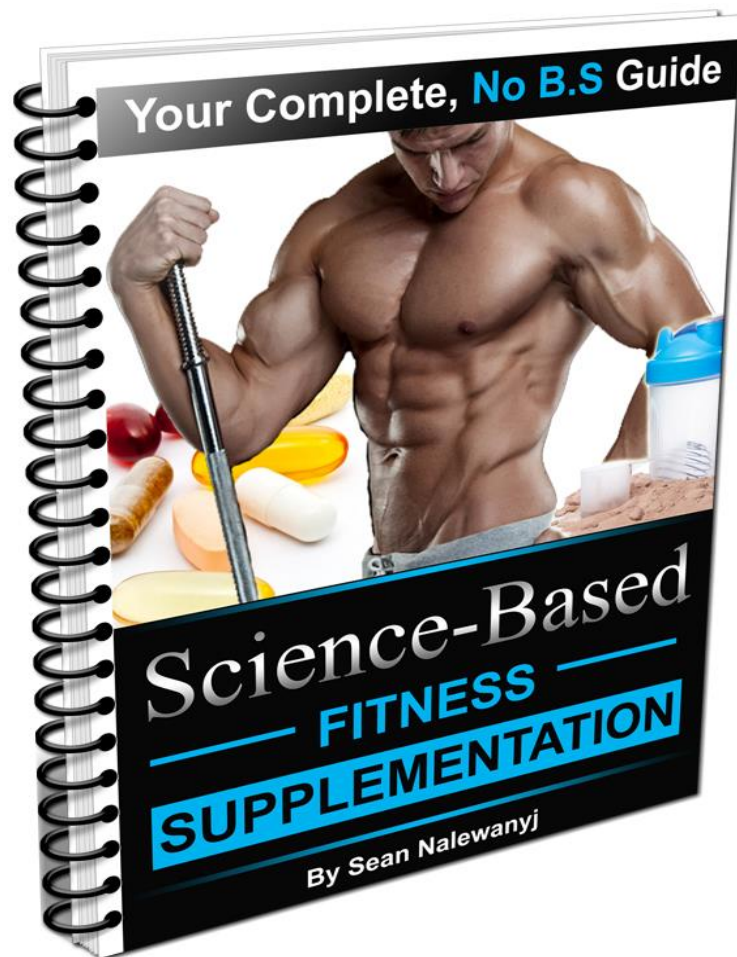


# SCIENCE-BASED FITNESS SUPPLEMENTATION



**Honest, No B.S Muscle Building & Fat  
Loss Supplement Recommendations**

*By Sean Nalewanyj*

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## ABOUT THE AUTHOR



Hey, Sean Nalewanyj here and thanks for downloading this supplement guide.

I'm a fitness coach and writer who has been researching and promoting science-based, no B.S muscle building and fat loss techniques online since 2005.

Through the comprehensive free content on my [Blog](#), [YouTube Channel](#), [Social Media](#) pages and online newsletters, I've helped hundreds of thousands of average, everyday guys and girls from all over the world build muscle, lose fat and completely transform their bodies and lives.

I'm also the creator of [The Body Transformation Blueprint](#) – a complete step-by-step training, nutrition and supplementation system that teaches people how to achieve their ideal body in the fastest and most efficient way possible without hype or gimmicks of any kind.

In a fitness industry that has become completely overrun with fads, false information and outright scams, you can trust my advice as an honest, no nonsense resource to help you reach your fitness goals the right way.

## INTRODUCTION



While supplementation is not a *mandatory* aspect of your muscle building and fat loss program, it can definitely improve the overall convenience and effectiveness of your plan if you go about it correctly.

Before we go any further though, it's critical for you to understand that supplements are exactly that: *supplements*.

They are simply there to fill in any potential missing holes in your diet, and to help give you a small extra boost by providing you with concentrated doses of certain ingredients that would be impractical to receive from whole foods alone.

If you really think that pills, powders and drink mixes are going to build your body for you though, you're in for a real disappointment. It continues to amaze me how much value and emphasis the majority of trainees place on "the latest breakthrough pill".

Everyone is always asking me...

