

GLP-1 Ready

Because Prescribing Alone Isn't Enough

You're doing the right thing by prescribing GLP-1 medications—but without nutrition support, your patients may struggle.

GLP-1s reduce appetite, but they don't provide the essential **protein, fiber, hydration, and micronutrients** patients need to optimize their health. The result? **Muscle loss, fatigue, gastrointestinal (GI) side effects, and poor adherence**—all of which can compromise the success of the medication (*Gastroenterology*, 2022; *Diabetes, Obesity & Metabolism*, 2021).

The Solution: The GLP-1 Ready Program + Ready Pro Nutrition

GLP-1 Ready is a **doctor-delivered, RD-designed** program that ensures your patients fuel their weight loss journey the right way. It provides:

- ✓ **ReadyPro High-Protein, Fiber-Rich Foods** – Shakes, bars, and snacks designed for easy, on-the-go nutrition
- ✓ **Education** – Bite-sized weekly content to support long-term adherence
- ✓ **Registered Dietitian Calls and Chat Support** – Personalized guidance when they need it
- ✓ **A Simple, White-Labeled e-Commerce for Your Practice** – No inventory, no hassle—just better patient outcomes and an additional revenue stream



“TAKE WITH FOOD”—BUT THE RIGHT FOOD

You wouldn't prescribe medication without giving guidance on how to take it. **Think of this like “take with food”—but the right food.**



Why It Matters

- ✓ **Patients on GLP-1s lose lean muscle without enough protein** – Studies show that **up to 40% of weight loss on GLP-1s can be from muscle loss** without adequate nutrition (*Obesity*, 2023).
- ✓ **Nausea and GI side effects drive discontinuation** – Hydration and fiber **help reduce common side effects**, improving adherence (*Journal of Clinical Endocrinology & Metabolism*, 2022).
- ✓ **Nutrition support drives better results** – Patients using structured meal plans and RD guidance achieve greater, **more sustainable weight loss** (*Diabetes, Obesity & Metabolism*, 2021).

Make This Standard of Care in Your Practice

01

Prescribe the GLP-1

+

02

Recommend
GLP-1 Ready with
ReadyPro Nutrition

+

03

Improve adherence,
reduce side effects,
and optimize
patient health

“GLP-1 medications are powerful tools, but they don’t work alone—nutrition, education, and lifestyle support are key to long-term success. I’m thrilled to partner with Bariatrix Nutrition to bring the GLP-1 Ready program to clinicians nationwide. This program ensures that patients have structured tools beyond just the prescription to help patients truly benefit from treatment.”



— Linda Anegawa, MD, FACP, DABOM

Your patients need more than a prescription—they need a plan. Start offering **GLP-1 Ready** today and set your patients up for long-term success.

Contact us to get started!

Visit GLP1ready.com