



# SUPPLEMENT PLAN

## Recommended Supplements For You:

- ✓ Athlete's Multivitamin
- ✓ rTG Fish Oil
- ✓ Pre-Workout Blend
- ✓ Creapure® Creatine Monohydrate
- ✓ Protein Powder

Although the use of supplements is not a *mandatory* aspect of an effective fitness program, a few properly selected items taken in their correct forms and dosages can definitely help to maximize your results over the long term, boost workout performance, optimize your overall physical/mental health and improve the convenience of your diet.

There are an endless number of different supplements out there to choose from, the overwhelming majority of which are poorly formulated, overpriced and downright ineffective.

More often than not they use unproven ingredients that aren't backed by reliable scientific research, weak dosages that produce minimal to no benefits, deceptive labeling techniques to reduce production costs, and in some cases low quality manufacturing methods that are downright dangerous to your health.

Supplements are a multibillion dollar a year industry, and trying to separate the fact from fiction can be a pretty daunting task for the average lifter.

The supplement plan outlined below cuts straight through the hype and B.S and lists out the select few legitimate, science-based options you truly need when it comes to safe, effective and cost-efficient fitness supplementation.

The first 3 supplements listed (multivitamin, fish oil and pre-workout) are created by [RealScience Athletics](#), a company I personally founded as a way of combatting all the misleading tactics so common in the industry today.



[RealScience Athletics](#) takes a much different approach to the big name “mainstream” supplement brands by providing only a small list of select products that are 100% research-backed, clinically dosed, transparently labelled and manufactured with the highest quality cGMP certified methods available.

If you want to remove all the guesswork and know for certain that you’re getting the highest quality options available that will truly help you build muscle, lose fat and gain strength at your full potential, RealScience Athletics was specifically formulated with that goal in mind.

As part of this custom fitness program, you can save 20% off your first order by using discount code “**CUSTOM6721**” on the checkout page.

You can also purchase the multivitamin, fish oil and pre-workout as a bundle on our [stacks](#) page to save a further 10%, in addition to receiving free shipping.



→ [www.RealScienceAthletics.com](http://www.RealScienceAthletics.com)

If you have any questions about how your current supplements match up to ours in terms of ingredients, dosages, labeling or anything else, feel free to email or DM me for a complete breakdown.

The final two supplements included in this plan (creatine monohydrate and protein powder) can be purchased from whichever company you prefer as long as it follows the product guidelines outlined. We’ll be adding a creatine product and protein powder to the RealScience Athletics lineup in the near future.

**Your complete supplement plan is outlined below...**

## Recommended Supplement #1: Athlete's Multivitamin



**Description:** Ensures that all of your daily micronutrient needs are being fully met to optimize your overall health, energy levels, mood, training performance, recovery, muscle growth and fat loss.

Eating a varied, minimally processed whole food diet will certainly go a long way in meeting a high percentage of your micronutrient needs, but it's typically not enough on its own to fully maximize the positive effects that each individual vitamin and mineral has to offer.

Certain micronutrients are drained from the body as a result of intense training, and some can also provide additional fitness related benefits when consumed in slightly higher amounts.

**Recommended Product:** [Microcore](#)

Microcore is a science-based vitamin/mineral complex providing the key micronutrients hard-training lifters need for the very best results.


Rather than delivering an endless list of cheap, under-dosed, unnecessary (and potentially unsafe) ingredients like most traditional multis do, Microcore hones in on the highest quality forms and full doses of only the select vitamins and minerals you truly require while eliminating all of the inessentials.

The result is a simpler and more straightforward, yet more effective multivitamin you can trust to support your fat burning and muscle building goals.

Included is vitamin D, magnesium, zinc, vitamin K and a B-complex, all of which are research supported to aid in optimizing health, performance and recovery in a variety of ways.

**Dosage:** Take 1-2 tablets in the morning followed by 1-2 tablets in the afternoon.

**Notes:** Consume with a meal to maximize absorption.

 [Click Here](#) to purchase Microcore.

## Recommended Supplement #2: rTG Fish Oil



**Description:** Fish oil contains the highly valuable fatty acids EPA and DHA, two essential nutrients that produce a virtually endless list of important benefits within the body.

Fish oil improves heart health by raising levels of HDL (the “good” cholesterol), lowering triglyceride levels, reducing inflammation and moderating blood pressure.

Research has also shown that fish oil assists in improving overall cognitive function, mood, bone health, immune system function, skin health, vision and circulation.

Not only that, but it can also have positive effects on your ability to build muscle, burn fat and perform at your full potential by increasing mTOR activation, lowering cortisol levels, improving fatty acid oxidation and decreasing muscle soreness.

Despite its very long list of benefits, the average Western diet provides as little as 1/10th the recommended amount.

**Dosage:** Take 1-2 softgels in the morning followed by 1-2 softgels in the afternoon.


**Recommended Product(s):** [O3 Prime](#)

O3 Prime provides a purified source of bio-available, high potency fish oil in the leading quality re-esterified triglyceride form. Most fish oils on the market are delivered in the inferior ethyl ester form which is significantly less absorbable.

O3 Prime is sustainably sourced from deepwater anchovy (providing the healthiest source of oil available with the lowest level of contaminants possible) and is processed using enhanced molecular distillation for optimal purity.