*"What's the best creatine out there?"*

*"How much weight can I gain from this whey protein supplement?"*

*"I have \$200 a month to spend on supplements... what should I buy?"*

Stop falling for the multi-million dollar ads that talk about the latest "revolutionary discovery" that will allow you to build 25 pounds of muscle while you lie on the couch.

As advanced as we've become as a society, the basic rules of hard work and dedication still apply. If you want to change your physique in a truly significant way, then hard training in the gym and a consistent diet plan is the only real way to get there.

Now, this doesn't mean that I'm *against* the use of supplements; I'm merely against the *over-use* and *over-emphasis* of supplements. There are a few solid, effective products out there that I do recommend and use myself, but only as a small part of your overall approach.

The key is in knowing which specific supplements to use, the highest quality brands, along with the proper dosing and timing.

In this No B.S guide, I'll be laying out the honest truth about which formulas you should be including in your plan to maximize your results.

The plan is separated into 3 major categories...

**Tier-1 Supplements:** These are the core essentials that I'd recommend using as the underlying foundation of your plan. They'll cover your most basic needs.

**Tier-2 Supplements:** These are supplements that I would not consider *essential* but that do have solid, reliable research behind them. The inclusion of these items is mostly an issue of your budget and how detailed you want your supplement approach to be. I personally use all of them, but you can read the descriptions and notes and decide which ones you want to try based on the information I provide.

**Pre-Workout Supplements:** These are supplements that can be specifically used as pre-workout aids to directly enhance energy, strength and focus for individual workout sessions.

For each section I list the supplement, description, recommended brand, dosage, directions and any additional notes you should know.

I personally recommend purchasing these items off of [bodybuilding.com](http://bodybuilding.com) as they have the largest product selection available, affordable prices, great shipping rates/time frames and reliable 24/7 support.

# ***SCIENCE-BASED SUPPLEMENTATION GUIDE***

For a more detailed description of each recommended supplement along with a breakdown of a wide range of other popular products you should *avoid*, make sure to check out my complete [Body Transformation Blueprint System](#).

The purpose of this guide is to give you the simplified information you need to put together your personal supplement plan in a quick step-by-step manner.

Let's break it all down...

## TIER-1 SUPPLEMENTS

These are the core essentials that I would recommend including as the underlying foundation of your supplementation plan. There are 5 individual items included, along with 2 optional add-ons.

### Whey Protein (3<sup>rd</sup> Party Tested Only)



**Quick Description:** Whey is the highest quality source of protein available due to its extremely high absorption rate in the body, favorable amino acid profile and various health promoting benefits. Whey is a perfect fit for any muscle building or fat burning diet and will help you meet your daily protein needs in a more streamlined and efficient way.

#### **Recommended Products:**

- [Cellucor COR-Performance Whey](#)
- [Optimum Nutrition 100% Whey](#)
- [Elite Dymatize Whey](#)

I recommend these particular products because they contain a high quality blend of whey isolate and concentrate, deliver an economical cost per serving, are well flavored, easily mixable and have been specifically third party tested to confirm that the label claims are accurate.

With whey protein costs continually on the rise, many companies are now using dishonest labelling tactics to reduce their production costs. With these 3 products you can be sure you're getting a high quality blend that contains exactly what it says it does.

**Dosage:** There is no set "dosage" for whey protein, as it is a natural dairy derivative and is essentially a regular food product just like any other protein source. My basic guideline is that anywhere from about 20%-50% of your total daily protein intake can be derived from whey depending on your preference.

**Directions:** Whey can be mixed straight into water, milk, a milk substitute (like almond milk/rice milk etc.) or juice, and can be optionally blended with other items (such as fruit, oatmeal, peanut butter etc.) to make a more complete shake if desired.

**Notes:** If you are sensitive to dairy, go with a lactose-free whey protein isolate: [Dymatize ISO-100](#).

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## CreaPure® Creatine Monohydrate



**Quick Description:** Improves the efficiency of the body's usage of ATP, which is the primary energy molecule involved in muscular contractions. This increases overall strength and power, allowing you to lift heavier weight for more reps. Creatine also draws more water inside of the muscle cells, resulting in a slightly fuller and more defined appearance.



Creatine should definitely be included in any muscle building supplement plan and can be optionally included in fat loss programs to maximize lean muscle retention and maintain optimal training performance throughout the cutting process.

