



# THE 7 MOST COMMON SUPPLEMENT MISTAKES



*Not getting the results you're looking for? Make sure to avoid these 7 mistakes!*

## 1.) GIVING UP TOO SOON

Every supplement, and person, is different in regards to how long it takes to get results. But Studies recommend 60 days of consistent use for noticeable results to be reported. For maximum results, 3-12 months is recommended. Our bodies need this time to adjust & build up reserves of key ingredients. Take a supplement for at least 2 months to give yourself enough time to see results.

## 2.) SKIPPING DAYS

Do not skip days. Skipping just one or two days, although not the end of the world, it does dramatically slow down results, especially in the first 30 days. Keep your supplements in sight & easily accessible. If you tend to miss days, don't stash your supplements in a cupboard. Leave them out on the counter or in your fridge at eye-level! You can also set a timer on your phone to remind you to take them.

## 3.) SUPPLEMENTING AT DIFFERENT TIMES

Studies have found that taking a supplement around the same time each day increases its' effectiveness. Plus, habits are formed more easily this way. Morning is the most popular time for supplementing, but do what works best for you. Set an alarm on your phone or train yourself to take your supplement directly before or after another regular daily activity.

## 4.) HANGING ON TO UNHEALTHY HABITS

Just a few unhealthy habits can cancel out the benefits that a supplement provides you. Supplements are supposed to "supplement" a healthier lifestyle. For example, taking a Probiotic then eating a bunch of processed foods will dramatically lessen its' effect to improve your digestive system. Rather, strive to reduce unhealthy habits WHILE taking a supplement. This will increase your success, speed up results & save you money!

## 5.) NOT EXPERIMENTING ENOUGH (Taste & Consistency)

Many supplements are flavored and in powder form. This makes it possible for us to augment the final product to our liking. Every person's tastebuds are different so you need to experiment to find out what works best for YOU! Try your supplement in different liquids & in varying amounts. Some supplements can be added to yogurts & oatmeals! Making a blended smoothie with your favorite frozen fruit, yogurt, or nut butter is a sure way to find a taste & consistency you enjoy!

💡 **TOO SWEET?** Add more liquid to reduce the sweetness/flavor.

💡 **TOO BLAND?** Use less liquid to increase the sweetness/flavor. Or add more powder.

💡 **WANT A THICKER SHAKE?** Use a blender and add ice, frozen fruit or yogurt.

## 6.) NOT MIXING IT PROPERLY

Powder supplements require thorough mixing. Shaker bottles are highly recommended. Always add liquid first, then powder, & mix immediately. Shake vigorously for 30-60 seconds. For best results, drink immediately to avoid any "settling" of ingredients. **Some ingredients don't fully dissolve.** This is totally normal & you should still drink it. Use your blender if needed! Frozen fruit, yogurt, nut butters, oats, spinach, ice & granola can all be used to make "thicker" consistency smoothies! If it's still too runny, add less liquid next time.

## 7.) THE LIQUID IS NOT COLD or HOT ENOUGH

Most powder supplements are best served cold. Add ice cubes to ensure your drink is chilled. For "hot" drinks, make sure your liquid is hot before adding any powder. A frother mixes "hot" drinks exceptionally well.



## 8.) Bonus Tip from DERON!

Visit [www.growyoungfitness.com/recipes](http://www.growyoungfitness.com/recipes) for more free resources & delicious recipes!

*"If you've made one of these 7 common mistakes in the past, give that supplement another chance! You'd be amazed at how many people get results when they avoid these 7 common mistakes! Enjoy the journey & keep it movin!" ~Deron*