



Speed Shred Supplements 7 Day Accelerator

All Rights Reserved

Copyright © 2018 and beyond – Peter Tzemis Fitness. All rights are reserved. You may not distribute this report in any way. You may not sell it, or reprint any part of it without written consent from the author, except for the inclusion of brief quotations in a review.

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 *dirty* truth about supplements:

Supplements are optional; you do not NEED them to succeed

That being said, I recommend them for 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 Speed Shred 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!

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



PHOENIX FAT BURNER

When you take a cold, hard look at the science of fat loss, there are really only three ways to appreciably speed it up:

1. You can increase your basal metabolic rate
2. You can prevent hunger or cravings from ruining your plans
3. You can make the overall experience of dieting more enjoyable

Fat loss is a whole-body process, and by focusing on simple, key, and proven targets, everything else activates and functions accordingly.

PHOENIX's formulation is the result of an extensive scientific review of a wide variety of natural molecules known to favorably affect fat loss, and we carefully chose a handful that work synergistically to safely deliver consistent results on all three points described above.

The result is the most powerful combination of safe, natural fat-burning agents on the market.

Every ingredient is backed by sound clinical research and is included at clinically effective dosages.



YOU CAN PICK IT UP HERE

ADVANCED FAT BURNER - Red Burner

Red Burner increases fat mobilization, reduces post-workout muscle soreness, increases your basal metabolic rate and provides a huge boost in energy.

It also contains 3,5-diiodo-L-thyronine (T2).

Thyroid hormones ultimately serve as a regulator that decides the speed of which each cell in your body operates.

By increasing your metabolism with T2 supplementation, you can expect an enhanced level of metabolic function with greater fat loss potential and greater nutrient partitioning of all ingested macronutrients, all while leaving your natural thyroid production completely intact.

**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

