



Foods & Supplements for Muscles, Fast-Loss, & Longevity

Muscle-building foods & supplements.

1. First, add more protein to your meals (lean meats, fish, beans, lentils, yogurt, milk, cheese, nuts, eggs).
2. Protein powders & drinks (whey protein and/or pea protein).
3. Creatine
4. Beet-Root (increases your NO₂-levels)
5. Amino acids (BCAAs & EAAs)
6. L-Arginine
7. Carnitine
8. Taurine

Fat-burning foods & supplements.

1. First, reduce sugars (sucrose, glucose, dextrose, fructose, corn, brown, beet, caramel, fruit juice, raw, honey, maple).
2. If you want sweetness, use stevia or monk fruit. Reduce artificial sweeteners. Get used to less-sweet food & drinks.
3. Caffeine
4. Green tea
5. Berberine
6. CLA (Conjugated Linoleic Acid)
7. Whey protein
8. Fish oil (Omega 3s & 6s)
9. Amino acids (BCAAs & EAAs)
10. Cayenne & peppercorn
11. Acetyl L-Carnitine
12. Citrulline
13. Rhodiola extract
14. Magnesium
15. Chromium
16. Hesperiden

Longevity foods & supplements.

1. Eat more cruciferous vegetables, leafy greens, nuts, seeds, beans, legumes, mushrooms, berries, pomegranate, bananas, avocados, apples, cherries, chocolate, ginger, olive oil, green tea, probiotics, onions & garlic, tomatoes.
2. NAD+ or Nicotinamide Riboside
3. Resveratrol (and red wine)
4. Fish oil (Omega-3 & -6)
5. Vitamins A, B12, C, D, E, & Selenium
6. DHEA
7. Curcumin, turmeric, quercetin, milk thistle
8. Non-flush niacin
9. Collagen
10. Bio-Fisten
11. L-Ergothioneine (from mushrooms)
12. Gamma-Linolenic Acid (GLA)
13. N-Acetyl-L-Cysteine
14. Alpha-Lipoic Acid
15. Withaferin (from ashwagandha)
16. Ginsenoside (from Asian ginseng)
17. Astaxanthin