**Recommended Product:**

- [Optimum Nutrition Micronized Creatine Powder](#)

I recommend this specific product because it is derived from 100% CreaPure®, which is the highest quality form of micronized German-grade creatine available. Other products may mix in cheaper, lower quality alternatives from China. This brand also delivers an extremely low price per gram.

**Dosage:** 5 grams daily. (1 teaspoon = 5 grams)

**Directions:** Mix 5 grams with whatever liquid fits your taste preference, whether it be juice, water, tea, or a zero calorie drink. The specific timing is not important; take your creatine whenever it is most convenient for you.

**Notes:** The full effects of creatine supplementation will be experienced after about 3 weeks of a daily 5 gram dosage.

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## Bio-Available Multivitamin



**Quick Description:** Ensures that all of your daily micronutrient needs are being fully met to optimize your overall health, energy levels, mood and fat burning/muscle building processes.

**Recommended Product(s):** [Controlled Labs Orange Triad](#)

I recommend this specific product because it delivers a high potency blend of vitamins and minerals in their most absorbable forms, and for an affordable price. Most standard “one a day” formulas are nearly useless because they’re severely under-dosed and use the cheapest versions of the various vitamins and minerals, many of which your body can’t even absorb.

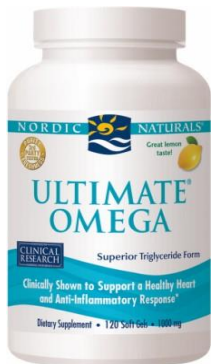
**Dosage:** 3-6 tablets daily.

**Directions:** Take 3 tablets in the morning followed by an optional 3 tablets in the afternoon.

**Notes:** Consume with a meal to prevent stomach discomfort.

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## Triglyceride Form Fish Oil



**Quick Description:** Delivers a wide array of overall health benefits, promotes improved brain function and cardiovascular health, improves joint health, and has direct positive effects on the fat burning and muscle building processes.

**Dosage:** 2-3 softgels daily.

**Directions:** Take 2-3 softgels in the morning or afternoon.

**Recommended Product(s):** [Nordic Naturals Ultimate Omega](#)

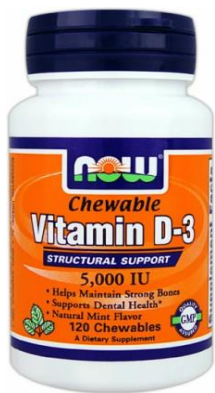
I recommend this specific product because it delivers a high quality source of fish oil in its natural triglyceride form. Most popular fish oils are delivered in ethyl ester form, which is only 30% as absorbable as the triglyceride version.

This product also provides a high potency dose of EPA and DHA, which are the specific compounds responsible for the benefits that fish oil provides. (You get 550mg per softgel in comparison to the 300mg that many other popular products deliver)

**Notes:** If you experience the “fish burps”, try splitting up the dosage further and/or consume alongside a meal.

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## Vitamin D



**Quick Description:** Improves energy levels and mood, strengthens immune system and enhances calcium and phosphorus absorption, among a long list of other health benefits.

**Recommended Product:** [NOW Vitamin D3](#)

**Dosage:** 2000 IU - 3000 IU Daily

**Directions:** Consume 2000-3000 IU of Vitamin D in the morning or afternoon. Avoid consuming late in the evening as vitamin D may potentially interfere with sleep.

**Notes:** In order to determine your exact dosage for this supplement, you would ideally need to get a blood test done as it will vary from person to person. Some people may only need as little as 2000 IU while some may need upwards of 10,000 IU in order to

reach the proper levels. That said, over-dosing on vitamin D-3 to the point where negative effects are experienced would be extremely difficult to do in most cases. A dosage about 2000-3000 IU will work well for most individuals.

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## High Quality Protein Bars (Optional)

**\*\* Only If Needed For Convenience**



**Quick Description:** Provides a quick and easy way to meet your daily protein needs and satisfy hunger when you're on the go. I consider these a tier-1 supplement, but only if you require them for convenience sake.

