

Supplement Guide

The only supplements you may need and why
second edition

Every day we are bombarded with supplements and quick fix solutions that claim to make us lose weight, burn fat, or get 12 bajillion abs: the magic pills, the special shakes, the wonder wraps, etc. But who and what can we trust? What's right for you? Which pill should you take? Which shake should you shake? Fear no more, coach Matt April is here to help educate you and give you the answers so you can make the right decisions on supplementation.

First of all, let's address the one question at the forefront of your mind...

“Can I hit my weight loss and fat loss goals *without* supplements?”

Absolutely.

I think we can agree that supplements are **not** magic but that they **can** be helpful with your healthy living and weight loss/fat loss goals. Especially when you have a life that doesn't revolve around “wake, eat, exercise, sleep, repeat.”

Good. 😊

But what if you want to use supplements? Can they help you with your goal?

Totally!

Here are the four supplements you should consider in your healthy weight loss and fat loss journey, and my recommendations.

Protein | **Multivitamin** | **BCAA** | **Probiotic**

Protein

Protein is great for three main reasons:

1. Helps repair and rebuild muscles
2. Helps to strengthen and improve your hair, nails, eye lenses, and more
3. Helps keep you full, longer

Of all the reasons to consume protein, if you have a goal of healthy weight loss, protein is going to be one of your best friends.

Why? ... Reread number 3.

That's why.

Although protein contains 4 calories per gram, it requires more water and more effort to breakdown in your body (7x the amount of water, to be exact, so stay hydrated!). And when the time it takes to breakdown and digest food takes longer, you feel full for a longer period of time. Feeling fuller longer helps reduce the additional midday snacking and unwarranted binge sessions at 11pm (or whenever your late night binge sessions take place).

In our modern diet, protein by itself is a hard macronutrient to get enough of, without overdoing it with fats and/or carbohydrates.

More specifically on your non-workout days, you will want to pay close attention to your protein intake, since this will need to be a major component of your meals, as opposed carbohydrates on your workout days. So, we need to look into and consider protein supplementation for *additional* protein.

Best protein to add to foods:

Pasteurized liquid egg whites. Yes, that means they are not cooked, but safe to eat in anything or even by themselves. However, they don't taste very good by themselves if not cooked, so I recommend adding them to foods instead of drinking them uncooked (even though you can).

Best foods to add pasteurized liquid egg whites to uncooked foods:

Rolled oats
(makes for a creamier, more fulfilling oatmeal)

Whole eggs
(adds more body to your omelette or just your meal)

Smoothies
(replace half or all of your liquid base with egg whites)

Or consume them by themselves
(cooked) with some salt and pepper and some veggies!

Best protein supplements

(by ingredients, taste, and overall bioavailability)

If you're making a smoothie at home and want something simple and unflavored, I also use and LOVE using **Vital Proteins Collagen Peptides**. I add a serving to my hot coffee every morning, and it's fantastic.

Vital Proteins on Amazon: <http://amzn.to/2j8Be1R>

However, if you're looking for a protein shake for on-the-go, or just to blend up with water or your favorite unsweetened nut milk, I recommend one of their flavored whey + collagen blends.

Vanilla & Chocolate can be purchased on the company's website:

<https://www.vitalproteins.com/collections/all-products?page=2.html?acc=5a4b25aaed25c2ee1b74de72dc03c14e>

My NEW favorite protein for on-the-go is the Banana+cinnamon+vanilla protein from Vital Proteins.

Super great taste, subtle sweetness, and the ingredient list is fantastic: **[CLICK THIS LINK TO BUY THE BANANA+CINNAMON+VANILLA](#)**

If you want to add a ton of body to your smoothie and make it super creamy, you can use Less NAKED Whey. Both the vanilla and the chocolate are good to be used as an on-the-go option for shakers or to add to a smoothie.

Less NAKED Whey on Amazon

****WE ALSO SELL IT AT BENT ON BETTER****

Vanilla: <http://amzn.to/2nwUoxb>

Chocolate: <http://amzn.to/2oR3kyb>

Vegetarian or Vegan option:

VEGA

Vega is made with non GMO whole foods, there are no added sugars or soy, it's gluten-free, 20-25 grams of protein in a serving, 110-130 calories per serving, and there are no artificial flavors, colors, or sweeteners. This protein is also vegan. Vega is great by itself (with your liquid of choice) or in a smoothie.

Vega Clean Protein, Vanilla on Amazon: <http://amzn.to/2jc4Z25>

Vega Clean Protein, Chocolate on Amazon: <http://amzn.to/2ikMHYk>

Multivitamin

Most of us live hectic lives, running from place to place, working, exercising, raising kids, etc. Sometimes we forget to take care of the most important person in our lives; ourselves. Without making sure your own health is on track, how can you be sure you'll be healthy enough to take care of the ones you love or do the things we have to do to support the ones who matter the most to us?

Hopefully within this challenge, you acquire a taste for more nutritious and nutrient-dense foods, but if that's not the case, you will need to make sure you're supplementing the micronutrients you're missing. Here are two of the top ranked multivitamins for men and women.

Multivitamin for him: <http://amzn.to/2jBio0x>

Multivitamin for her: <http://amzn.to/2iMIFdc>

Check out the quality test reviews on the top multivitamins on the market here:
<https://labdoor.com/rankings/multivitamins>

BCAA (branched chain amino acids)

If you're someone who enjoys getting your workouts/exercising finished first thing in the morning, you may have noticed eating first thing before the workout is quite challenging. But it is very important you have something in your system before exercising so you're not counter productive with your workouts. Exercising on an empty stomach, whether it's first thing in the morning or late in the evening, can lead to negative fitness advances. When you workout on an empty stomach, your body is forced to find energy in other places. Once all of your extra energy (if you have any) is used up, your body will start to break down your muscle fibers into amino acids so your body can turn those amino acids into energy for the workout. A great way to avoid that is to use a BCAA supplement 15-30 minutes before your workout. BCAA stands for branched chain amino acids. Simply stated, there are 20 amino acids, and of those there are three your body needs for workouts/exercising to help prevent your body from digesting and breaking down your muscles.

There are many supplements on the market, but many of them are filled with junk or taste like junk. When you buy the powder form, it tastes horrible unless you buy it with artificial ingredients, colors, and sweetener, and who wants all of that garbage in their body? Not me. So, the best option to get the best BCAA is to take it in capsule form. The best bang for your buck and the greatest tasting BCAA supplement on the market:

BCAA supplement capsule form: <http://amzn.to/2ilpOnB>

Probiotics

Have you ever felt discomfort in your stomach after eating some meals or just out of nowhere have some gut discomfort? Did you know your gut bacteria play a vital role not only in your digestive health, but also your overall immune health? Some foods can actually harm your good gut bacteria, which can lead to many more problems down the road. How can we stay on top of our good gut bacteria and prolong our digestive health? Simple: take a once-a-day probiotic. You want to aim to get the best variety of strains and at least 10 billion active strands in a pill.

Culturelle Probiotic: <http://amzn.to/2iMwdsR>

After all is said and done, the choice to use supplements comes down to you and only you. If you have used something in the past and it worked well for you, it may be worth trying again. If you used something in the past that did not work well for you, it may be time to consider something different.

Just remember, **supplements are not magic.**

Whatever it is you want to happen will only happen if you make it happen. If you have any questions, please ask.

Always here to help.

Your favorite coach,

A handwritten signature in black ink that reads "Matt April". The signature is stylized and cursive.

Matt April, Bent On Better

Owner/coach