

FIGHTER ABS

GET ABS LIKE A FIGHTER



Supplement Guide

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Supplement Guide

Disclaimer

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Please note, everything you read in this e-book is considered recommendation only, not prescription. I only recommend supplements that I truly believe in and personally use.

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Introduction

I'm going to start off by saying that supplements are not "needed" but there are a select few that can make a pretty big difference in your fat loss results and health.

I am going to introduce you to the fundamental supplements that have been PROVEN to deliver results.

You can easily get by without the use of supplements but **research has shown that the supplements that I am going to present, accelerates fat loss, improve recovery from workouts, and improve overall health.**

One thing I would like to warn you about is that supplements should not substitute fruits, veggies, and other healthy nutritious foods.

You should build a solid foundation of nutrients coming from whole foods as a priority and then add on what I am going to show you for that one-two punch in attaining six-pack abs.



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Protein Powder

The biggest problem when I see a client's diet is that they don't get enough protein.

One of the biggest aspects of burning fat and increasing muscle mass is due to your protein intake.

A lot of people think that you get bulky when you consume more protein. Protein actually helps with fat loss and increases your metabolism to a whole other level.

You literally burn 25-35% of the calories you consume in protein to digest it. This alone drastically increases your metabolism.

On top of that, protein also helps build broken down muscle tissue after a workout.

The benefits of consuming a higher amount of protein can be endless.

The easiest way to get your protein requirements is through protein powder. All you have to do is take a scoop, put it in a shaker cup, pour water or any other type of liquid, and boom; you just increased your metabolism.

You can also make shakes by adding in some fruit, vegetables, throw it in a blender and you have a delicious and nutritious protein shake.

But you don't want to get just any brand of protein powder. The quality of the protein makes a HUGE DIFFERENCE.

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Your body won't be able to digest something that was made of so many artificial ingredients compared to something that was made natural.

There's no point in getting something that is cheap if your body won't use it.

My personal favorite brand for protein powder that I use and highly recommend is:

[BioTrust Low Carb](#)



This protein powder is made with natural ingredients and is hormone free. On top of that, it tastes absolutely amazing.

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Best Time To Take Protein Powder

- Post workout with a source of carbs for optimal recovery between workouts.
- In the morning with some veggies and fruit in the form of a shake.
- Throughout the day as a “on the go” meal if you’re rushed on time.

[Click Here For More Info On BioTrust Low Carb](#)

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Omega 3

Omega-3 is an Essential Fatty Acid (EFA) that our body NEEDS.

Our body needs a healthy balance of Omega-3 and Omega-6 fatty acids. **In a typical western diet, you are most likely consuming way too many Omega-6 fatty acids over Omega-3.**

Omega-6 comes from processed foods, most cooking oils, and anything else that is pretty much processed. When we consume too many Omega-6 fatty acids over Omega-3 then our bodies become prone to **inflammation**.

This can lead to many health concerns and even fat storage. To prevent this we would need to increase our Omega-3 consumption to match our Omega-6 intake.

Foods that are high in Omega-3 are fish like salmon, sardine and cod. But it's really hard to get all of your Omega-3 from fish alone. You would literally need to eat fish every day and with the mercury levels in fish these days, that isn't a healthy option.

The best thing we can do is supplement with Omega-3 by taking a high quality fish oil. There are so many amazing benefits to taking Omega-3 and some of them include:

- Improves Brain Performance
- Improves Joint Health
- Improves Heart Health
- Improves Cholesterol
- Improves Skin Health

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- Helps Prevent Alzheimer's, Breast, Colon, and Prostate Cancers
- Reduces Inflammation

Omega-3 is a MUST HAVE supplement if you aren't already taking it. If you are not taking an Omega-3 supplement then get on it ASAP.

Here are my recommendations for great brands of high quality Omega-3:

For a liquid source of Omega-3:

[Click Here => BioTrust Omega Dessert](#)



High quality fish oil that taste's amazing and doesn't leave that fishy after taste in your mouth. It also contains Vitamin D, which is essential if you are not getting any sun.

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For a pill form of Omega-3:

[Click Here => ProGrade Omega-3](#)



This is a very high quality of Omega-3 fatty acids. It also contains a great ratio of DHA to EPA that you don't see in most fish oils.

Best Time To Take Omega-3

Make sure that you take your Omega-3 supplement with a meal. Since it is a fatty acid, it is best absorbed with fats. I personally take it with my first meal of the day.

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Multivitamins

I think of multivitamins more as an insurance policy for your health. It is ideal to get your recommended daily nutrient intake from whole foods. **But it is safe to have a “back up” to ensure that you’re getting the essential nutrients your body needs for overall health and to fully recover from your workouts.**

I personally take a multivitamin and I find that it has made a huge difference in preventing myself from getting sick. Like I said, it’s a great “insurance policy” and **the last thing you want is getting sick, setting you back from your hard earned fitness results.**

Here is my recommendation for a high quality multivitamin:



[Click Here => ProGrade Multivitamin For Men](#)

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[Click Here => ProGrade
Multivitamin For Woman](#)

Best Time To Take A Multivitamin

I recommend taking a multivitamin with your first meal of the day. The reason is that a multivitamin contains fat-soluble vitamins that are best absorbed through the intake of fat.

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Branched Chain Amino Acids (BCAA)

BCAAs (Branched Chain Amino Acids) are essential amino acids found in protein. The three essential amino acids found in BCAAs are leucine, isoleucine, and valine.

It is very common to lose some muscle during a fat loss phase. BCAAs help preserve lean muscle while you are burning fat.

Another great benefit of BCAAs is that it helps recovery between workouts. They help kick start the process of rebuilding muscle tissue immediately after a workout.

BCAAs also help prevent soreness the next day after working out. Once your workouts start to get harder and/or you are working out more frequently, BCAAs should be an essential supplement in your arsenal.

My recommendation for a really great quality of BCAA is:

[Click Here => BioTrust
BCAA Matrix](#)



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Best Time To Take BCAAs

By far the best time to take BCAAs is during a workout. This will kick start protein synthesis, which is the process of rebuilding muscle tissue.

Conclusion

The supplements that I just presented in this guide, is all you need to accelerate your fat loss results and get you way ahead in achieving six-pack abs.

You don't need a magic fat loss pill or a huge list of supplements with names you can't even pronounce. It won't get you anywhere other than more frustration and confusion.

Remember to build your foundation of whole foods and then after you add in these supplements, your results will take off.