# The supplements you need for the best results!

We’ve collected nutritionally all the best supplements at the best prices to bring about the best results in you at The F’ word café phase 8 dha off main shaheen. (the place where you registered!)

All the supplements that we have, we have used personally for years and are completely natural with no side effects and already exist in our bodies so don’t be scared of the stigma attached to the word ‘supplement’

Remember that supplements are there to SUPPLEMENT or in other words ENHANCE your results. They are not necessary and you can ask for the alternatives but for the best results and to make the most out of the program you must use these!

**You can also call 021-35854981 or whats app 0345-8803815 for delivery at your doorstep!**

**Multivitamins**

These supplements are an absolute must! Multivitamins are usually obtained from vegetables. But as we all know none of us eat a lot of vegetables or the right kind of vegetables cooked the right way to obtain all their benefits and fulfill our vitamin requirements, we must have one serving of these in the morning with breakfast lifelong, whether you are working out or not!

Vitamins carry forward all the important metabolic and chemical reactions in our body and being deficient on these can really hamper your results by causing fatigue, lethargy, extreme tiredness, prolonged muscle soreness, muscle cramps, delayed recovery.

You must have your daily dose every morning with breakfast as this is very important.

**Breakfast protein powder**

You’ll be using the protein powder in your breakfast according to the recipe given in your meal plan. We highly recommend that you use this supplement in your breakfast as you’re in a fasted state in the morning and supplementing your breakfast with a good protein source in the morning keeps the hunger away through out the day and because it is sweet it will also keep the sugar cravings at bay as the days go on.

The protein supplement at the café will give you 76 servings in the bigger box which means that it will last you about 2 months and the smaller one will give you about 30 servings which means it’ll last you for a month. They will be replacing your regular breakfast that you normally eat everyday so make sure you don’t hesitate to buy this as at the end of the day it will be more economical than what you normally eat everyday!

Research has shown that a scoop of whey protein in the anabolic window and fasting period turns on the fat burning gear in your body!

Whey protein is a protein extracted from cheese, powderized and flavoured. The most natural form is a whey protein ISOLATE. At our cafe all the protein that we have are ALL whey protein isolates and you have to look no further for them.

Whey protein is exactly like PANEER! Paneer is a protein which is actually called Casein in the world of science which is found in milk. When you put yoghurt in the milk the bacteria in the yoghurt curdles the milk and that curdled part is CASEIN OR as we call it PANEER. You can find CASEIN supplements also in shops but we don’t recommend that for our type of training or program.

HAVING this is a MUST.

**Post workout fat loss supplement**

This supplement is called L-carnitine and needs to be had immediately AFTER your workout.

This is unlike any other fat burners in the sense that it has no side effects as it is not a thermogenic fat burner which means that it does not have any additives in it that increase energy such as caffeine or taurine and hence there are no side effects

What L-carnitine does is that it shunts your long chain fatty acids into the mitochondria and burn them for energy instead of burning the carbs. So in your post workout period when you are burning calories, your stored body fat will move into the mitochondria of your cells and be burnt for fuel instead of the carbs.

I know this is getting slightly complicated but in short you will burn your body fat for energy if you have this immediately in your post workout period. It is 100 percent safe and you can have this life long and has no side effects!

We have capsules and liquid form available and you can buy any of those. The liquid ones are delicious!

**Pre workout BCAA**

This supplement will be had BEFORE you head to your workout. it will help you preserve your LEAN muscle during the intense workouts. The more lean muscle that you preserve, the more TONED you will look when the fat goes from the top and reveal your cuts.

BCAA’s occur naturally in your body and and are the only amino acids that convert to glucose. So during your workouts they convert to glucose and give your body the energy it needs to continue the workout and this is how it SPARES the BCAA’s already present naturally in your muscles from converting into glucose and thus keeps the muscle from breaking down and retains it!

At The f’ word we have two types of BCAA’s. In tablet form and in powder form. Get whichever one is available. See the SERVING SIZE at the back and consume ONE serving of it as mentioned in the nutrition facts BEFORE the workout.

**Night time recovery supplement**

L-Glutamine

This is the last thing you will consume before you sleep. L-glutamine is a natural amino acid/protein that is found in your body. In fact, it is the most abundant protein found in your body (about 67 percent!).

Since it is the most abundant one, it is the first one to start running low when you are doing intense workouts such as HIIT. L-Glutamine’s major role is that it is a fuel for your IMMUNE SYSTEM. Which means that if you start running low on this baby then you will have more tendencies to develop small illnesses such as a sore throat or a runny nose which might spoil your attendance at the workout which will ultimately affect your results.

So if you want to be kind to your body and not stress it out, make sure you stock up on this gem!

**WATER**

This is lastly the best supplement out of all the supplements mentioned and you must consume ATLEAST 4 litres of this. To ensure that we have gotten 2 Litre water bottles at the café that you can buy after which all you have to do is finish two of them everyday!

Remember guys, water is life!