**Recommended Product:** [Quest Bars](#)

I recommend these specific bars because the protein content is derived almost entirely from whey, they're high in fiber and healthy fats, they do not contain any low quality fillers or binders, and they taste great.

Most other products in this category are really nothing more than glorified candy bars, and the Quest brand is without question the best out there right now.

**Directions:** There is no set "dosage" for protein bars, as they simply fit into your overall diet in the same way as any other food item. Up to 2 bars per day would be acceptable.

**Notes:** Another option here is to simply create your own homemade protein bars using regular whey protein powder and other basic ingredients.

## TIER-2 SUPPLEMENTS

The supplements in this section can be optionally included in your program if it fits into your budget, your basic supplement needs are already met and/or you would like to try one or more for a specific application.

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### CarnoSyn® Beta Alanine



**Quick Description:** Increases intramuscular levels of carnosine, which buffers hydrogen ion buildup in the muscle tissue during training sessions. This increases muscular strength and endurance, leading to greater workout performance, lean muscle gain and fat loss. Beta alanine can be included in both muscle building and fat burning programs to maximize workout quality.

**Recommended Product:** [AllMax Beta Alanine](#)

I recommend this particular product because it is sourced from pharmaceutical grade CarnoSyn®, which is the purest and highest quality form of beta alanine available.

Many other supplements simply use the regular amino acid l-alanine as opposed to actual beta alanine, so with this product you know you're getting the real thing.

**Dosage:** 3-5 grams daily (1 teaspoon = 5 grams)

**Directions:** Mix 3-5 grams with whatever liquid fits your taste preference, whether it be juice, water, tea, or a zero calorie drink. The specific timing is not important; take your beta alanine whenever it is most convenient for you. You can also mix this with your creatine to keep things simple.

**Notes:** Beta alanine supplementation often leads to a harmless tingling/flushing sensation on the surface of the skin about 10-20 minutes following consumption. This sensation subsides with continued use and can be reduced by splitting up the dosage and/or consuming it with a meal.

The full effects of beta alanine supplementation will be experienced after 6-10 weeks of daily use at 3-5 grams.

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## L-Carnitine L-Tartrate



**Quick Description:** LCLT increases androgen receptor sensitivity (this improves the effects of testosterone on muscle growth and recovery) and may also have modest fat burning benefits as well.

**Recommended Product:** [Betancourt Nutrition LCLT](#)

**Dosage:** 2 grams daily

**Directions:** Consume 4 capsules daily at any time when it is most convenient for you.

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## Greens Powder



**Quick Description:** Delivers additional nutritional support in the form of vitamins, minerals, enzymes, probiotics and antioxidants.

**Recommended Product:** [Controlled Labs OxiMega Greens](#)

I recommend this specific product because it delivers a good mix of high potency nutrients and does not hide the greens profile behind a “proprietary blend” like many other products. It is not the greatest tasting mix you’ll ever try, but most greens products aren’t.

**Dosage:** 1-2 scoops daily

**Directions:** Take 1-2 scoops mixed with 3-6 ounces of cold water at any time during the day when it is most convenient for you.

**Notes:** If you’re already consuming a few servings of fruits and vegetables a day along with the recommended [Orange Triad Multivitamin](#), this product is probably not necessary unless you really want the added nutritional insurance and it fits comfortably into your budget.

## PRE-WORKOUT SUPPLEMENTS

The supplements in this section deliver immediate, acute effects on energy, strength and performance. They can be optionally used to improve the quality of your workouts if using pre-workout supplements is something you're interested in.

Some people enjoy using pre-workout supplements – some don't. You can experiment with my recommendations here and see if it's a good fit for you, or you can always stick to a strong cup of coffee (or nothing at all) if you prefer.

**My basic recommended pre-workout stack is as follows:**

**Caffeine Anhydrous:** 100-200mg

**L-Tyrosine:** 1000-3000mg

**Acetyl L-Carnitine:** 1000-2000mg

The caffeine is the underlying foundation of the stack, and the l-tyrosine and l-carnitine can be optionally added to boost the effects further.

You'll have to play around with the dosages to see how you respond and what works best for you. Always start off on the lower end and gradually work your way up to land on your desired effects.

