



MY PERSONAL FAT SHREDDING

SUPPLEMENT GUIDE



CHRISCAVALLINI.COM



SUPPLEMENTS TO

SHED FAT &

BUILD MUSCLE

**“NOT ALL
SUPPLEMENTS
ARE CREATED
EQUAL”**

Not all supplements are created equal. At days end you get what you pay for, so if you're the type of person who shops at Walmart for your supplement needs in order to save a few bucks, the following recommendations will not be for you. I'm very particular about what goes into my body. I take no issue paying a little more for the best, as I feel like I'm worth the investment. Its about time you understand that you are too....

Chris Cavallini

CHRISCAVALLINI.COM

SUPPLEMENTS TO

SHED FAT



SUPPLEMENT: CLA

BRAND: CLA Fuel by TwinLab

WHEN TO TAKE IT: 1 serving 3x daily

PURPOSE: Conjugated Linoleic Acid has a number of benefits as it relates to health and lowering one's levels of body fat. Some of the most known suggested benefits of CLA include increased metabolic rate, lean muscle enhancement, lowered cholesterol, lowered insulin resistance, reduction of food induced allergic reactions, and a boosted immune system.

SUPPLEMENT: FISH OIL (OMEGA-3)

BRAND: Full-Mega by [1stPhorm](#)

WHEN TO TAKE IT: 1 serving 3x daily

PURPOSE: Fish oils will provide benefits from helping treat depression and anxiety to fat loss. Research conducted has shown fish oil supplementation can decrease blood pressure, reduce the stress response rate, assist in decreasing your body's insulin response to food, decrease inflammation in the body, decrease triglyceride levels, decrease the occurrence of depression, help treat ADHD, assist in enhancing fat burning genes, promote muscle protein synthesis.

SUPPLEMENT: PROBIOTIC

BRAND: Probiotic-10 25 Billion by NOW

WHEN TO TAKE IT: Once daily

PURPOSE: Probiotic supplementation can and will aid in improving one's health and assisting with fat loss for several reasons. They help treat a variety of digestive issues which most people suffer from one or more without even knowing, they replace good bacteria that may be lost in the body due to a variety of reasons, they allow your body to better absorb and put to effective use more of the nutrients you consume everyday, and they will help remove inches off your waistline permanently by eliminating bloating caused by improper or poor digestion of the foods you eat daily.

SUPPLEMENT: WHEY PROTEIN

BRAND: Phormula-1 by **1stPhorm**

(Chocolate Milkshake and CTC are my favs)

WHEN TO TAKE IT: Immediately Immediately post workout. Your next meal should be consumed 45 min-1 hour later.

PURPOSE: One of the highest quality, efficient, best tasting protein supplements available on the open market. Whey protein is a staple part of the modern day fitness enthusiasts nutrition protocol. The benefits of its consumption include but are not limited to weight loss, increased lean muscle mass, lowered cholesterol, reduced blood pressure, and most recently as published by the journal Anticancer Research, lowering the occurrence of cancer cells.



SUPPLEMENT: ALMOND BUTTER

BRAND: YouFresh Naturals

WHEN TO TAKE IT: 1 serving w/ breakfast, 1 w/ your last meal of the day

PURPOSE: Although technically not classified as a supplement, almond butter consumption will provide healthy fats needed to reduce fat, are high in protein which will help with lean muscle enhancement, but MOST IMPORTANTLY, it's mentally stimulating, will keep you fuller longer, and will ward off and eliminate cravings. This element alone should compel you enough to at least give it a try. If you hope to sustain your diet and not fall victim to the obligatory "sweet tooth" that only seems to rear its ugly head at the worse times and derail our progress, strategically incorporating protein infused, flavored almond butters is a must!

SUPPLEMENT: ECA STACK

BRAND: Titan Medical Center ECA (Available by Px only)

WHEN TO TAKE IT: First thing in AM

PURPOSE: This stack is a combination of ephedrine, caffeine, and aspirin, and is used for fat loss, increased energy, and overall improved athletic/cognitive performance. On a personal note, I've found it to be extremely beneficial for providing a much needed energy boost, and it also helps improve focus and overall cognitive function throughout the day.

* *THIS IS THE ONLY FAT BURNER I EVER USE.* It is available by prescription only, and a consult with their medical director via Skype is required to determine if it's right for you. Stop wasting \$ on over the counter garbage, and give this product a look. tmnrx.com/ecas/