

## SUPPLEMENT GUIDE

While proper nutrition should be your first priority when trying to achieve your health and fitness goals, even a perfect diet may be shorting you on key nutrients. This is where quality nutritional supplements can be a quick and easy way to fill the gaps in your diet – helping you optimize your fat loss.

### FOUNDATIONAL

#### Protein

Eating protein can improve your metabolism, increase satiety throughout the day, stabilize blood sugars, maintain lean body mass and more! In short, getting enough protein is critical in a healthy diet. It can be difficult to get adequate amounts of protein in our diet, so a quick and easy way to get a boost is through supplementation. Add a protein powder to your pantry and you'll be one step closer to achieving your goals!



#### Fish Oil

Omega-3s are vital for how your body functions and feels overall. They dampen inflammation in the body as well as support your skin, nails, hair, eyes and heart—just to name a few benefits! Supplementing with omega-3s is necessary because we don't consume foods high in them on a daily basis (e.g., grass-fed beef, walnuts and fatty fish). Likewise, we instead overconsume the pro-inflammatory fats - omega-6s and -9s (e.g., nuts, seeds, oils). Most individuals should start at 2,000mg of EPA/DHA each day, which can be achieved by adding a fish oil supplement into your diet.



#### Multivitamin

A multivitamin is a supplement beginner's most essential product! Vitamins and minerals are absolutely essential to each metabolic process in our bodies, and if we are lacking it can lead to nutrient deficiencies that can cause ongoing metabolic dysfunction (aka make it harder for our bodies to burn fat). If you're an active exerciser, under stress or on medication, you can assume your need for many vitamins and minerals is even higher. Be sure to add a high-quality multivitamin to your repertoire to give your body the essential nutrients it needs to function at maximum capacity!



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### TRANSFORMATION

#### StrengthStack™

This product is a powerful duo of pre- and postworkout supplements: PreWorkout Complex and BCAA Recovery. They're formulated to complement one another in helping boost your workouts and enhance your recovery. Use together as a great preworkout drink that packs in amino acids, vitamins and bioactive ingredients to help increase strength, power, endurance and mental focus. The BCAA Recovery is effective also as a supplement for during and after exercise, as well as to aid in recovery and muscle soreness, and support joint, tendon and cellular health.



#### Creatine Monohydrate

As one of the most extensively studied supplements, creatine monohydrate has been shown to help increase lean body mass, muscular strength, brain function and cardiovascular ability. It is naturally produced in the body from other amino acids, but exercise or muscle damage may increase the need for creatine stores. Supplementing is not primarily for body-builders and athletes as once thought, but may also benefit anyone looking to enhance their power, speed, strength and lean body mass.



### WEIGHTLOSS

#### D.TOX™ detoxification program kit

Whether you're looking to lose weight, improve energy, or help digestion and overall health, this kit will help reset your metabolism and clear your body of toxins you've been accumulating from food, water, personal care products, environment, etc. The D.TOX kit contains two products used to make daily shakes (chocolate or vanilla) that complement a whole-foods nutrition plan of approved foods, and provide the key nutrients to help support your body's natural detoxification system.



#### Restore Lean Complex

Adequate repair and recovery is imperative to our overall health, hormone regulation and production, and weight. Ample, quality sleep is imperative during weight loss efforts, and is often the missing link in lifestyle habit improvements during a health and fitness journey. Restore Lean Complex promotes restful sleep by increasing REM sleep, and helps the body attain an optimal state for muscle recovery and growth.



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LIFETIME  
weightloss