



THE **MANDIET**

Supplement Guide

CHAD HOWSE PRESENTS

THE **MAN** DIET

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Chad Howse Presents...

The Man Diet Supplements Guide

Food ain't what it used to be. It's the sad reality, but it's something we can fix with the right supplementation. Now, are supplements the "answer" to your fat loss woes?

NO!

Supplements should be used to *aid* the *Man Diet*, not replace it. And yes, most of them do nothing. Most of the companies that exist, are useless and only want what's in that piggy bank of yours.

There are, however, some supplements that will help you a great deal in your quest to not only burn fat and build muscle, but naturally enhance your testosterone levels as well.

In this report we'll go through which supplements are "must haves", and which one's you can avoid.

Let's begin.

The Essential Vitamins

There are also vitamins and minerals that men need more than women. Not all of these are “only” for men, but they are essential *for men*.

Each of these vitamins and nutrients will help you recover faster from your workouts. They'll help lower cortisol levels and estrogen levels and increase testosterone in your body.

They'll help you burn more fat without compromising muscle. They'll help you burn more fat whilst *building* muscle.

Each of what is presented here is simply something you probably aren't getting enough of in your daily life. That's why they're essential. Everything else, get from the whole, nutritious, organic foods that should dominate your diet.

Zinc

Yes, zinc is first to grace the list of “essential vitamins”, and for good reason. By in large men don’t get enough zinc from the foods that dominate our diets, largely because zinc simply isn’t found in many of the foods that we consume.

It’s also incredibly important in our battle to naturally enhance our testosterone levels because zinc blocks aromatase, which is a building block of estrogen. By block aromatase, zinc limits our natural production of estrogen, which positively effects our natural testosterone levels, and by correlation, our body’s ability to burn fat and build muscle.

Dosage: Take 15-25 mg of zinc post workout, or before bed.

Vitamin D3

D3 could easily be in the #1 spot.

There’s much debate on the topic of “free testosterone”, and “bound testosterone”. Most scientists feel that free T is the only form of the hormone that really matters, as it’s the only form of testosterone that is free to repair tissue (like muscle).

D3 unbinds the testosterone that's bound to a protein, "freeing it" to do its job.

Dosage: Take 1,500 to 3,000 IU twice daily. Ideally upon rising and again before bed.

As far as D3 Supplements go, this is the highest quality brand I've come across. Not only is it in liquid form (*far* better quality), but you get a YEAR supply:

[The Ultimate D3 Supplement](#)

Fish Oils

As we discuss at length in the book, omega-3's are important to maintaining naturally high testosterone levels and burning more fat. It's hard to get *all* of the omega-3's you need simply through eating fish, and you don't want to have a diet that's consistently high in the same foods – 'tis a great way to develop allergies and experience decreased absorption of the nutrients you're getting from the food.

Regardless, fish oils are one of the most important supplements you can take, not only for the testosterone benefits we already mentioned, but for improved cognitive health as well.

Actually, studies have shown that there is no real "limit" to omega-3 fatty acids. So adding a high quality supplement is a great idea.

Dosage: 2 fish oil tablets upon rising, in the afternoon, and again before bed.

Of the “health supplements”, that will also help you naturally enhance your testosterone, *Athletic Greens* makes the highest quality product. This is also true for their omega-3’s supplement, buy that here:

[Highest Quality Omega 3’s](#)

Greens

I put greens in the essential vitamins section because of the sheer amount of nutrients you get from this powerful supplement. And, as we’ve covered in the manual, to balance a high protein diet, we need to have a healthy amount of vegetables.

To cook and prepare vegetables can get a bit tedious and time consuming, which is why *Athletic Greens* is quite possibly my favorite supplement (or vitamin) on this list. You get 12 SERVINGS of veggies PER SCOOP, and each scoop is largely made up of veggies that are great from you, that you won’t otherwise get in your diet.

I highly recommend you buy *Athletic Greens* and use it as your biggest ally with the *Man Diet*.

