

# MAN SUPPLEMENT BIBLE

## **Disclaimer**

The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Peter Tzemis Fitness, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Peter Tzemis Fitness, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

Here is the truth about supplements:

Supplements are optional; you do not NEED them to succeed

That being said, I recommend a few reasons

1. These supplements will enhance the quality of your life
2. These supplements will speed up your results
3. These supplements will make your journey much more enjoyable
4. These supplement companies are the best in the business

Remember that no supplement alone will help you realize your dream body. Before the supplement craze, there were body builders and trainers that stood ripped, healthy and lean.

But science has allowed us to achieve that ripped, healthy look faster and easier. It has allowed us to eliminate the bad and only bring the good.

Most supplement companies have one thing in mind: PROFIT

They are a business, and their goal is to sell you products so that they can make money.

So you can still take supplements I don't recommend but I stand behind the ones I recommend because I know they have been tested, they work and that you will certainly not be wasting your money on *Ntiro Blast xd*.

So the first supplement I would like to recommend that really is a necessity in your daily routine is a Greens drink.

Something to alkalize your body, provide you with amazing nutrients and keep your body running at top speed.

## **The Point Of The Man Supplement Bible**

The point of this manual is to give you every advantage to boost your anabolic hormones. The problem with most supplement manuals is that they are designed for both men and women.

Guys need different supplements than women. period. Our physiology is just different.

While there are a number of different supplements I have recommended in the past, I am going to narrow down the selection a bit for this program.

Over the course of the last couple of years I have narrowed down a number of my favorite vitamin and mineral formulas as well as the most potent testosterone boosting supplements.

Guys want simple solutions to the problem of what supplements to take.

If you don't know this already, testosterone to cortisol balance is one of the keys to maintaining a large amount of muscle mass and keeping body fat levels low. The two hormones work on an axis. Often time what increases one will lower the other.

So without further or do, lets get right into it!

## **ATHLETIC GREENS**

Superfood cocktail

Tim Ferris calls it his “ Nutritional insurance policy”.

Just a SINGLE serving provide you with the equivalent of 10- 12 servings of vegetables and fruit.

Since beginning to take AG, I almost never get sick, compared to the 2-3 times per year prior .

With this product there is no need to take any other multivitamins, antioxidants or immune support supplements. This supplement really does hit it out of the park.

If there is only one supplement you pick up, let it be this one. Your body, mind and vitality will thank you later for it.



**YOU CAN PICK IT UP HERE**

## ONNIT KRILL OIL

Krill are oceanic omega-3 powerhouses. Omega-3s are essential fatty acids utilized by multiple systems in your body. “Essential” means your body can’t produce them on its own, so you have to ingest them from food or a supplement. Omega-3s can be found in both fish and seeds but it’s important to make sure you are getting them from the right source.

Foods like flax, pumpkin seeds, and walnuts contain the omega-3, ALA (alpha linolenic acid). But this is not the only omega-3 you’re looking for. Your body does best with EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). ALA can convert to DHA, but at an extremely low rate – about 5%. It is mostly animal sources like fish and krill that contain DHA and EPA.

Eating seafood regularly is a good way to ensure you are getting EPA and DHA, however it comes with certain risks. Unfortunately due to contamination of many of our oceans, the longer the lifespan of the fish, the higher the potential for amounts of mercury, PCBs, and pesticides that accumulate in their tissue. This makes supplementing with krill an ideal choice.

Use code GETONNIT for 10% Off

## YOU CAN PICK IT UP HERE



# HIGH QUALITY PROTEIN POWDER - LEGION ATHLETICS WHEY+

Whey protein is a staple in most athletes' diets for a good reason: it's digested quickly, absorbed efficiently, and easy on the taste buds. It also has a particularly good amino profile, being high in the essential amino acid leucine, which plays a key role in initiating protein synthesis

Since there are many 100% isolates out there, you might be wondering what makes WHEY+ different, and worth trying?

1. Milk From *Hormone Free Cows*
2. Created using cold micro and ultra filtration to prevent protein denaturing
3. Additional leucine in every bottle
4. No artificial sweeteners, flavouring, food dyes or fillers



**YOU CAN PICK IT UP HERE**

## BEST PRE-WORKOUT FAT BURNER + MUSCLE SUPPORT

FORGE is a fat burner made specifically for use with fasted training. It helps you lose fat--and “stubborn” fat in particular--faster, preserve muscle, and maintain training intensity and mental sharpness.

If you’ve ever looked for advice on how to lose fat faster--and especially “stubborn” hip, belly, and thigh fat--you’ve probably read about exercising on an empty stomach.

According to many experts, training on an empty stomach is a simple but powerful way to increase the amount of fat your body burns while you work out.

Well, FORGE was created with three very specific goals in mind:

1. To maximize the amount of fat you lose while training on an empty stomach
2. To minimize the amount of muscle you lose while training in this state
3. To help you maintain intensity and focus in your workouts, which can wane when “training on empty”

The research is crystal clear: when combined with a proper diet and fasted exercise routine, FORGE will help you lose fat faster, preserve muscle, and enjoy your workouts.



