

TOP 5 SUPPLEMENTS I TAKE EVERYDAY

STOKED METABOLIC COACHING

1. PROTEIN

99 PERCENT OF THE PEOPLE I TALK TO ARE PROTEIN DEFICIENT. DAILY PROTEIN TARGET SHOULD BE ANYWHERE BETWEEN .8-1.2 GRAMS PER POUND OF BODYWEIGHT



2. CREATINE

THE MOST RESEARCHED SUPPLEMENT ON THE MARKET. A NATURALLY OCCURRING ENERGY SOURCE THAT FIGHTS FATIGUE, INCREASES ENDURANCE AND AEROBIC CAPACITY AND INCREASES MUSCLE PROTEIN SYNTHESIS



3. MAGNESIUM

50% OF ADULTS ARE NOT MEETING THE RDA FOR MAGNESIUM. MAGNESIUM SUPPORTS CARDIOVASCULAR STRENGTH, BONE STRENGTH AND PROMOTES PHYSICAL & MENTAL RELAXATION.



4. FISH OIL

HELPS THE BODY MANAGE THE NATURAL INFLAMMATORY RESPONSE TO EXERCISE WHILE SUPPORTING CARDIOVASCULAR HEALTH AND BRAIN FUNCTION



5. CLA

CLA HAS BEEN SHOWN TO HELP THE BODY REPARTITION CALORIES AND PREVENT FAT CELLS FROM GROWING. CLA ALSO AIDS IN RECOVERY FROM TRAINING AND HELPS WITH LEAN MUSCLE GROWTH..



EVEN BETTER I'M GIVING AWAY A CHANCE TO WIN \$100 IN 1ST PHORM SUPPLEMENTS! ALL YOU HAVE TO DO IS INVITE SOMEONE TO THIS GROUP TO BE ENTERED!