Learn more about the best greens supplement on the planet here:

[Athletic Greens](#)

Optional Vitamins

The following vitamins, while awesome and very helpful, aren't *necessary*. This is large in part due to the ***Athletic Greens*** Supplement that gives you all of the nutrients needed, and removes the *need* for the following vitamins.

Multivitamin for MEN

Men need different nutrients than women, which is precisely why there are multivitamins for men, and others for women – vitamins for men typically contain more zinc and other minerals important to maintain our testosterone levels. Minerals that women don't necessarily need in high doses.

I've come across many, many kinds of multivitamins, but the single supplement I choose to use is from Bluestar.

Their multivitamin has everything you need in a vitamin.

[Buy Vitality for MEN Here](#)

Vitamin C

Take 1,000 mg of vitamin C after a workout to limit the release of cortisol. Cortisol is a hormone that makes the body burn muscle and store fat. It's also heightened during a workout. C helps you return to the anabolic state we're going to discuss next.

Do you need to take this as a supplement?

No. You can get your C from oranges, or other fruits. Mix it up though. You can get your C quickly from a vitamin, which will come in handy after a workout.

Note: I put this as an optional vitamin because of the **Athletic Greens** supplement that will give you your daily requirement of vitamin C, and it's easier to put **Athletic Greens** in your post workout shake than it is vitamin C.

The Essential Supplements

The following supplements will help you naturally enhance your testosterone levels, build more muscle, and burn more fat. They're a great addition to your pantry.

The list is short. And that's on purpose. Each of these are essential supplements. There aren't any "maybe use these". Use them!

Let them help you get the nutrients you need to become the optimal man you're becoming thanks to your own hard work, and the stuff you're learning in *The Man Diet*.

Protein Powder – *ISO SMOOTH*

Protein powder is a "must have" in your cabinet. After a workout you have a 15-minute window to take advantage of your "optimal" feeding time. This is when your body is craving nutrients that will bring it back to an anabolic state so it can continue to burn fat, and start repairing the muscle tissue you've broken down during training.

Use 1 scoop post-workout. You don't need to use this supplement as a meal replacement, I'd much rather you consume whole, organic foods for your meals.

This is a supplement that's extremely important for both fat loss and muscle building goals.

[Buy ISO SMOOTH Here](#)

BCAAxd

BCAA's are one of the most effective supplements you can have. They're going to help you avoid the muscle loss that typically occurs during a workout. Take 15 grams before your workout, and 10 grams half way through your workout.

BCAAxd is the best option in my mind for BCAA's because of the quality, but also due to the fact that they're in pill form, and are more easily measured and regulated than their powder counterpart.

Again, this isn't merely a fat loss nor simply a muscle building supplement. When you're trying to burn fat you need to maintain as much metabolically active muscle as possible, and BCAA's help you do just that, possibly better than any other supplement.

[Buy BCAAxd Here](#)

Carnitine LCLT

Carnitine is one of the best kept secrets in the world of supplements. It's a nutrient that's incredibly effective at helping you burn fat while maintaining muscle.

It also helps boost energy. So it can be an effective pre workout supplement that's caffeine free.

Combine Carnitine LCLT with a cup of coffee pre workout, and you're setting yourself up for an awesomely effective workout.

[Buy Carnitine LCLT Here](#)

The Optional Supplement

PurBlue Creatine

(for Muscle Only)

Creatine is a great supplement that helps you recover much faster, as well as improves strength and lean gains.

If your goal is to burn fat, don't take creatine. If, however, you want to gain muscle, creatine can be your best friend.

Take it on and off – 2 months on, one month off – to make sure you're not disrupting your body's natural creatine production.

[Buy PurBlue Creatine Here](#)

The Skinny on Supplements

The supplements section of the *Man Diet* is the smallest report of the lot. This is done on purpose.

There aren't a lot of vitamins, nor supplements, that are essential. The ones we've mentioned here, *will* help you build your ideal body as fast and effectively as possible, but they'll also help you become the healthiest *man* you can possibly become.

Buy what you can, and what you deem most important. You don't need everything on the list, but if you're able to, they're definitely going to help you on your quest to be an alpha male.