

LEAN BODY SUPPLEMENT BUYER'S GUIDE

Find out what your body needs and watch your waistline shrink after just a few weeks!

Unless you are eating a 100% organic diet and not limiting any food group, you probably aren't getting all of the essential vitamins and minerals needed for general health. Let alone to create a lean body.

While supplementing may seem unnatural, we are hardly able to get all the necessary micronutrients from our diet because of the way our food is produced. Our soil is supposed to contain important trace minerals, such as zinc, phosphorus and magnesium, however due to conventional farming and mass production the soils are mineral depleted. So if not from our food supply, where are we supposed to get these minerals? That's a good question. The short answer is that most of us don't.

When it comes to supplements, quality over quantity is a no brainer. Many people are not aware that most vitamins you get at supermarkets and pharmacies are made with cheap quality ingredients, and are loaded with fillers and binders that are not listed on the labels. Some even contain gluten!

For safety and effectiveness I recommend only using high quality practitioner supplements that can be purchased from health food stores or online. These might be slightly more expensive, but they have a higher concentration of, which means you'll have to take less.

If you are an active person, the most essential supplements you should include on a daily basis are fish oil, magnesium, and zinc. These are the most common micronutrients people are lacking in general, and they are very important for many metabolic processes.

Fish oil contains high amounts of healthy Omega 3 fats, which aid fat loss by reducing insulin response and helping with regular bowel movements. If you are not a fan of the fishy taste, you can use flax seed oil or Udo's Blend instead, which is plant-based. I use flax seed oil as salad dressing.

Magnesium aids muscle relaxation and therefore it can significantly improve your quality of sleep. It can also aid in reducing stress, by supporting the nervous system.

Zinc is an essential mineral for the immune system, wound healing, the production of sex hormones and optimal cholesterol levels. Having white spots on your fingernails can be a sign of deficiency.

If you are just starting out with weight training, then you may want to consider adding a calcium supplement as well.

HCL as mentioned earlier, this supplement can improve the absorption of nutrients and it may also reduce bloating and gas associated with high protein consumption.

Vitamin D is another important vitamin, which many people don't get enough of because of working indoors. Insufficiency has a major impact on immune and hormone function as well as bone health. Do not supplement, unless you get your levels checked by your GP.

If supplementing with individual vitamins seems overwhelming to you, I recommend at least investing in a good quality fish oil and a multivitamin supplement.

Disclaimer: It is recommended that you get your levels tested before you decide to supplement with any vitamins, and always follow the recommended dosage displayed on the bottle or seek advice from your health care practitioner. It is important to mention that, while certain nutritional supplements can be beneficial, they are not a substitute for a healthy diet.

SUPPORTING YOUR WORKOUT

If you go pretty hard at the gym, you want to make sure you get the most out of your training. The goal during a workout is to reduce body fat and increase lean muscle tone. The more lean muscle you have, the more fat your body burns at rest.

A protein powder can ensure that you have all the essential amino acids needed to support this process. Always consume these within 20-30 minutes of completing your workout. In the coming pages I've recommended my favourite brands and flavours. By all means you are welcome to use your own products and supplements, but always ensure you choose a natural brand without added artificial sweeteners such as E951, 950 or any other codes starting with the letter E. Stevia and Xylitol are okay.

These are the supplements I use in my clinical practice to ensure that my clients get the best results and the most value for their money. Obtaining quality supplements and ingredients can be difficult if you don't live in a central area, however by purchasing this ebook you also receive access to order any of these products online with a special access code.

To purchase your products, simply follow these steps: (Australia only!)

1. Go to www.bioceuticals.com.au and click on "Login or Register" to register as a patient.
2. Complete your personal details, including your special code "LEANBODY"
3. Once logged in, enter the name of the chosen product in the search bar in the upper right corner, select the product and Add to Cart.
4. Go to Shopping Cart and complete your order, including payment details.

A confirmation email will be sent to you. Your products will be delivered to your doorstep within Australia.