Also keep in mind that you will develop tolerance to these ingredients with continued use. You can minimize this by only using this stack 2-3 times a week (perhaps for more demanding workouts only) and by taking a full 2 weeks off after every 6-8 weeks of continued use.

Another pre-workout option is **Citrulline Malate**, which increases training performance without any stimulant effects. However, the research on citrulline malate, though positive, is still in its infancy. I would only recommend this if you have a larger budget to work with or if you specifically want a non-stimulant pre-workout option.

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## Caffeine Anhydrous



**Quick Description:** Boosts energy/mental alertness, increases overall strength output and increases thermogenesis (calories burned as heat).

**Recommended Product:** [Allmax Caffeine](#)

**Dosage:** 100mg-200mg

**Directions:** Consume 100mg-200mg 30-45 minutes before your workout, preferably on an empty stomach.

**Notes:** Make sure to start with a lower dosage to assess your tolerance and gradually increase until you land on the desired effect.

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## L-Tyrosine



**Quick Description:** One of the key building blocks for important catecholamines involved in neuromuscular performance, focus and alertness. Works well in conjunction with caffeine to amplify its effects further.

**Recommended Product:** [NOW L-Tyrosine](#)

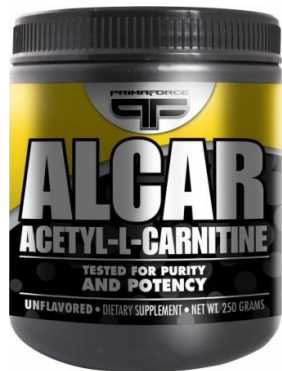
**Dosage:** 1000mg-3000mg

**Directions:** Consume 1000mg-3000mg 30-45 minutes before your workout, preferably on an empty stomach.

**Notes:** Make sure to start with a lower dosage to assess your tolerance and gradually increase until you land on the desired effect. Tyrosine likely won't deliver any real noticeable effects unless it is combined with caffeine.

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## Acetyl L-Carnitine



**Quick Description:** Increases mental focus and overall cognitive function both in and out of the gym. May also have modest fat burning effects.

**Recommended Product:** [PrimaForce ALCAR](#)

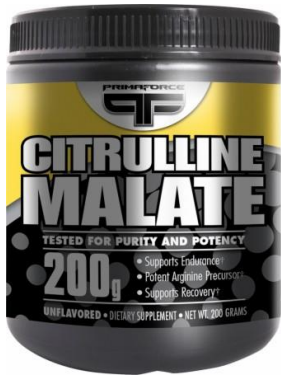
**Dosage:** 1-2 grams (2-4 scoops)

**Directions:** Consume 1-2 grams 30-45 minutes before your workout, preferably on an empty stomach.

**Notes:** Start with a lower dosage to assess your tolerance and gradually increase until you land on the desired effect.

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## Citrulline Malate



**Quick Description:** Increases training performance by improving ATP production and increasing blood flow to working muscles.

**Dosage:** 6-8 grams (3-4 scoops)

**Timing:** Consume 6-8 grams 30-45 minutes before your workout, preferably on an empty stomach.

**Recommended Product:** [PrimaForce Citrulline Malate](#)

I recommend this specific product because it delivers a chemically bonded source of citrulline malate. Citrulline malate is a combination of the amino acid L-citrulline and malic acid, and the research on this supplement that demonstrated positive effects specifically used a bonded source where L-citrulline is chemically bonded to the malic acid. Many brands simply mix these two substances together separately without having them chemically bonded.

## Recommended Supplement Store



There are many places you can purchase your supplements from, and if you want to buy your items locally or from a preferred store that's fine.

That said, my recommendation is to go with [bodybuilding.com](https://www.bodybuilding.com).

All of the specific supplements and brands I've recommended in this guide can be purchased there (with the exception of the RTN Meal Replacement), and they have the largest selection of products you'll find. That way you can easily order them all from the same place in one go without having to shop all over the place.

Everything is very reasonably priced, and they also have 24/7 online support to help with anything you need.

In addition, they ship worldwide and their costs/delivery times are very economical and reliable.

