



Example Vitamins

[Scientific Research Here](#)

These are some examples I have used, please consult if you need guidance. Items marked * * are most important

A Good Multivitamin

Take this or similar as recommended in morning with food

[Optimum Nutrition Opti Men](#)



OMEGA 3

2 anytime of day with food

(1-2 per meal)--joints/energy/nervous system

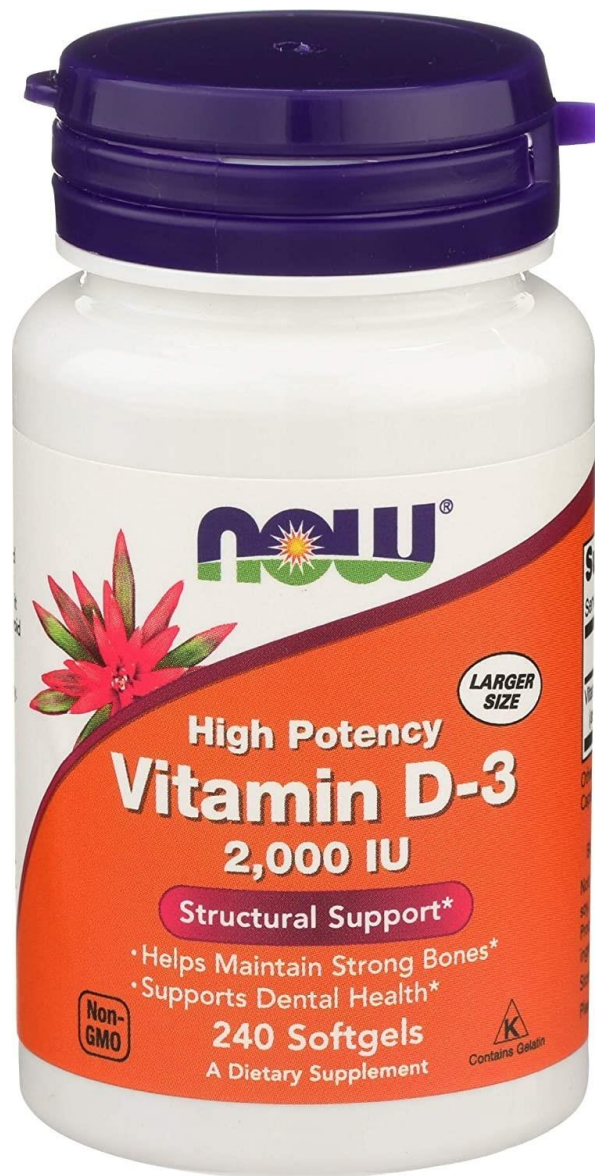
Aim for higher EPA than DHA



Vitamin D3

Bone health and autoimmune function 2,000IU-4,000IU daily

Take with food



Zinc

Autoimmune & Higher Metabolism

Take with last meal



Magnesium Glycinate/Chelate

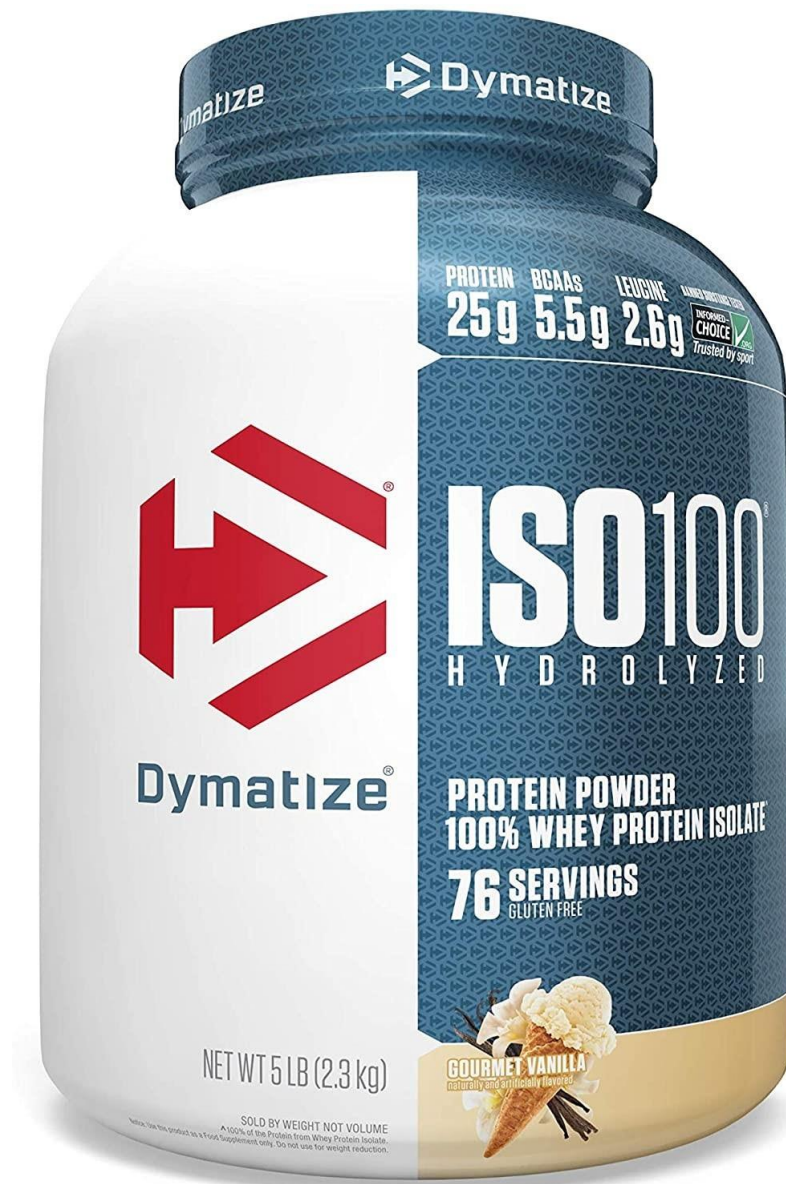
Essential for metabolism and energy function

