Extreme Menopause Body Makeover Supplement Guide

In this guide, I have included a comprehensive list of supplements to suit your shredding and muscle-building goals and any menopausal struggles. **ADDING ANY OF THESE SUPPLEMENTS IS ENTIRELY OPTIONAL.** Simply choose the ones that are best suited to you and your budget.

We have created a one-click Amazon shopping list of the supplements.

amazon	amazon	amazon	amazon
US customers **CLICK HERE**	UK customers **CLICK HERE**	AUS customers **CLICK HERE**	CAN customers **CLICK HERE**

TOP 5 RECOMMENDED SUPPLEMENTS

While all supplements are optional, these are my top 5 recommendations.

☐ **Protein Powder** - My favorite protein company is **The Protein Works**
Use code TSV60 to get 60% off or TSV65 to get 65% off orders over $100/£80.

Protein Works Wondershake Macros

Serving size:	25g
Calories:	94
Carbs:	1.9g
Fat:	0.6g
Protein:	20g

If you cannot purchase this one for any reason, you can choose another one. Just be sure you get at least 20g of protein with around 90 calories.

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- ☐ **Creatine** - Creatine is highly regarded for its muscle-building benefits and is one of the most extensively researched dietary supplements.
  FUN FACT: Currently, clinical studies are investigating creatine's positive effects on memory and neurodegenerative conditions.
  CLICK HERE to read how it's more than just a supplement for athletes.
  Take 5g of creatine either in the morning or in your post-workout shake.

- ☐ **L-Leucine** - Activates muscle protein synthesis, facilitating the growth and recovery of muscle tissues.
  Take 5g-10g in the morning and another 5g-10g in your post-workout shake.

- ☐ **Vitamin B Complex** - Plays a crucial role in maintaining overall health by supporting energy production, cellular function, and the metabolism of essential nutrients.
  Take 100mg per day.

- ☐ **Magnesium** - Promotes restful sleep and alleviates digestive issues by relaxing muscles and regulating neurotransmitters and gut function. **Take 1000-3000mg Magneisum Citrate to alleviate digestive issues. Take 1000-3000mg Magnesium Glycinate for better sleep.**

OPTIONAL & ADDITIONAL FOR MUSCLE GROWTH & REPAIR

- ☐ **L-Glutamine** - Supports muscle building and repair by aiding in protein synthesis and reducing muscle breakdown, ultimately promoting muscle growth and recovery.
  Take 5-10g post-workout and before bed.

- ☐ **BCAA (Branched Chain Amino Acids)** - The perfect supplement for people looking to put on muscle. Can also help to reduce tiredness, which can significantly boost your workout.
  Take 5g – 15g in 600/1000ml water with the juice of half a lemon (for flavor) and drink during your workout or throughout the day.

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OPTIONAL & ADDITIONAL FOR FAT BURNING

- ☐ **Alpha Lipoic Acid (ALA)** - Aids glucose regulation, particularly when taken with food, diverting nutrients toward muscle and away from fat cells.
  Take one capsule (650mg) with each meal.

- ☐ **L-Carnitine** - Transports fat to cell mitochondria for energy conversion, enhancing energy levels, curbing cravings, boosting metabolism, reducing cholesterol and triglycerides, and enhancing cardiac performance.
  Take 2000mg 30 minutes before working out to maximise benefits.

- ☐ **Green Tea** - Contains theanine for stress reduction, inflammation-reducing antioxidants, bone health benefits, and metabolism-boosting properties, offers a holistic approach to health and well-being, particularly beneficial for menopausal women and those sensitive to caffeine. **Take up to 200mg a day.**

- ☐ **Caffeine** - Caffeine tablets are effective for fat burning due to its ability to stimulate the release of stored fats into the bloodstream, increasing metabolism and promoting the oxidation of these fats for energy.
  Take 1-2 caffeine tablets (200-400mg) in the morning or before training.
  NOTE: Drinking black coffee is not a substitute for caffeine tablets.

