



GREETINGS!

Here is the truth about supplements:

Supplements are optional; you do not NEED them to succeed

That being said, I recommend a few reasons

1. These supplements will enhance the quality of your life
2. These supplements will speed up your results
3. These supplements will make your journey much more enjoyable
4. These supplement companies are the best in the business

Remember that no supplement alone will help you realize your dream body. Before the supplement craze, there were body builders and trainers that stood ripped, healthy and lean.

But science has allowed us to achieve that ripped, healthy look faster and easier. It has allowed us to eliminate the bad and only bring the good.

Most supplement companies have one thing in mind: PROFIT

They are a business, and their goal is to sell you products so that they can make money.

So you can still take supplements I don't recommend but I stand behind the ones I recommend because I know they have been tested, they work and that you will certainly not be wasting your money on *Ntiro Blast xd*.

So the first supplement I would like to recommend that really is a necessity in your daily routine is a Greens drink.

Something to alkalize your body, provide you with amazing nutrients and keep your body running at top speed.

ATHLETIC GREENS

Superfood cocktail

Tim Ferris calls it his “
Nutritional insurance policy”.

Just a SINGLE serving provide
you with the equivalent of 10-
12 servings of vegetables and
fruit.

Since beginning to take AG, I
almost never get sick,
compared to the 2-3 times per
year prior .

With this product there is no
need to take any other
multivitamins, antioxidants or immune support supplements. This
supplement really does hit it out of the park.

If there is only one supplement you pick up, let it be this one. Your body,
mind and vitality will thank you later for it.



PICK IT UP HERE

ATHLETIC GREENS Omega3 FISH OIL

Ultra concentrated EPA and DHA

No matter who you are or what your goal is you should be taking omega 3's for you body and your mind. Fish oil is on wolf the most legit supplements out there and it is a miracle

pill improving:

- Brain function
- Fat loss
- Hair appearance - Skin appearance
- Nail strength
- Insulin sensitivity

There really is no reason not to add this to your Fat Loss Cocktail. High quality Fish Oil is most likely the most important supplement you can take for your overall health and anti- aging.



PICK IT UP HERE

HIGH QUALITY PROTEIN POWDER - LEGION ATHLETICS WHEY+

Whey protein is a staple in most athletes' diets for a good reason: it's digested quickly, absorbed efficiently, and easy on the taste buds. It also has a particularly good amino profile, being high in the essential amino acid leucine, which plays a key role in initiating protein synthesis

Since there are many 100% isolates out there, you might be wondering what makes WHEY+ different, and worth trying?

1. Milk From *Hormone Free Cows*
2. Created using COLD MICRO- AND ULTRA-FILTRATION TO PREVENT PROTEIN "DENATURING"
3. ADDITIONAL LEUCINE IN EVERY SERVING
4. DELICIOUS TASTE WITH NO ARTIFICIAL SWEETENERS, FLAVORING, FOOD DYES, OR FILLERS.



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BEST PRE-WORKOUT FAT BURNER + MUSCLE SUPPORT

FORGE is a fat burner made specifically for use with fasted training. It helps you lose fat--and “stubborn” fat in particular--faster, preserve muscle, and maintain training intensity and mental sharpness.

If you’ve ever looked for advice on how to lose fat faster--and especially “stubborn” hip, belly, and thigh fat--you’ve probably read about exercising on an empty stomach.

According to many experts, training on an empty stomach is a simple but powerful way to increase the amount of fat your body burns while you work out.

Well, FORGE was created with three very specific goals in mind:

1. To maximize the amount of fat you lose while training on an empty stomach
2. To minimize the amount of muscle you lose while training in this state
3. To help you maintain intensity and focus in your workouts, which can wane when “training on empty”



The research is crystal clear: when combined with a proper diet and fasted exercise routine, FORGE will help you lose fat faster, preserve muscle, and enjoy your workouts.

YOU CAN PICK IT UP [HERE](#)

TESTOSTERONE MAXIMIZER - T+ Total Strength+ Performance

Designed to help the body with getting stronger faster. Up to 36% faster to be exact. Proprietary Formula designed to:

1. INCREASE STRENGTH AND POWER
2. IMPROVE ATHLETIC PERFORMANCE
3. ASSIST WITH MUSCLE RECOVERY

Testosterone is one of the most important hormones produced by the body, particularly for males. Not only is it vital to maintaining proper musculature and masculine appearance, it has myriad psychological benefits as well.

When combined with a training regimen that encourages a positive hormonal profile, T+ is designed to assist the body with naturally elevating testosterone levels. Equally important to increasing free testosterone, is the ability to minimize excess estrogen so that the ratio remains favorable inside the body. T+ pays special attention, to this fact by including the well-documented ingredients Red Clover, Luteolin, Resveratrol, and Stinging Nettle Root.

With these combined ingredients, you'll be turning up the volume on everything we are trying to emphasize throughout the book.

ON TOP of all of that, this will boost your performance in and out of the gym. The combination of Beta Alanine and BCAA's built right in mean you can go harder, longer.



YOU CAN PICK IT UP [HERE](#)