

Supplement List

The goal is to maximize muscle tone and decrease body fat % creating a firmer, sexier-YOU!

SUPPLEMENT SCHEDULE:

Following are tiers of importance for supplements. They are ranked 1 being the most important and so on. If financially feasible include each level, but I have ranked them in order of importance.

The 4Week Pilates Summer Makeover program coupled with the meal plans will create drastic changes, adding supplements will help you do it a little faster.

#1: Low Carb. Whey Protein; take 1-3 shakes per day

Absolutely critical in developing lean muscle mass, easily absorbed into the blood stream via powder form. Look for protein powder that has <1-gram sugar and at least 25g protein per serving.

#2: Acetyl-L-Carnitine: take 2 L-Carnitine capsules every time that you have a meal or shake.

Supports fat loss, muscle mass, bone mass. See description below:

Fat Loss: If you are looking to get lean, then this is the amino acid you need. L-Carnitine transfers long-chain fatty acids, such as triglycerides into mitochondria, where they may be oxidized to produce energy. Carnitine has also been shown to reduce fatigue and serve as an appetite suppressant as well. L-Carnitine would be a major asset to have in your arsenal when you are dieting. It not only will help keep your body from storing fat, but it will increase your aerobic capacity to help you burn more calories.

Muscle Mass: L-Carnitine can help you increase your strength and stamina in the long run.

Bone Mass: Aging bone loss is a major concern of many senior citizens and post-menopausal women. Of course this can lead to increased chances of fractures, osteoporosis, and arthritis among other bone diseases. Fortunately, by taking L-Carnitine, you can slow down the bones loss process and improve bone micro structural properties by decreasing bone turnover.

#3: Branch Chained Amino Acids (BCAA'S); improve your muscle tone and helps stabilize blood sugar while you are dieting. Follow directions on label.

Perhaps the most important ingredient to add to your shakes are Branched Chain Amino Acids (BCAA's), look for BCCA's that are <1gram sugar or sugar free. The three BCAA's are leucine, isoleucine, and valine. It has long been known that supplementing with BCAA's helps to mitigate muscle tissue breakdown during exercise. This is because unlike other amino acids, BCAA's are metabolized in the muscle tissue rather than the liver and during exercise they are broken down and metabolized for quick energy.

Newer research is now showing that taking BCAA's before, during, and after training can have a profound effect on your hormones as well. In a recent study, it was shown that when athletes were given BCAA's prior to training, post workout testosterone levels remained elevated for several hours, whereas the control group noticed a significant drop in testosterone once training ceased.

The same study also noted that the BCAA group had higher insulin levels than the placebo group, and by now it should be clear how important insulin is during training. BCAA's also appear to keep cortisol levels lower when taken during exercise, which further prevents muscle tissue breakdown.

It has also been shown that when combined with a calorie-restricted diet, BCAA's have the ability to reduce abdominal fat more than calorie restriction alone. Since BCAA's have the unique ability to boost muscle-building hormones and cut fat this makes them ideal when trying to lose a little body fat.

Overall, BCAA's and leucine will positively affect athletic performance, increase protein metabolism and will decrease body fat.

#4: B-Vitamin Complex; B vitamins are essential for the metabolism of carbohydrates, fats and protein from our diet to produce energy for all the cells in the body.

Cells in the brain, nervous system, heart, liver and kidneys require particularly high levels of energy and the B vitamins are vital to keeping these tissues healthy.

B-complex helps alleviate symptoms of anxiety and depression, can reduce symptoms associated with PMS and support cardiovascular and immune health. Follow directions on label.

#5: Vitamin C: Assists in tissue repair and prevents sickness as your calories drop and your body fatigues, you don't want to catch anything that could detour you from reaching your goals.

#6: L-Glutamine: Minimizes the break down of muscle and improves protein metabolism.

#7: CLA: (Conjugated Linoleic Acid): Supports fat loss and maintaining lean muscle mass. Taken 3 times a day.

CLA refers to a group of chemicals found in the fatty acid linoleic acid. Dairy products and beef are the major dietary sources.

Helps reduce body fat deposits and improve immune function.

#8: Multi-Vitamins: Necessary to get all your essential minerals that you aren't getting in your diet.

#9: Vitamin D: Known as the sunshine vitamin. The body in response to skin being exposed to sunlight produces Vitamin D. It also occurs naturally in a few foods – including some fish, fish liver oils, and egg yolks.

Vitamin D is essential for strong bones, because it helps the body use calcium from the diet.

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