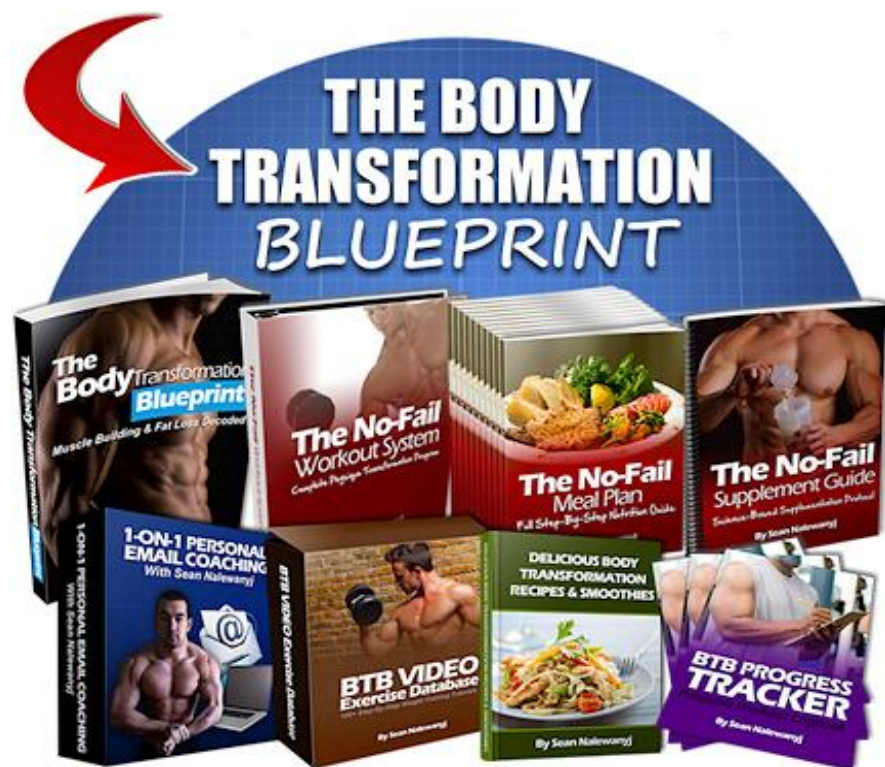
## Did You Find This Supplement Guide Helpful?

As you can see, effective fitness supplementation does not have to be complicated or involve a ton of highly expensive products.

Start with the Tier 1 items, and then if you want to expand into the Tier 2 section or Pre-Workout Supplements you can optionally include those depending on your budget and your individual needs.

I'll say up front that if a specific supplement is not included in this guide, there's a very good chance you don't need it. These recommendations are based on 14 years of research and experience, and I'm extremely careful about the supplementation guidelines I put out.

If you found the information in this report helpful and want to get even more useful tips to take your muscle building results to the highest level, I'd strongly recommend checking out my complete [Body Transformation Blueprint](#) to expand your knowledge further.



# SCIENCE-BASED SUPPLEMENTATION GUIDE

This is my fully structured, step-by-step muscle building and fat loss system that contains ALL of the most effective strategies I've learned over 15 years of dedicated fitness research, coaching and training experience.

It utilizes a no B.S, science-based approach and delivers every single tool you need to gain lean muscle, burn off body fat and increase your strength as quickly and efficiently as possible.

You'll learn all of the most important, result-producing principles behind proper training, nutrition, supplementation and everything in between, as well as the truth behind many common fitness myths that have been holding you back from achieving the body you truly desire.

The complete package includes my comprehensive 250-page manual "Muscle Building & Fat Loss Decoded", along with step-by-step workout routines, exercise video tutorials, easy to follow meal plans, science-based supplementation guides, recipe and smoothie books, progress tracking tools and 12 weeks of one-on-one personalized coaching with me to fully guarantee your success.

It's the same system I used to transform from a weak and out-of-shape 125-pound skinny guy into a strong, lean and muscular bodybuilding and fitness coach...



And it's the same system that *tens of thousands* of average, everyday people from all over the world have implemented with huge success as well...

# SCIENCE-BASED SUPPLEMENTATION GUIDE



If you're motivated and ready to begin building that muscular, head-turning you've always wanted, just click the link below to get started right now...

[\*\*Click Here To Access The Body Transformation Blueprint\*\*](#)

I look forward to hearing from you,



*S. Halewanyj*