

Supplements, Vitamins, Pre-workout, Intra-workout and Post Workout



Hello All! This is going to sound odd but I am going to start with a disclaimer. And that is: Supplements are not necessary. If you are getting all your nutrients through your food then you are fine. However, most of us lack proper nutrition and proper supplementation. It can help tremendously.

*Be sure to consult your doctor before taking any added supplements..

I find that supplements enhance your lifestyle. Here are the supplements I recommend if you need help in boosting your immune system and/or helping your workouts become the best they can be.

Probiotic

If you have a healthy gut you are going to help boost your immune system. A healthy gut is built using a probiotic. **Probiotics** can only get into your system effectively if taken on an empty stomach. I take mine first thing in the morning. [Click Here](#) to buy from Amazon.

Benefits of a probiotic are:

- Supports long-term digestive health with continued use
- Helps provide relief from digestive issues such as abdominal discomfort, bloating, and occasional diarrhea
- Probiotics supplement that survives ten times better than yogurt
- Adds healthy microflora to the digestive tract



Daily Vitamin

Men's and Women's Daily Vitamin. Your daily vitamin not only helps build your immune system but keeps you healthy overall. I highly recommend this vitamin to all my clients who donate blood as well. I have seen it increase iron levels. BTW I take my vitamins in the evening with my last meal.

Benefits of this Women's Multi-vitamin are: [Click Here](#) to buy Women's from Amazon.

- FEMALE SPECIFIC MULTIVITAMIN : advanced formula to help support the overall health and active lifestyle of women
- 23 VITAMINS AND ESSENTIAL MINERALS helps provide the body with key nutrients
- 17 SPECIALTY INGREDIENTS : aids in creating a comprehensive and multifaceted multivitamin for the active woman
- 600MCG FOLIC ACID; 18MG IRON

Benefits of this Men's Multi-Vitamin are: [Click Here](#) to buy Men's from Amazon

- Amino Blend: 8 key free-form acids (including Arginine, Glutamine and BCAAs), the building blocks of muscle protein
- Viri-Blend: 8 exotic botanicals and marine concentrates.
- Phyto-Blend: Over 20 fruit and vegetable concentrates.
- Enzy-Blend: 4 specific enzymes.
- 350+ Milligrams B-Complex Vitamins



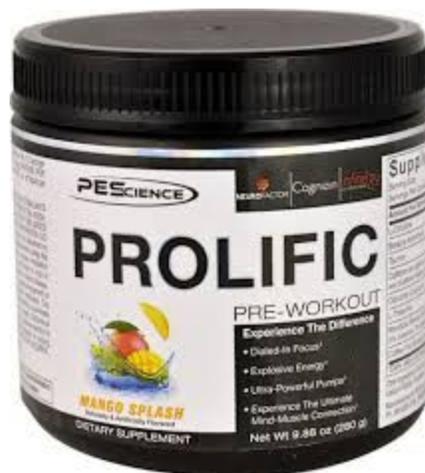
Pre-workout

A pre-workout is a game changer. The one I recommend to my newbies is called **Prolific**. The thing I like best about **Prolific** is the caffeine stimulant. It gets me out of bed in the morning because you know I love my sleep. The reason I recommend this to my newbies is because it is clean, meaning no harmful products in this. It will help you lift heavier and endure a longer workout. Of course, I have several different kinds of pre-workouts I recommend and have tried many different ones. Be sure to start off easy when you first start taking a pre-workout - as recommended on the bottle. This means start with a half a scoop to check your tolerance. As with any pre-workout your body ends up building a tolerance so it is good to either take a break from it for a while or change out types.

I can help with this just email me at ko@kathiesfitblog.com

Benefits of Prolific: [Click Here](#) to buy prolific from Amazon.

- The ultimate preworkout for pumps, performance, and energy.
- Featuring 2 forms of caffeine and multiple energy optimizers for zero crash.
- Cognitive compounds like citicoline for powerful mind-muscle connection.
- 6000mg L-citrulline per serving, double most competing pre-workouts.
- Amazing taste and mixability, and available in many premium flavors!



Let's say you want a pre-workout without the stimulant, for example for evening workouts, or you are sensitive to caffeine. I highly recommend **High Volume**.

Benefits of High Volume: [Click Here](#) to buy High Volume from Amazon

- Caffeine free pre workout – High Volume is a premium, scientifically dosed pre workout without caffeine. This unique formula is different from most pre-workouts because it relies exclusively on fully dosed performance increasing and vasodilating/Nitric Oxide boosting ingredients to deliver an incredible workout experience with ZERO WORTHLESS FILLERS! Feel the skin-splitting pumps, enhanced endurance, and superior recovery.
- Premium nitric oxide boosting – High Volume is the most loaded N.O pump boosting product around. With 4 Grams of pure L-Citrulline (more than twice the amount of common pre-workouts), Agmatine Sulfate, Arginine Nitrate, and Hydromax Glycerol together, you're ensuring massive increases in NO and cellular hydration; This premium blend of ingredients at their optimal doses produces a maximum pump and increase in performance.
- Versatile and stackable – While High Volume is the ultimate in caffeine free preworkouts by itself, its unique formula allows it to be taken at any time of day or in combination with almost any other product.
- Amazing taste and mixability – With over 5 Amazing Flavors you'll always be able to mix it up while enjoying the same great product.



Intra-workout

I highly recommend **BCAA's** for during your workout, specifically **BCAA's with electrolytes**. Electrolytes are great for muscle cramping and dehydration that frequently happens with intense training. [Click Here to read a blog post on electrolytes.](#)

Benefits of Scivation BCAAs are: [Click Here](#) to buy from Amazon

- 7g of BCAAs - 2:1:1 Research-Proven Ratio to Help Support Muscle Growth & Strength
- Sugar Free, Carbohydrate Free & Zero Calories
- 3.5g of Leucine for Muscle Protein Synthesis
- 2.5g of L-Glutamine & 1g of Citrulline Malate
- Stay Hydrated Pre-, During, and Post Workout with Electrolytes in Xtend



Post workout Protein

Protein powder can help you recover, and help you build more muscle.

I highly recommend [Rule 1 Protein](#) or [Trutein Protein](#). Click on the pictures below to learn more and buy from Amazon.

[Click here to read a blog post on protein.](#)

