

LeuSynergy



LeuSynergy™: The Missing Link for Better GLP-1 Results

GLP-1 medications like semaglutide, tirzepatide, and liraglutide are helping patients with weight loss and metabolic health. But what if there was a way to make them work even better—while protecting muscle, boosting fat burning, and improving blood sugar control?

That's exactly what **LeuSynergy™** was designed to do.

The Science Behind LeuSynergy™

Researchers discovered that **leucine**, a key amino acid, can dramatically improve how cells use **NAD+**, a molecule that fuels cellular health and longevity pathways.

At just **0.5mM concentration**, leucine reduces the amount of NAD+ needed by **50%**, which makes it much easier for the longevity enzyme **Sirt1** to activate.

When combined with **resveratrol**, the results get even more powerful:

- Better insulin and glucose balance
- Improved glucose tolerance tests
- Enhanced fat-burning pathways

- Stronger mitochondrial (cellular energy) function

As a result, patients not only experience weight loss but also achieve improvements in their bodies' energy metabolism.

Why LeuSynergy™ Works with GLP-1s

LeuSynergy™ was created to pair perfectly with GLP-1 therapies. It combines three active ingredients, each playing a unique role:

1. L-Leucine (1100mg) – The Efficiency Booster

- Reduces the NAD+ needed for Sirt1 activation by 50%
- Activates AMPK, the body's master energy regulator
- Mimics the effects of exercise and calorie restriction

2. Resveratrol (50mg) – The Activator

- Works together with leucine for even stronger Sirt1 activation
- Stimulates mitochondrial biogenesis (building new energy “power plants”)
- Enhances fat-burning pathways

3. Vitamin B6 (15mg, as P5P) – The Supporter

- Helps the body metabolize amino acids
- Supports energy production
- Optimizes leucine's effectiveness

The Dual Pathway Advantage

GLP-1s and LeuSynergy™ activate different but complementary pathways that work together for better results.

- **For Fat Burning:**
 - GLP-1s activate fat burning in the liver.
 - Sirt1 (via LeuSynergy™) activates deeper fat-burning pathways in the cells.
- **For Glucose Control:**
 - GLP-1s increase GLUT4 expression (bringing sugar into cells).
 - Sirt1 does the same through a different pathway, doubling the effect.

- **For Beta Cell Protection (insulin-producing cells):**
 - GLP-1s reduce oxidative stress and protect cell mass.
 - Sirt1 adds another layer of protection by calming inflammation.

Together, this creates a **dual-pathway advantage**—making GLP-1 protocols more effective, more protective, and more sustainable.

Why This Formulation Matters

Not all leucine or resveratrol supplements are the same.

Research shows that:

- Low-dose leucine (about 1.1g) with resveratrol is **more effective** than high doses of amino acids alone.
- Leucine's ability to cut NAD+ requirements in half makes cells **more energy efficient**.
- Combining AMPK (via leucine) and Sirt1 (via resveratrol) activation amplifies GLP-1 benefits in a way that neither can do alone.

This is why **LeuSynergy™ is not just another amino acid product—it's a precision metabolic tool.**

Patient-Friendly FAQ

1. Do I have to be on a GLP-1 medication to use LeuSynergy™?

No. While it pairs especially well with GLP-1s, LeuSynergy™ can also benefit people looking to improve metabolism, protect muscle, or support healthy aging.

2. Is LeuSynergy™ safe?

Yes. It uses low-dose leucine, resveratrol, and vitamin B6—all compounds your body already recognizes and uses. Of course, you should always talk to your healthcare provider before starting a new protocol.

3. How soon will I notice the results?

Many patients notice improvements in energy, focus, or blood sugar balance within weeks. The protective effects on muscle mass and fat-burning benefits may require a longer duration to manifest, but they progressively develop over time.

4. Can LeuSynergy™ help prevent muscle loss on GLP-1 medications?

Yes. That's one of its main purposes. By improving how cells process energy and supporting protein synthesis, it helps preserve lean muscle while patients lose fat.

5. What makes this different from just taking leucine or resveratrol alone?

The synergy. At the right low doses, leucine and resveratrol activate complementary pathways that neither can achieve on their own. Vitamin B6 enhances their effectiveness even further.

The Bottom Line

If you or your patients are using GLP-1 medications, the goal isn't just weight loss. It's protecting muscle, improving energy metabolism, and supporting long-term health.

LeuSynergy™ was designed to **make GLP-1s work better** by targeting complementary metabolic pathways.

Stop guessing. Start using evidence-based protocols.

Take the Next Step with Confidia Health Institute

Dr. Greene and his team specialize in root-cause, functional medicine—helping patients not just lose weight, but **optimize metabolism, protect muscle, and improve healthspan**.

If you're ready to get the most out of GLP-1 therapy, **LeuSynergy™ is available through Dr. Kevin Greene and Confidia Health Institute**.

👉 **Ask Confidia Health Institute about LeuSynergy™ today—and discover how precision metabolic optimization can transform your GLP-1 results.**

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