Take with last meal or if exercising 2 times daily after
exercise sessions with food



Whey Protein

For when you are struggling to get enough protein



Probiotic

Take as prescribed



Digestive Enzymes

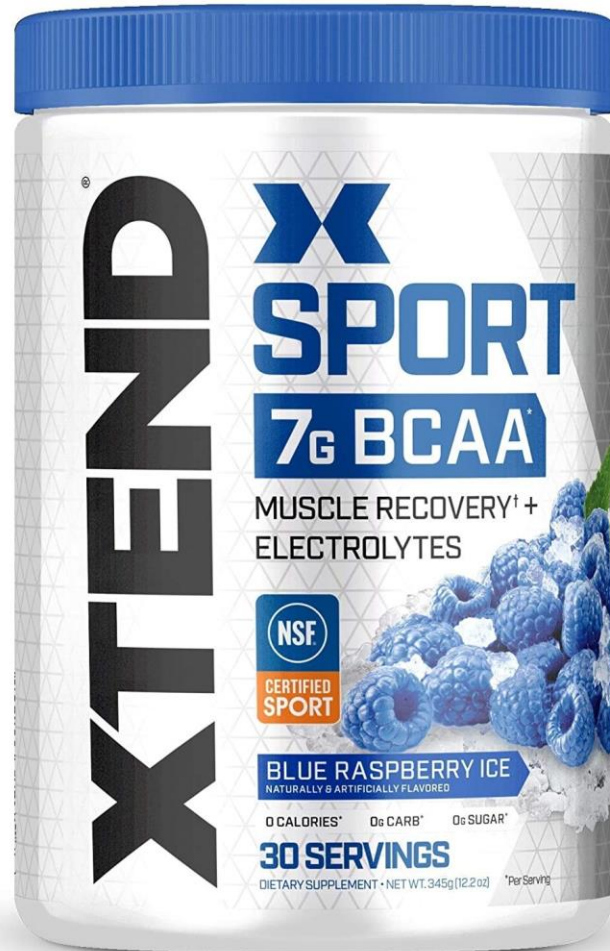
Take with food for advanced digestion



Amino Acid & Electrolyte (Muscle Recovery)

Pre-during or post workout -your choice

Reduce Delayed Onset Muscle Soreness- DOMS



Optional Vitamins To Help Improve Stress Management & Fat Loss

EGCG

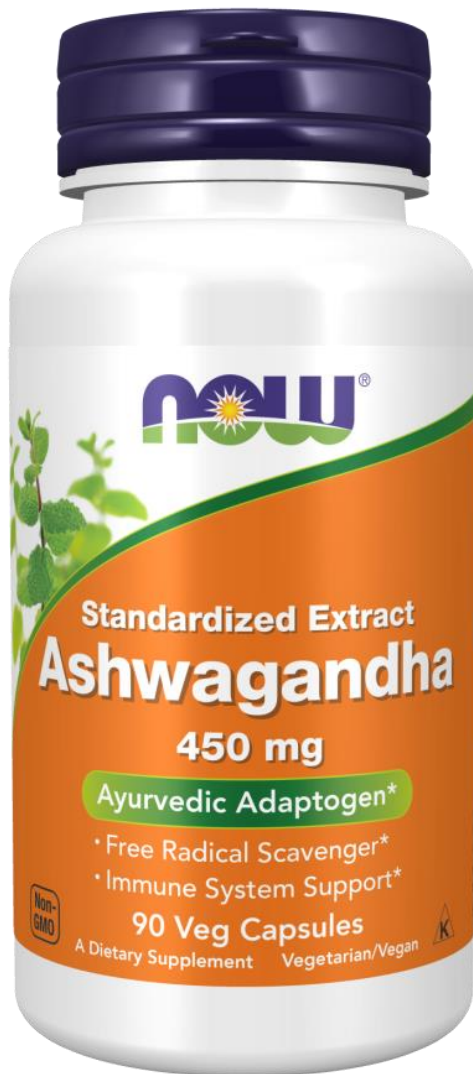
Taken in the final stages of Fat Loss only to strip stubborn fat



ASWAGHANDA

Stress Management

Take in early parts of the day to avoid sleep disruption
Some individuals may experience lethargy in first 2 days



Free Testosterone Enhancers

Use as directed for increased libido and free testosterone

