

Recommended Supplements

Note: If you cannot get good foods into your body this is irrelevant. You really can't out train and out supplement a crappy diet. Studies show eating smaller meals every 2-3 hours is beneficial to weight loss. *Before taking any supplement it is very important you speak with your healthcare provider.* Although supplements are not required they can be beneficial to providing your body with any nutrients you may not be receiving your daily meals. Use supplements to make sure they get enough essential nutrients and to maintain or improve their health. I recommend using 1st Phorm 1st Phorm International is the premier supplement line in the industry. I personally switched to back to 1st Phorm supplement because of the high quality of products and I am also able to get all that I supplement needs for not just myself but also my entire family (kids included).

Protein

Protein is an essential macronutrient that helps build muscle, repair tissue, and make enzymes and hormones. Using **protein powder** may also aid weight loss and help people tone their muscles.

Vegan Power Pro - [PLANT-BASED PROTEIN](#) - Our all-natural vegan protein is 100% Non-GMO and contains. NO Artificial flavors, NO Gluten, No Artificial sweeteners, NO Animal products, NO Artificial colors or dyes NO Dairy or Soy. Vegan Power Pro utilizes only the highest quality vegan protein sources to provide a superior amino acid profile. Because of the all-natural ingredients and vegan protein sources used in Vegan Power Pro, it is ideal if you are lactose intolerant or have difficulty digesting animal sources of protein. It is virtually void of carbohydrates making it an ideal protein if you are on a low-carb diet or trying to increase your protein intake without additional fats being added to your diet. This is in my opinion one of the best tasting plant based protein on the market.

Level 1 - [WHEY PROTEIN](#) No bloat, no gas, no burps, no stomach discomfort, no funky after taste. Level 1 is Ultra High Bioavailability True Low Temperature Processed proteins build more muscle, while keeping the fat off Ultra Smooth & Creamy Texture Sustained release designed to mimic the protein assimilation of whole food* Many flavors to choose from. My personal favorites are vanilla ice cream, blueberry muffin, and ice cream sandwich (in that order).

Check out - [MEAL REPLACEMENT PROTEIN BAR](#)

Pre-Workout

[MEGAWATT V2](#) - Somedays, you just don't feel as good as others! How can you get the most out of every workout without having to hurt your body MegaWatt V2 was carefully formulated with precise blends of ingredients to give you unparalleled energy, incredible mental focus, and muscle endurance like you've never experienced.

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BCAA

[BCAA's](#) -Branched Chain Amino Acids, or BCAAs are three of the essential amino acids your body requires to operate. These three, nutritional amino acids; Leucine, Isoleucine, and Valine can increase muscle protein synthesis, increase muscle growth and decrease muscle fatigue. The use of BCAAs can prevent you from slipping into a catabolic state during periods of fasting, cardio or intense exercise training.

[EAA](#) - Muscle is made of protein, and that protein is in a constant state of turnover. As these proteins breakdown, the goal is to produce new proteins to take their place. 1st Phorm's Essential Amino Acids was designed to provide your body with the 9 amino acids that the body can not create on its own ... but are required in the building of new muscle. 1st Phorm's Essential Amino Acids was efficaciously formulated with 6.5 grams of essential amino acids that mimic the exact amino acid profile as your muscle tissue, giving you the ability to rebuild muscle faster than it's being broken down. Being in this state, called the anabolic state, boosts muscle protein synthesis and your ability to recover and to add more lean muscle mass.

Multi-Vitamin

[Micro Factor Pack](#) - Micro Factor is a convenient daily packet that contains all the vitamins, minerals, and other micronutrients your body needs to function at its optimal level. By providing you with a completely gluten free formula of high quality ingredients, Micro Factor will improve your overall health and wellness, while also giving you the ability to perform at a higher level in and out of the gym. In order for your body to reach its full potential, it needs to have a solid foundation of all the essential nutrients on a daily basis.*

[Opti-Greens 50](#) - Opti-Greens 50 is a precisely formulated greens powder that is packed with 50 hand chosen ingredients and 100% of the greens ingredients. The Phytonutrient Complex in Opti-Greens 50 contains carotenoids and bioflavonoids. These two antioxidants are essential for the removal of tissue damaging free radicals from your body...

[Opti- Reds 50](#) - Opti-Reds 50 is packed full of 50 hand-selected, colorful fruits, vegetables, and herbs blended together. Opti-Reds 50 is also going to make weight loss easier by decreasing inflammation and increasing healthy cellular activity, which produces an increase in overall metabolism and caloric energy expenditure. This improved cellular activity can reduce signs of aging and is also vital for boosting natural energy levels...

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FAT BURNER

[Fat Burners](#) - Maintain leaner, shredded physique, reduce fat Storage, manage appetite and all day energy boost. Fat burners can aid in combating a weight loss issue that plagues over 30 million Americans... check out [Thyro-drive](#) if you have an underactive thyroid. For maximum fat loss use Thyro-Drive as a part of the [1-Db Overdrive Fastpack](#) or [1-Db Goddess Fastpack](#) to optimize your metabolism around the clock!*

KID FRIENDLY SUPPLEMENTS - Click [HERE](#) These are vitamins and protein I give to my children.

Kids daily [vitamins](#)

Kids [Opti-Protein powder](#)