It has a very high EPA/DHA concentration (565mg per gram of oil) and is also coated with natural lemon flavoring to enhance taste and prevent unwanted “fish burps”.

**Notes:** If you do happen to experience fish burps, this can be reduced by storing your bottle in the freezer, splitting up the daily dosage, and/or by consuming your fish oil alongside a meal.

 [Click Here](#) to purchase O3 Prime.

## Recommended Supplement #3: Pre-Workout Blend



**Description:** Maximizes workout quality by increasing muscular strength, mental focus and energy levels. Building muscle ultimately comes down to improving training performance over time, and a properly formulated pre-workout can help you accomplish this as efficiently as possible.

The use of a pre-workout is not a “must”, but it can be used as an optional add-on for those who want the extra edge they provide in the gym, particularly on days where energy levels aren’t as high.

**Recommended Product:** [PureForm](#)

PureForm takes the opposite approach of all the typical over-hyped commercial pre-workout blends by focusing on a smaller number of key ingredients and including them in their full dosages and highest quality forms.


There’s no need to turn your pre-workout supplementation plan into an overly complicated process involving an endless list of different ingredients costing 50 dollars a month or more. The vast majority of popular pre-workouts on the market might seem appealing at first glance, but in most cases they’re based on nothing more than over-hyped marketing , flashy packaging and cheap/underdosed ingredients as opposed to legitimate supplement science.

PureForm delivers a clean, simple, high quality blend of 4 research proven compounds (citrulline malate, l-tyrosine, l-theanine and caffeine anhydrous) that reliably boost workout performance without the use of any heavy stimulants or hidden fillers.

The formula is also 100% naturally sweetened and flavored, transparently labeled (no scammy “proprietary blends”), and is produced using the highest quality cGMP manufacturing methods for guaranteed purity and convenience.

**Dosage:** Mix one scoop with 12-16 ounces of water and consume 20-30 minutes before your workout.

**Notes:** Assess your tolerance first with half a scoop. Avoid consuming within 6-8 hours of sleep. To prevent tolerance from building, cycle off for 1-2 weeks after every 6-8 weeks of continued use.

 [Click Here](#) to purchase PureForm.



## Recommended Supplement #4: Creatine Monohydrate



**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 slightly heavier weight for more reps.

Creatine also draws more water inside of the muscle cells, resulting in a slightly more muscular and defined appearance.

**Recommended Product:** Any brand of creatine monohydrate sourced as CreaPure®

Despite the many "new and improved" forms of creatine that have been released over the years (such as creatine ethyl ester, creatine hydrochloride, buffered creatine, creatine nitrate and creatine serum), not a single research study to date has ever demonstrated any of these so-called "advanced" creatines to be superior to the original monohydrate form in any way.

Creatine monohydrate has an extremely high bio-availability in humans of nearly 100% and is also the most cost effective form as well. CreaPure® is the highest grade form of creatine monohydrate available that guarantees you're receiving a fully purified powder that meets label claim.

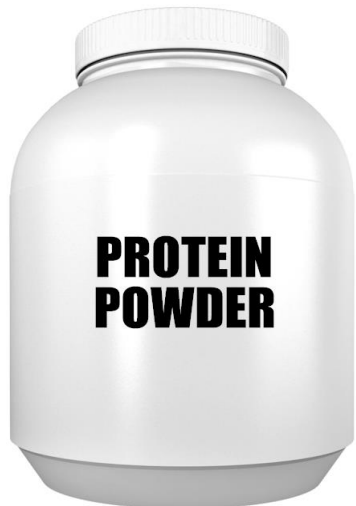
RealScience Athletics does not currently produce creatine, but it will be added to our product lineup in the near future.

**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 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 3-5 gram dosage. Loading and cycling of creatine is not necessary. If you don't experience any noticeable benefits after that time then you may be a "creatine non-responder" (this is true for up to 30% of people) and can simply discontinue its use.

## Recommended Supplement #5: Protein Powder



**Description:** If you have no issues meeting your daily protein needs from a regular solid food diet (or would just prefer to go about it that way), then the use of a protein powder is by no means mandatory and your results won't be negatively affected if you choose to exclude it from your plan.

However, if you do enjoy the convenience factor that protein powders provide and/or the taste of the various high protein smoothies and recipes that can be created with it, including one in your program can be a helpful option to streamline your overall eating plan.

### **Recommended Product:**

The specific type of protein powder you select mostly just comes down to personal preference, whether it's whey, casein, egg, plant-based or a blend of some kind.

As long as you're consuming sufficient total protein for the day as a whole, your results will not be measurably impacted based on using one type of protein powder over another.

That said, whey protein works very well as a reliable "default" option since it ranks highly for taste, mixes easily, is cost-effective and provides the highest quality source of protein on a gram for gram basis for those whose daily protein intake is a bit closer to the borderline.

**Dosage:** There is no set "dosage" for protein powder since it is essentially a regular food product just like any other protein source. The specific amount you should

consume each day ultimately comes down to your individual protein needs and how much you prefer eating in solid form versus liquid form (or in the form of protein powder recipes). For most people, anywhere from 1-3 scoops per day would be a standard amount depending on body weight and total protein requirements.

**Directions:** Protein powders 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, oats, yogurt, peanut butter, healthy oils etc.) to make a more complete meal replacement shake if desired.

They can also be used as a protein source for solid food recipes. Cooking with protein powder is fine and will not reduce its effectiveness.