IsoWhey Lean WPI (chocolate or vanilla) – 1.2kg (30 serves)

I love this protein because it's a very high quality, low-carb whey protein isolate with very minimal lactose. It has high levels of BCAAs, which help reduce muscle soreness and it also contains green tea, digestive enzymes and probiotics, which is rare. Great for those who are serious about their workout and results.

\$86.00



IsoWhey Wholefoods Organic Bio-fermented Pea + Brown Rice Protein Powder (vanilla-lucuma) 525g (21 serves)

This is a tasty, low-carb vegan option, full of nutritious, antioxidant-rich superfoods. It is derived from sprouted brown rice, which is a low reactive protein and therefore it is a great option for those with food intolerance or gut issues. It has a lovely, subtle caramel-like flavour and only 95 calories per serve.

\$41.00



IsoWhey (Ivory coast chocolate, Madagascan vanilla, Strawberry smoothie, Banana smoothie or Classic coffee flavour) – 448g (14 serves)

Combination of pure whey protein isolate and concentrate, sourced from grass-fed cows, containing alkaline greens, vitamins and minerals.

Great for those who want to keep it simple, maybe even replace a meal with a smoothie and enjoy a richer and sweeter flavour. It's a unique formulation that supports healthy fat loss and digestive health with enzymes and probiotics.

\$44.00



IsoWhey BCAA Powder (berry) 250g (41 serves)

Helps build and maintain lean muscle and definition and can improve the recovery process. It's a must have for those who are serious about their training and those feeling sore after exercise sessions.

\$33.00

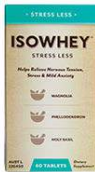


IsoWhey Wholefoods Organic Cold Pressed Coconut Oil (300ml)

The number one oil I recommend for cooking because of its high smoke point. The benefits are endless. It boosts metabolism, helps reduce appetite and it is antifungal and antiviral.

I also use this oil as a body moisturiser, makeup remover, lip balm and hair treatment!

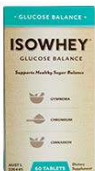
\$12.00



Stress Less (60 caps)

Combines the clinical trialed herbal formula Relora®, a combination of magnolia and phellodendron, with holy basil for relief of nervous tension, stress and mild anxiety. Great for those who tend to eat more when they are under the pump.

\$32.00



Glucose Balance (60 caps)

Assists in maintaining healthy blood sugar balance helps to support healthy carbohydrate metabolism. Great for those with sugar cravings.

\$23.00

Bodyscience is another brand that I like to recommend, because it tastes delicious and has no artificial ingredients. They also ship worldwide.

I have arranged an exclusive 20% off Lean Body discount for you. To redeem, follow this link and register your details on the website: <http://www.bodyscience.com.au/shop/family/home/register/NIKOLETT01>
Using the friends code NIKOLETT01 will automatically apply a 20% discount for **every purchase** you make moving forward. It's not a one-off code.



Whey Protein Isolate (Double chocolate or vanilla coconut) 900g (30 serves)

A low-carb, high protein whey protein isolate that combines digestive enzymes, BCAAs and glutamine. I love the vanilla-coconut flavour.

\$89.95



Organic Vegan protein (chocolate and vanilla) 2x 350g (28 serves)

This organic low-carb option combines brown rice protein, pea powder, amaranth, quinoa, buckwheat, millet, chia powder. It is perfect for those who are intolerant to these factors i.e. gluten-free, lactose-free, nut-free, wheat -free, soy-free and want no artificial colours or flavours.

\$69.90



BCAAHMB 300 TABLETS

BCAAs can complement your workout by reducing muscle fatigue and preventing muscle loss. Take it immediately after your workout.

\$89.95



Green Tea X100

Equivalent to 100 cups of green tea daily. A combination of green tea and probiotics, which may promote good bacteria in the gut and can help enhance your capacity to burn fat. *Do not use if pregnant or likely to become pregnant or sensitive to the effects of caffeine.*

\$64.96



Multi vitamin 60 caps

Anti-stress, antioxidant, boots energy, immunity and includes trace minerals. A multi is recommended even for those who eat a healthy, balanced diet.

\$22.95