



Recommended Supplements

Introduction

#1: Creatine

#2: Protein Powder

#3: Fish Oil

#4: Caffeine

#5: Beta Alanine

Overview

Hey there!

My name is Felix Harder and I'm the guy from the transformation picture. Getting there wasn't easy but it would have been a lot less work had I known about the supplements I'm about to show you from day 1.

The problem was that most supplements are completely useless and totally overpriced. It took me years to weed through all the bad products out there so I could come up with my personal "master stack".

What you have in front of you is my personal list of must have supplements that helped me go from complete beginner to ripped fitness coach.

Cheers
Felix



#1 Creatine

Creatine is by far my favorite supplement. Until today I remember how my buddies ask about my “secret” when they saw me again for the first time after I tried it for two months.

So far, creatine is the closest thing we have to a wonder supplement. It’s cheap, proven to work and will definitely get you results. If you only get one supplement on this list, go with creatine!

How to take: 3 - 5 gram per day

[Click Here To Go To The Creatine I Use](#)



#2 Protein Powder

Protein powder is my personal life saver. Even though you don't technically need it to build muscle, I don't have time to cook high-protein meals all day.

If you want to save yourself the stress (especially before and after a workout or when traveling) then go with a simple but quality whey protein like the one from MyProtein.

How to take: maximum half of your daily protein intake

[Click Here To Go To The Protein Powder I Use](#)



#3 Fish Oil

While not as important as protein and creatine supplements, fish oil will make sure you get enough healthy omega 3 fatty acids.

They ensure healthy hormone production as well as strong bones and ligaments. Fish oil isn't necessarily going to help you build muscle faster, but it will indirectly improve your health and increase the quality of your workouts.

How to take: 1 - 3 gram per day

[Click Here To Go To The Fish Oil I Use](#)



#4 Caffeine

Most pre-workout supplements are overpriced and rely mostly on caffeine for their effect. That's why it's a lot smarter to get the real thing instead.

You will save money and get the same boost. When I feel tired but still want to train hard, caffeine always helps me get me going. Simply take 200mg 30 minutes before your workout and you are good to go (2 capsules of the product I linked).

[Click Here To Go To The Caffeine I Use](#)



#5 Beta Alanine

Like creatine, beta alanine will make you stronger. You will be able to do one or two additional reps in the gym when training in 8–15 rep range.

Because of the tingling feeling it gives you, many people consume beta alanine right before their workouts. However, studies have shown that timing doesn't matter as long as you take it regularly.

How to take: 5 gram per day

[Click Here To Go To The Beta Alanine I Use](#)

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What's Included:

**100% personalized meal plan to help you shred fat,
build lean muscle, and get healthy**

**100% personalized workout routine to gain more
muscle, while spending less time in the gym**

**1-on-1 coaching calls to set up your
90 day transformation program**



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