

Supplements & Vitamins

Do I Really Need Them?

Are supplements essential? No, but the fact is, they will help you achieve your fitness goals quicker, and keep your body in the optimum condition to progress from the stress of vigorous exercise.

Note: All supplements are not mandatory (only recommendations) they will help keep you working longer with less need for recovery time. Remember, no supplement will replace a proper diet and hard work.

**ATTENTION: ALWAYS CONSULT YOUR
DOCTOR OR PHYSICIAN BEFORE
TAKING ANY SUPPLEMENTS OR
VITAMINS.**

Supplement

Benefits



Green Tea

Green tea has been shown to increase fat burning and boost the metabolic rate. If you look at the ingredients for any fat burning supplement, there is a high chance green tea will be on there. Green tea is loaded with antioxidants and nutrients that have powerful effects on the body.



Fish Oils

Fish oil is derived from the tissues of oily fish. It is a great source of omega-3 fatty acids. The benefits of fish oils include: supports healthy cholesterol levels, boosts mood, helps maintain strong bones



Whey Protein

Whey isolate is the purest whey protein available. It will contribute to the growth and maintenance of muscle mass. Best taken before or after a workout or as a meal replacement.

Dymatize ISO 100 is a great choice, or any LOW CARB PROTEIN SOURCE - less than 3g carbs per serving



Pre-Workout

Pre-workout before a session can help with the intensity/focus of your workout.



Multi Vitamins

We physically are not able to get enough minerals and vitamins from our daily meals, so I always recommend a good multivitamin supplement.



**Glutamine/
Glucosamine**

Glucosamine/Glutamine powders or pills aid in quicker recovery from workouts and helps keep joints and ligaments healthy. They work as an anti-inflammatory. You can add these into your protein shakes (especially post-workout) so your body can start to repair itself.



BCAAs

BCAA powder or Capsules can be taken intra workout. Branched Chain Amino Acids are essential amino acids which contain a 2:1:1 ration of Leucine, Isoleucine and Valine. These amino acids are considered to be essential as they cannot be synthesized by the body, so they must be consumed from a dietary source