



Best Supplements to Take if You're on a GLP-1 for Weight Loss

What helps, what to skip, and who should be careful

GLP-1 medications like semaglutide and tirzepatide have changed weight-loss care. For many people, they reduce appetite, slow digestion, and help reset eating patterns.

But here's the thing most people don't talk about enough: when you eat less, **you may also take in fewer nutrients**, and common GLP-1 side effects can make that gap wider.

That's where supplements can play a supportive role, not as shortcuts, not as cures, but as tools to help your body keep up while your intake and digestion change.

Below are the **most commonly recommended supplements** pharmacists see people use alongside GLP-1 therapy, why they matter, and **who should avoid or use caution**.

Why supplements matter on GLP-1 medications

People on GLP-1s often experience:

- Smaller meals and lower overall food intake
- Nausea, vomiting, diarrhea, or constipation
- Difficulty hitting protein and fiber goals
- Dehydration during dose increases or GI flares

Over time, this can affect energy, muscle mass, digestion, and hydration. Supplements don't replace food, but they can help fill predictable gaps.

1. Magnesium

Why magnesium helps

Magnesium supports muscle function, nerve signaling, and digestion. Many people already fall short, and GI changes on GLP-1s can make constipation more noticeable.

Gentler forms of magnesium (see recommended) are often used to:

- Support regular bowel movements
- Reduce muscle tension or cramping
- Promote relaxation and sleep quality

▢ Who should avoid or use caution

- People with kidney disease
- Anyone with chronic diarrhea
- Those taking certain heart or blood pressure medications

▢ Tip

Start low. Too much magnesium can worsen loose stools.

2. Vitamin B12

Why B12 matters

Vitamin B12 supports nerve health, red blood cell production, and energy levels. People using metformin alongside GLP-1s are at higher risk for low B12 over time.

Common reasons to add B12:

- Fatigue or low energy
- Tingling or numbness concerns
- Long-term metformin use

▢ Who should avoid or use caution

- People with Leber's disease
- Anyone with unexplained high B12 levels
- Those with known B12 sensitivity (rare)

▢ Best practice

Ask your clinician to check a B12 level before long-term supplementation.

3. Protein Powder

Why protein is critical on GLP-1s

One of the biggest hidden risks with GLP-1 weight loss is muscle loss. Appetite suppression can make it hard to eat enough protein consistently.

Protein supplements can help:

- Preserve lean muscle
- Support satiety
- Make small meals more complete

This is especially helpful on days when solid food feels unappealing.

▢ Who should avoid or use caution

- People with advanced kidney disease
- Those with protein-restricted diets
- Anyone with allergies to dairy, soy, or specific protein sources

4. Fiber

Why fiber helps

Fiber intake often drops when meal size drops. That can worsen constipation and disrupt digestion.

Fiber supplements can:

- Support regular bowel habits
- Help meals feel more satisfying
- Smooth digestion over time

▢ Who should avoid or use caution

- People with bowel strictures or blockages
- Those with severe bloating or active GI disease
- Anyone who increases fiber too quickly

▢ Rule of thumb

Start low and increase slowly. Drink plenty of fluids.

5. Electrolytes

Why electrolytes matter

Nausea, vomiting, or diarrhea, especially during dose increases, can lead to fluid and electrolyte loss. Water alone isn't always enough.

Electrolytes can help:

- Maintain hydration
- Support energy and focus
- Reduce dizziness during GI flares

▢ Who should avoid or use caution

- People with heart failure
- Those on sodium-restricted diets
- Anyone with kidney disease or potassium restrictions

▢ Look for low-sugar options and avoid megadose blends.

Supplements to avoid on GLP-1 therapy

- Fat burners and stimulant blends
- High-dose herbal appetite suppressants
- "GLP-1 booster" supplements with long ingredient lists
- Mega-dose vitamin stacks

These can worsen nausea, anxiety, heart rate issues, or GI side effects.

Many people do best starting with:

- **Protein supplement** to support muscle mass and satiety.
- **Fiber**, introduced slowly, to aid digestion and regularity.
- **Electrolytes** as needed, especially during GI flares or dehydration.
- **Vitamin B12** if on metformin or if blood levels are low.
- **Magnesium** only if experiencing constipation or muscle tension.



Shop the supplements mentioned



Magnesium

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Vitamin B12

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Protein Powder

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Fiber

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Electrolytes

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