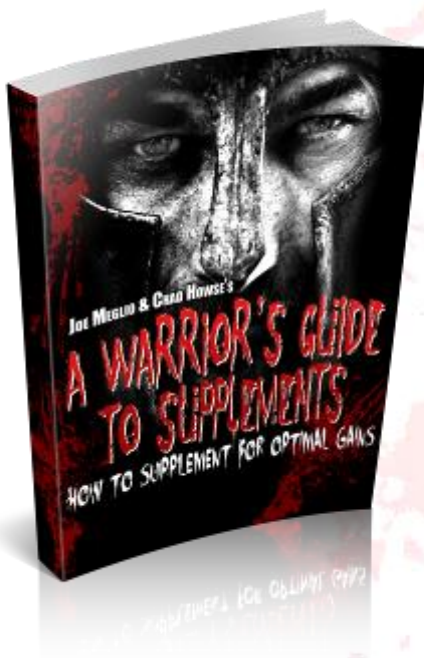




JOE MEGLIO & CHAD HOWSE'S

A WARRIOR'S GUIDE TO SUPPLEMENTS

HOW TO SUPPLEMENT FOR OPTIMAL GAINS



A Warrior's Guide to Supplements

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Disclaimer:

The information in this book is offered for educational purposes only; the reader should be cautioned that there is an inherent risk assumed by the participant with any form of physical activity and diet. With that in mind, those participating in strength and conditioning programs should check with their physician prior to initiating such activities. Anyone participating in these activities should understand that such training initiatives might be dangerous if performed incorrectly, and may not be appropriate for everyone. The author assumes no liability for injury; this is purely an educational manual to guide those already proficient with the demands of such programming.

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Strong Like a Warrior Supplements Guide

Way, way back when Alexander ruled the world, or Rome, or the Spartans walked into battle, they didn't do so with *supplements*. They ate from the land.

Our food today isn't what it used to be.
Our meat isn't, our vegetables aren't, nor are our fruits.

We use supplements to fill these gaps, and to provide the nutrients we need to build *Legendary* bodies.

We use supplements to *aid* an already healthy diet, not to replace one.

I've split our supplements into two groups:

- The Essentials – those that every warrior should take.
- The Optionals – those that you *can* take, especially if you have a gap that needs to be filled in your diet, or if you're an exceptionally hard-gainer.

How to Avoid Wasting Your Hard Earned Money

The supplement industry is relatively unregulated. There are ways around *truly* letting the public know what's in a given supplement, and the quality of the ingredients used by a supplement company.

Every supplement we recommend through *Strong Like a Warrior* is of the highest quality. The research has been done. The company is transparent. The owners are trust-worthy.

My favorite supplement company – because of their quality – is BlueStar Nutraceuticals.

Every supplement we recommend with *Strong Like a Warrior* will be from BlueStar – and for good reason.

I don't use supplements other than the ones I've recommend to you here. Why?

- a) I don't want to waste my money.
- b) I don't trust most supplement companies.
- c) I'm careful about the quality of what I put in my body, and I hope you are too.

The Essentials

Multivitamin

The right multivitamin will not only aid in recovery, but keep you healthy – on a hormonal and immune level. *Vitality for Men* is created to give men the nutrients they need to maintain optimal health and hormonal levels, especially when enduring the rigors of a training routine like *Strong Like a Warrior*.

[Vitality Men Multi >> Click Here](#)

Dosage: take 1 package post workout.

Branch Chain Amino Acids

BCAAs help us avoid burning muscle even when we're in a catabolic state (like we are when we're breaking down muscle during weight training). They're an ESSENTIAL supplement for those looking to gain muscle, burn fat, or gain strength.

Dosage: at least double the suggested dose on the bottle. Take before, during, and after an intense weight training workout.

Men: 5 grams before training + 10 grams during + 10 grams after you've finished your workout (optional).

[BCAA Matrix -> Click Here to find out more.](#)

Protein Supplement

I take protein powder in my post workout shake – where I recommend you do as well – but also as 1 meal replacement during the day if I'm in a rush.

Why Protein Will Help You Become *Strong Like a Warrior*

Protein is what will help you repair the muscle tissue you're breaking down during your workout. Without ample amounts of protein (at least 1 gram per pound of bodyweight), you're not going to gain muscle, and you're not

going to burn the fat you want to burn to make sure those gains are lean.

Whey protein – like the supplement we’ve recommended below – is one of the best sources of protein you can find. What makes *ISO SMOOTH* even better than most other proteins, is not only the quality, but the fact that it’s a *tri-blend*.

Meaning, the protein is going to be released in 3 stages with the whey, whey isolate, and casein protein sources in this impressive supplement.

Recommended Dosage

Post Workout Shake:

With our post workout shakes, we’re keeping our fats low, with our lean protein high, and our carbohydrates high.

Here’s what your post-workout shake will look like...

- 1-2 (35-70 grams) scoops *ISO SMOOTH*
- *Vitality for Men Multivitamin*
- 40-80 grams of carbohydrates
- Put in shaker and shake with water until it has a liquid consistency.

Take this shake within 15 minutes of finishing your workout while your blood is still pumping to your muscles. The protein powder, mixed with carbs, will give your muscles the fuel they need to recover and build lean muscle.

[ISO SMOOTH PROTEIN – CLICK HERE](#)

Omega-3’s (fish oil)

Omega-3 fatty acids are one of the best sources of fats we can have to help naturally raise our testosterone levels, but also fight fat.

Take 3 grams upon rising and 3 grams before bed with your testosterone protocol.

[OMEGA BLUE – CLICK HERE](#)

The Optionals

Pre-Workout Formula

Intensity will make or break your workout. Thus, energy levels are pretty damn important. The best pre workout supplement I've come across is *Extreme Rush*. It's unique blend of nutrients bring more blood to our muscles, increasing our pump when we're training.

This raises our T and HGH levels, helping us build muscle more muscle, recover faster, and burn more fat.

EXTREME RUSH – [CLICK HERE FOR MORE INFO](#)

Creatine

Creatine is a great supplement to increase strength gains and promote proper recovery.

Cycle your creatine for 2 months on and one month off to ensure that your body still produces it on its own.

To find out more about the benefits of creatine for muscle and strength gains...

[PURE BLUE CREATINE – CLICK HERE FOR MORE INFO](#)

Supplement, Don't Replace

Take the supplements above to *ensure* your gains, but make sure to take them with a healthy diet. If you rely solely on supplements to help you build the *Strong Like a Warrior* body, you're going to be sorely disappointed.

The MUST be take with an already healthy diet to be effective.

I'd rather you eat healthy with no supplements, than take supplements and eat crap. So if you're prepared to do both, use the suggestions we've given and forge your *WARRIOR BODY*.