's fried in soybean or canola oil. The inflammatory load from industrial processed omega-6 rich fatty oils Does not disappear because the chicken underneath them has 40 grams of protein.

We need to be honest about this. Protein content is one dimension of food quality. It is not a Trump card that neutralizes everything else on the panel.

The third miss is regulatory. the FDA does not regulate the use of the term GLP-1 friendly on packaging. I'm okay with that because the FDA gets almost everything wrong anyway.

But it does mean that marketing companies can say just about whatever they want when it comes to GLP-1, at least right now, that might change. And if it doesn't change, maybe it'll change for the better, but any company can use it for anything.

So just because it says GLT, use that the same way as you would use the big, bold 45 grams of protein on the front of the package. If it's says, GL1 friendly, then vet it, see if it's GLP-1 friendly for real.

Final Verdict: Use the Trend, Ignore the Hype

The bottom line is this, the protein trend is real, it is directionally correct, and you should participate in it but only on your terms, not theirs. Real protein doesn't need a sticker.

It looks like a chicken breast, a dozen eggs, piece of salmon, block of quality cheese, container of full fat Greek yogurt from animals that ate grass.

When you see high protein on the front of the box, that's your cue to flip it over. Check whether the protein number is from a whole food source or from an isolate injected into a pastry.

The GLP-1 economy is real, the food industry's response is mostly fraudulent, but underneath the marketing theater is a genuine cultural shift towards the kind of eating that has always been right.

High quality animal proteins, real food, less industrial garbage. They're accidentally pointing at the truth while trying to sell you a lie. Your job is to take the signal and ignore the salesman.

I produce this show when something matters. Today it matters because millions of Americans are trying to change their relationship with food through medicine, through discipline, to whatever combination gets them there.

And the same industry that made them sick is now racing to brand itself as their partner in health. Don't let them. Real food existed before Ozempic and it'll still exist after the trend fades.

Eat real food always. And if you have more questions about anything you've heard on this show, give us a call. 801-292-6662. That's our bountiful location.

You can reach out to us in Ogden, 801479-9474. Soon, if not with this, because I'm not exactly sure when this one's airing, we'll have a YouTube channel, youtube.com slash Vitality Nutrition Bountful.

I know it's a long handle. Uh, go in there, subscribe. We'd love to have you there will be full episodes as well as shorter episodes on YouTube. Very, very soon.

I'd loved to. Have you over there. Especially if you like to consume this podcast by video, I don't know why anybody want to listen, watch me and listen to me, but you know, whatever works for you works.

And lastly, if want. To participate in the GLP one. craze in the trend. If you want to optimize blood sugar levels and balance out your cravings for sugars and carbohydrates and things like that, you may very seriously want consider the episodes I did on the GLP-1 metabolic optimizer.

They are linked in show description. Thank you so much. I'll be back when another vitality verdict is needed. Thanks for listening to the Vitality Radio Podcast.

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.