Extreme Body Makeover Over 40
Phase One Supplement Guide & Schedule

All supplements are entirely optional, and you can still get good results without taking a single one. However, supplementing with the correct formulas at the correct times can give you that 1% edge, whether it's building muscle, burning fat or quicker recovery. Here is a breakdown of the supplements recommended in phase one and a specific schedule on when to take them.

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SUPPLEMENTS FOR MUSCLE GROWTH & REPAIR

☐ **Protein Powder** - is convenient to achieve your bodybuilding goals, especially as a vegan. It can be easier to reach your daily protein requirements with it. Protein powder is just powdered protein; it's not harmful to your body in any way.

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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- ☐ **L-Leucine** - is one of the branched-chain amino acids (BCAAs) that are important in assisting muscular health. It is one of the two amino acids which cannot be converted to sugar. The functions include a special ability to stimulate muscle growth, modulate insulin sensitivity and break down fat cells. L-Leucine assists greater muscle protein synthesis and allows the body to recover from exercise, perform better and counteract the negative effects of aging. **Take 5g in the morning and another 5g in your post-workout shake.**

- ☐ **L-Glutamine** - minimizes the breakdown of muscle tissue and improves protein metabolism for use after prolonged exercise. Glutamine can also be taken first thing in the morning to help rebuild the lining of the digestive system. This helps to maintain the gut barrier function, intestinal cell proliferation, and differentiation, as well as reduce the symptoms of leaky gut or irritable bowel. Take up to 15g per day, spread over the day. **I take 5g in my morning shake and 5g in my post-workout shake.**

- ☐ **L-Creatine** - is an organic acid that acts as a reserve power source for your muscles during high-intensity exercise. Creatine is a safe and highly effective supplement that acts on your body's phosphocreatine energy systems, helping to improve the repetitive performance of muscular strength and short-term power while aiding short bursts of muscular performance. It's particularly useful for those who regularly weight train because it provides huge benefits for short-duration, high-intensity exercise. **Take 3-5g of creatine in the morning and also in your post-workout shake.**

- ☐ **BCAA (Branched Chain Amino Acids)** - is great for people who want to shred some body fat while maintaining as much muscle as possible. When you are cutting calories, your body will be in a catabolic state. This means that your body will be breaking down tissue (fat, some muscle, etc.) rather than making it (which is known as anabolic). Muscle loss will occur when cutting since your body opts to use the amino acids that would have otherwise been utilised for protein synthesis (to build muscle) as an energy source. BCAA supplements can also help reduce tiredness, significantly boosting your workout. **Take 5–15g in 600/1000ml of water with the juice of half a lemon and drink during workout.**

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- ☐ **L-Citrulline** - is an amino acid which boosts nitric oxide production in the body. Nitric oxide helps your arteries relax and work better, which improves blood flow throughout your body, aiding recovery. This is useful to help the body and the muscles recover from intense workouts, especially when dieting. It is also used as an anabolic to help build muscle tissue and improve athlete performance. **Mix 5g with water or can be added to protein shakes or BCAA/Amino powders. It is ideal to be taken before, during and after exercise.**

- ☐ **Vitargo (ONLY TAKE ON A HARD BUILD)** - Vitargo is a high molecular carbohydrate that is absorbed instantly into the bloodstream and subsequently into the muscles directly after training. Vitargo works this way because when you are training, the GLUT-4 receptors on the muscle cell's surface are open as the muscles have received amino acids, blood and nutrients to fuel them. As soon as the Vitargo enters your bloodstream, which it does very quickly due to its high osmolality, it is packed into the muscle. The other place the body likes storing excess calories and sugar is fat cells. After eating, the pancreas secretes insulin, the body's storage hormone. Insulin signals to the body to open the GLUT-4 receptors on the surface of the muscle and fat cells so it can lower the sugar in the blood as quickly as possible by storing it in the liver, muscles and fat cells. However, because the GLUT-4's on the surface of the muscle cells are already open, more glycogen will get pumped in, and there will be very little left over for fat cell storage. This is so important! Don't miss the recovery window when protein and carbs are so important and can cause a huge amount of progress in a very short space of time.

  While Vitargo is great in a build, it is high in calories and carbs, averaging 270 calories and 66 grams per serving. In phase one, I recommend Vitargo ONLY under the following conditions -

  1. You can 100% say that you have absolutely beasted it in the gym and truly trained to failure.

  2. You consume Vitargo within 20-30 minutes of setting your weights down, but ideally, the minute you set down your last weight; otherwise you will have missed the anabolic window.

