

SUPPLEMENT GUIDE

By Umberto Massimino



Super supplements

In these days having the right amount of everything in our nutrition is becoming difficult. Nutritional value of our fruit and vegetable is going down compared to some time ago and reaching the right amount of daily intake of vitamins and minerals can be a challenge. In a frenetic lifestyle even having enough calories for your day can be time consuming and meals replacement are becoming very popular in our society as they are easy and fast to prepare.

Supplements are a great tool to use during your fat loss journey; it would be great if we could receive all our nutrients & minerals from the foods we eat, unfortunately this is very difficult to do. There are many supplements available to buy nowadays in health shops & online, here is my pick of super supplements that would be most beneficial to help with your fat loss and general health.

If you wish to purchase any of the listed products, please click on the pictures or listed name to be redirected.

Please note is not compulsory to use any of these supplements but can be beneficial for optimal fat loss and health.



Fish oil / omega 3

Omega 3 and fish oils are great for fat loss, research has shown omega 3 promotes the utilization of existing fat stores for fuel and studies done on fish oils have shown that supplementation of it results in decreased body fat and reduced inflammation. Research has also shown it helps prevent many long-term health problems including cancer and heart disease.

PhD Nutrition Omega 3 Supplement, 90 Softgels Capsules



ZMA – Zinc & Magnesium

Zinc is vital for your health & immune system; our bodies can't store zinc, so it is important to top up your levels regularly. Magnesium is used by every organ in the body, especially the heart, muscles and kidneys. It's an essential mineral required for bone formation, managing cellular health and is involved in detox pathways.

[PhD Nutrition ZMA 90 Capsules](#)



Whey protein

Whey is a fast release protein, it's great for after a workout as it's digested quickly so it gets to your muscles fast. Having a protein shake after a workout may seem a little unnatural to you as it's heavily promoted using pictures of big muscled men but should be used by everyone who trains hard. What you eat or drink after a workout is very important to prevent muscle breakdown and to ensure your body is fighting fat; therefore, consuming a high-quality protein shake is the best thing to do.

I recommend using PHD Nutrition Diet Whey Protein, it comes in different sizes and flavours and can be purchased from the following site.

[PhD Nutrition Diet Whey Protein 2kg, High protein low carb whey protein](#)



Protein Isolate

Using a protein blend can be very beneficial for those who are vegetarians to increase your daily protein intake or for those of you who lead busy lifestyles and can't always consume meals so need an easy replacement. I would recommend using any good quality slow release protein that has a blend of different sources. I recommend PhD Nutrition's Pharma Blend 6Hr; it can be purchased from the following website.

[PhD Nutrition Whey Isolate Powder - 908 g](#)



Snacks

Snacks can be a bit tricky as meals, not much time to prepare anything while at work and skipping this meal can lead to a too low calories diet. Here I have for you an easy fix option which I have been using for some time and it taste great.

[PhD Smart Bar-High Protein Low Sugar Bar, White Choc Blondie, 64 g, Pack of 12](#)



Electrolytes

As their name suggests, electrolytes are minerals that carry an electrical charge, which makes them good at transferring electricity in the body. Like other nutrients, they serve a variety of functions. Among the major electrolyte functions are regulating the balance of fluids in the body, facilitating muscle contractions, and controlling pH balance in tissues. To get the right amounts of the various electrolyte minerals in your diet, it is not necessary to count milligrams of calcium, sodium, et cetera in foods. If you simply maintain a balanced, high-quality diet, you will get enough but not too much of everything.

PhD Battery Energy & Performance +/3 Orange & Mango Crush



Creatine

Creatine is the number-one supplement for improving performance in the gym. Creatine is a substance that is found naturally in muscle cells. It helps your muscles produce energy during heavy lifting or high-intensity exercise. Studies show that it can increase muscle mass, strength and exercise performance

Additionally, it provides a number of other health benefits, such as protecting against neurological disease.

Some people believe that creatine is unsafe and has many side effects, but these are not supported by evidence. In fact, it is one of the world's most tested supplements and has an outstanding safety profile.

When you supplement, you increase your stores of phosphocreatine. This is a form of stored energy in the cells, as it helps your body produce more of a high-energy molecule called ATP.

PhD Nutrition Creatine Monohydrate, 550g



Vitamin D and K2

Usually you can get your vitamin D from the sun but as we live in a country that doesn't have much sun and we are usually indoors due to our jobs we can be deficient. Vitamin D3 and vitamin K2 ensure that calcium is absorbed easily and reaches the bone mass, while preventing arterial calcification. Vitamin D3 ensures that calcium is absorbed easily and K2 (MK-7) activates the protein, osteocalcin, which integrates calcium into bone. Symptoms of Vitamin D deficiency can lead to vague aches, lethargy, lower strength levels and increased body fat. Beware however Vitamin D can be included in multivitamins so check your brand before you buy.

Vitamin D 3,000 IU & Vitamin K2 100ug MK7 Vegetarian Capsules



Vitamin B complex

B vitamins play a vital role in maintaining good health and well-being. As the building blocks of a healthy body, B vitamins have a direct impact on your energy levels, brain function, and cell metabolism. B vitamins are especially important for women who are [pregnant](#) and breastfeeding. These vitamins aid in fetal brain development as well as reduce the risk of birth defects.

[Vitamin B Complex 365 Days Supply Enriched with Vitamin D](#)