## YOU CAN PICK IT UP HERE

# ALL NATURAL TOTAL TESTOSTERONE BOOSTER FOR MEN: TESTRO-X

**TESTRO-X** is the only supplement based on 52 peer-reviewed studies with 9 properly dosed natural ingredients that work with your body to increase and maintain your own testosterone production.

In a nutshell, you can expect **TESTRO-X** to be a genuine and effective natural formula free from the fillers and garbage all too common in the supplement industry. Know that Testro-X may have the ability to provide you with any of these desired outcomes:

1. Increased Testosterone
2. Thriving Energy
3. Heightened Motivation
4. Higher Sex Drive

One of the largest misconceptions when it comes to hormonal health is that once it goes it's gone, and that the only way to improve it is with hormone replacement therapy or by utilizing steroids. Fortunately, decades of research on the subject have proven this assumption entirely false, as many men can completely turn around their health with a complete, natural solution.

Use code gab10 and checkout for 10% off.

## **YOU CAN PICK IT UP HERE**



## ALL NATURAL NOOTROPIC AND COGNITIVE ENHANCER: ALPHA BRAIN

Competition is unavoidable. No matter how altruistic your intentions, you are competing. If you are in the corporate structure, you are competing for a promotion. If you are in the stock market, you are competing against other investors.

If you run a small business, you are competing against other companies. If you are dating, you are competing against other suitors. If you are a parent, you are competing to create more time to do what you love.

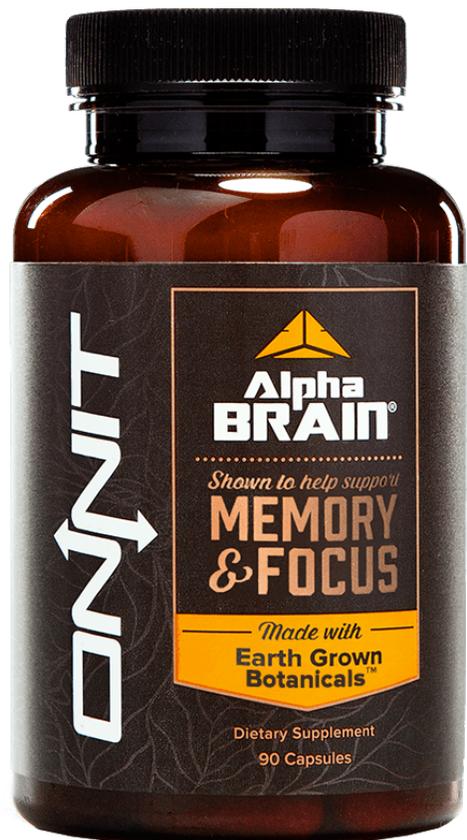
IF YOU AREN'T TAKING ALPHA BRAIN,  
YOU ARE PLAYING AT A DISADVANTAGE.

Alpha BRAIN may help you remember names and places, focus on complex tasks, and improve your mental speed in response to stimuli.

Whether it is a work project, a social gathering, or an athletic performance, taking Alpha BRAIN is like another gear for your brain.

Use code GETONNIT for 10% Off

**YOU CAN PICK IT UP HERE**



## ALL NATURAL SLEEP AID: NEW MOOD

Serotonin has been linked to positive mood and healthy emotional balance. But you can't just take a serotonin supplement and call it a day.

Serotonin cannot cross the all-important blood-brain barrier. Serotonin has to be produced by the body in order for you to benefit from it. One of the best ways to do this is to supplement with serotonin's building blocks.

The natural production of serotonin begins with the common amino acid L-Tryptophan. L-Tryptophan converts to 5-HTP which is the direct precursor of this essential neurotransmitter (5-HT).

New MOOD contains both L-Tryptophan and 5-HTP, creating a time release effect that when combined with the B-vitamins included, to assist the body in generating serotonin.

Use code GETONNIT for 10% Off

**YOU CAN PICK IT UP HERE**



## PROTEIN ENZYME FORMULA: MASSZYMES

We all believed that “MORE PROTEIN = MORE MUSCLE GROWTH”. I’m here to tell you that **IT’S A BIG FAT LIE**.

Let’s say you eat an 8 oz chicken breast. You’re consuming about 40 grams of protein.

However -- just because something contains 40 grams of protein... *it doesn’t necessarily mean you’re gonna absorb all 40 grams*. Without enzymes, most of it ends up in your toilet bowl.

This is because your small intestine can only absorb protein that’s been broken down into smaller building blocks -- *called amino acids*. Potent enzymes called **proteases** break down protein into absorbable, anabolic amino acids... which are what your muscles require for recovery and growth.

It doesn’t matter if you’re consuming 30 grams of protein... or 300 grams of protein -- if you don’t have a sufficient supply of enzymes to digest the protein, your muscles will be *starving* for those vital building blocks.

Science Has Shown Proteolytic Enzymes Speed Up Recovery...So You Can Hit The Gym Harder And Grow Faster.

That’s the power of an anabolic enzyme formula. Don’t skimp on this.

## YOU CAN PICK IT UP HERE