OPTIONAL & ADDITIONAL FOR PERIMENOPAUSE SYMPTOMS

- ☐ **Agnus Castus (vitex, chaste berry, or chaste-tree) -** Offers hormone-balancing benefits, potentially alleviating perimenopausal symptoms, as evidenced by improved mood, sleep, and menstrual regularity in a study involving menopausal women, while also serving as a remedy for PMS, irritability, and irregular periods. **Take 60mg a day.**

- ☐ **Dong Quai -** Nicknamed the “female ginseng.” Women may find the most benefits from Dong Quai during and after menstruation for issues like PMS, menopause, and cramps. Some women take Dong Quai to treat hot flashes. **Take 1000mg a day.**

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- ☐ **Red Raspberry -** Red raspberry leaf tea effectively reduces heavy menstrual flows or helps regulate irregular periods—especially those at the onset of perimenopause for many women. **Drink as a tea in the morning.**

OPTIONAL & ADDITIONAL FOR HOT FLASHES

- ☐ **Black Cohosh -** Has been widely studied as an alternative to HRT (hormone replacement therapy) to alleviate symptoms of menopause, such as hot flashes, night sweats, and low mood. **Take 6.5g a day or drink as a tea.**

- ☐ **Sage -** It's believed that compounds in sage have estrogen-like properties, allowing them to bind to specific receptors in your brain to help improve memory and treat hot flashes and excessive sweating. **Take 1600mg a day.**

OPTIONAL & ADDITIONAL FOR LOW MOOD, ANXIETY, STRESS & FATIGUE

- ☐ **St. John's Wort -** Has been used for many years to relieve the symptoms of slightly low mood and mild anxiety. Before using St. John's Wort, please check with your doctor, as it can interfere with other drugs, including those used to treat breast cancer (such as tamoxifen) and antidepressants. **Take 250mg a day.**

- ☐ **Ashwagandha -** Is growing increasingly popular to help with poor sleep, anxiety, and stress. **Take 1000mg a day.**

- ☐ **Rhodiola -** The plant is traditionally used in Chinese medicine to stimulate the nervous system to improve performance and is recommended for fatigue, low mood, and stress. **Take 500mg a day.**

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OPTIONAL & ADDITIONAL FOR SLEEP QUALITY

- ☐ **Valerian Root -** Studies have shown that taking Valerian extract before bed helps you fall asleep faster and improves sleep quality. **Take 400mg before bed.**

- ☐ **Montgomery Tart Cherry Juice Concentrate -** Is high in melatonin's sleep-promoting chemical and has anti-inflammatory properties (inflammation can disrupt sleep). **For best results, sip an ice-cold glass 30 minutes before bed to help your core temperature drop and help send you to sleep.**

OPTIONAL & ADDITIONAL FOR LIBIDO

- ☐ **Maca -** Multiple studies have found that Maca helps alleviate menopausal symptoms, including hot flashes and interrupted sleep. A 2018 study found that post-menopausal women who took Maca had reduced anxiety and lower measures of "sexual dysfunction." It can be used for hot flashes, night sweats, insomnia, libido, and stress. **Take 5000mg a day.**

OPTIONAL & ADDITIONAL FOR MEMORY & COGNITIVE FUNCTION

- ☐ **Gingko Biloba -** Studies have found that one week of treatment with ginkgo biloba improved post-menopausal women's attention, memory, and mental flexibility. **Take 600mg a day.**

- ☐ **Holy Basil -** As an adaptogen, holy basil has powerful anti-stress properties, and it is primarily used to support the body in dealing with stress, memory, and cognitive function. It supports the adrenal system, which fluctuates hormonally during menopause. **Take 500mg a day.**

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OPTIONAL & ADDITIONAL FOR BONE HEALTH

- ☐ **Red Clover -** Some studies suggest that Red Clover isoflavones may slow bone loss and boost bone mineral density in pre-and peri-menopausal women.
  Take 1000mg a day.

- ☐ **Vitamin D3 -** Essential for promoting calcium absorption in the gut and maintaining bone health. It helps with immune function and reduces inflammation.
  Get in spray form preferably and take 4000IU every morning.