

**Let's talk
supplements!**

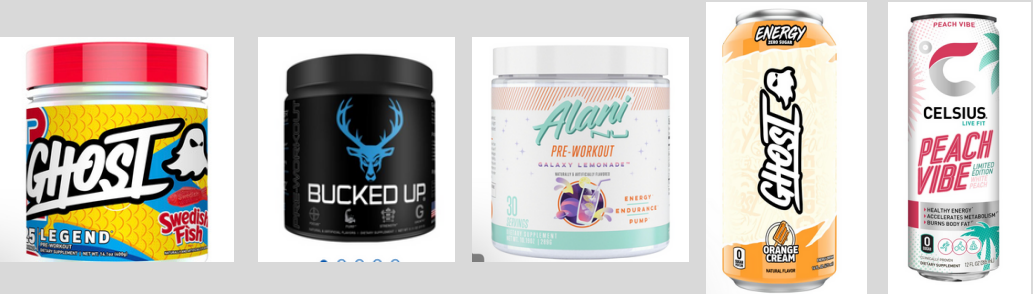
Pre Workout

What's it for?

Performance

Pre-workout powders and drinks are all created a little differently based on the brand, but most are a cocktail of carbohydrate, caffeine, some amino acids, creatine, and often beta-alanine, and some contain other vitamins as well. "These are really designed to give people energy from the caffeine and carbohydrate, and possibly provide an added performance booster from creatine.

My favorite kinds



Protein Powder

What's it for?

Weight management, Muscle growth, Recovery after exercise. Protein powders come in various forms. The three common ones are whey, soy, and casein protein. Whey protein isolate is the most commonly used! Protein is made up of amino acids, which are the building blocks of our body tissue (muscles, etc.). An important thing to note is that protein has the GREATEST thermic effect of food out of all the macronutrients (protein/carbs/fats), meaning the amount of energy it takes your body to process protein ends up increasing your basal metabolic rate (BMR).
METABOLISM BOOSTER!

My favorite protein powder?

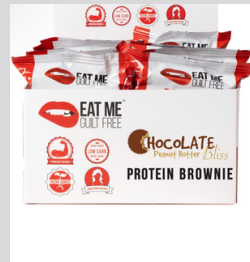


Other protein options

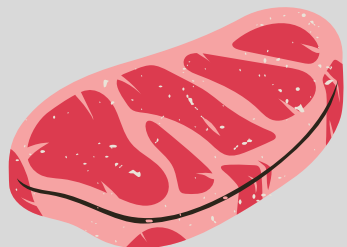
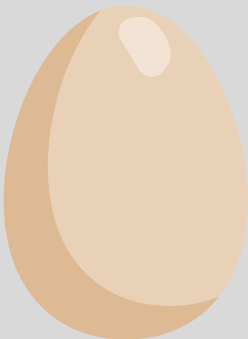
Protein bars!



Protein snacks!



Whole food protein!



Creatine

What is it?

Creatine is IT, man. Whether you are male or female trying to improve your performance in the gym or make massive strides in your physique it's a simple change with large benefits.

SCIENCE CHAT

- Creatine is produced in the body from amino acids and is stored in muscle cells and released during physical activity.
- Creatine supplements raise muscle creatine stores which enhances exercise performance and helps BUILD them beautiful muscles!
- Important note: in strength and exercise capacity during short term/high intensity power training depends on ATP levels and Phosphocreatine stores. Creatine boosts strength by regenerating these ATP supplies during exercise and phosphocreatine supplies after exercise and recovery!

That being said.

It is one of THE BEST researched supplements for increasing muscle strength and power in athletes

You wanna get toned? Build muscle

Wanna lose more fat? Build muscle

Wanna feel strong and confident as *****ck? Build that muscle y'all.

My favorite !



Greens!

What are they?

What if I told you your bloating could be gone?

What if I told you your digestion could finally function properly and you're stomach wouldn't blow up after you ate?

What if I told you your skin would be cleared up and your energy levels could be naturally restored?

Aaaand HELLLLLLO immune system boost!

Well y'all I'm going to tell you from personal experience that ALL of these things happened when I started taking a greens supplement. Not just any greens supplement either, like I wouldn't recommend going to Walmart and grabbing a random one...

Few things to look out for:

- Probiotic/Prebiotic Blend
- Digestive Enzyme Blend
- Greens AND reds (such a great combo)

My favorites!



Multivitamin

What are they?

Here are some benefits of taking a DAILY multi:

1. Maintained muscle strength!

& Free radicals in the body are often time what leads to muscle aging, with a daily dose of your vitamins, minerals and anti-oxidants you can likely keep those gains for a lifetime.

2. Improved mood

I think anyone can attest to the fact that if you EAT better you FEEL better. This is because the proper amount of vitamins and minerals in our daily diet helps improve your brain functions responsible for mood!

3. Increased energy levels!

- When your body isn't fueled properly its ALOT harder for it to complete basic life tasks (recovery, quality sleep, etc.) which can lead to fatigue and health issues.

4. Reduced stress and anxiety

& The body uses B vitamins to convert food into energy, keep our nervous systems running good and produce anti stress hormones.

Some of my favorites?



BCAAs

What are they?

These supplements may reduce muscle soreness after running and weight training BCAA supplements may reduce mental and physical fatigue

Some of my favorites?