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Only consume Vitargo if you can follow these two conditions. Otherwise, you are consuming extra calories and carbs for no reason, which will be to your detriment rather than a benefit. I use unflavored Vitargo blended into my protein shake (use a blender, or it will go lumpy) immediately after my workout. **Take 1 scoop Vitargo on upper body day and 2 scoops on leg day.**

SUPPLEMENTS FOR FAT BURNING

If you are performing a hard build, I would avoid fat-burning supplements besides caffeine for an energy boost in phase one.

- ☐ **Alpha Lipoic Acid (ALA)** - Studies show that ALA increases GLUT-4 transporters on the outside of muscle cells and away from fat cells, an increase of 50-60%, making it an excellent glucose regulator. When you take an ALA tablet with food, it shuttles more of the food into muscle and away from fat cells. **Take 300-600mg ALA capsules 30-60 minutes before meal.**

- ☐ **L-Carnitine** - Carries fat to cell mitochondria to be converted into usable energy, giving the metabolic engine what it needs to function properly. L-Carnitine can fuel fat burning in your body, thus increasing your energy level and improving the health of your heart, circulation and liver. It decreases cravings while increasing your metabolic rate. It helps to lower cholesterol and triglyceride levels as well as improving cardiac performance. **Take 2000mg 30 minutes before working out to maximise benefits.**

- ☐ **Caffeine** - Helps to stimulate you during your workout, working with the central nervous system to increase alertness and focus. It also causes your body to burn more calories by raising the metabolism. Even more interesting, caffeine can stop the body from storing fat by attaching to the receptors on fat cells while at the same time encouraging it to release energy from fat tissue to use as fuel. Like any stimulant, it might take a few days to get used to it. But the stimulant effects soon wear off, and you won't even notice the effects. **Take 1-2 caffeine tablets (200-400mg) before training or simply have a shot of espresso.**

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SUPPLEMENTS FOR GENERAL HEALTH

- ☐ **Magnesium** - Promotes restful sleep and alleviates digestive issues by relaxing muscles and regulating neurotransmitters and gut function. It regulates blood pressure and cholesterol and strengthens the bones by improving bone mineral density. It also plays an important role in carbohydrate metabolism as it influences the release and activity of cortisol and insulin, the hormone that helps control blood glucose sugar levels.
  Take 1000-3000mg Magneisum Citrate to alleviate digestive issues.
  Take 1000-3000mg Magnesium Glycinate for better sleep.

- ☐ **Vitamin B Complex** - Improves energy levels, nerve conduction, concentration and much more! I recommend that everyone take this supplement for general health as it is easily depleted with stress, caffeine and alcohol. Your supplement should have at least 100mg of each of the B Vitamins. **Take 100mg Vitamin B Complex in the morning.**

- ☐ **Vitamin D3** - Is essential for promoting calcium absorption in the gut and maintaining adequate serum calcium and phosphate concentrations to enable normal mineralization of bone. Vitamin D has other roles including helping with immune function and reduction of inflammation. I highly recommend this supplement. **Get in spray form preferably and take 1 spray of up to 3000 iU Vitamin D every morning.**

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SUPPLEMENT SCHEDULE	
Upon Waking/Breakfast	• 300-600mg ALA capsules 30-60 minutes before meal • 1 spray of up to 3000 iU Vitamin D3 • 100mg Vitamin B Complex • Take 5g each of Leucine, Creatine and Glutamine blended in water or a protein shake
Pre-workout	• Take 1-2 caffeine tablets (200-400mg) before training or simply have a shot of espresso • Take 2000mg of Carnitine 30 minutes before working out
Intra-workout	• Mix 5–15g of BCAA with 5g of Citrulline with 1000ml water with the juice of half a lemon (for flavor) and drink during your workout
Post-workout (immediately after)	• **LEAN BUILDERS** - 25g vegan protein powder blended with water and 5g each of Leucine, Creatine and Glutamine • **HARD BUILDERS** - 50g vegan protein powder blended with water and 5g each of Leucine, Creatine and Glutamine. Take 1 scoop Vitargo on upper body day and 2 scoops on leg day. Blend with protein powder or drink on it's own. A portable blender bottle can be a good idea for drinking Vitargo on the go as it can be a thick shake in nature
Lunch	• 300-600mg ALA capsules 30-60 minutes before meal
Dinner	• 300-600mg ALA capsules 30-60 minutes before meal
Before Bed	• 25-50g vegan protein powder • Take 1000-3000mg Magnesium Glycinate per day before bed
Non-training Days	To support your recovery and results on days you don't strength train in the gym, mix 15g of Citrulline, 10g of Creatine, and 15g of BCAAs to at least 2L of water. Flavor with lemon and lime and sip throughout the day. Hard builders could also add 250ml of coconut water.

NOTE: L-Glutamine, L-Carrnitine, L-Leucine and L-Citrulline can be consumed in powder or capsule form.