



# ULTIMATE SUPPLEMENT GUIDE

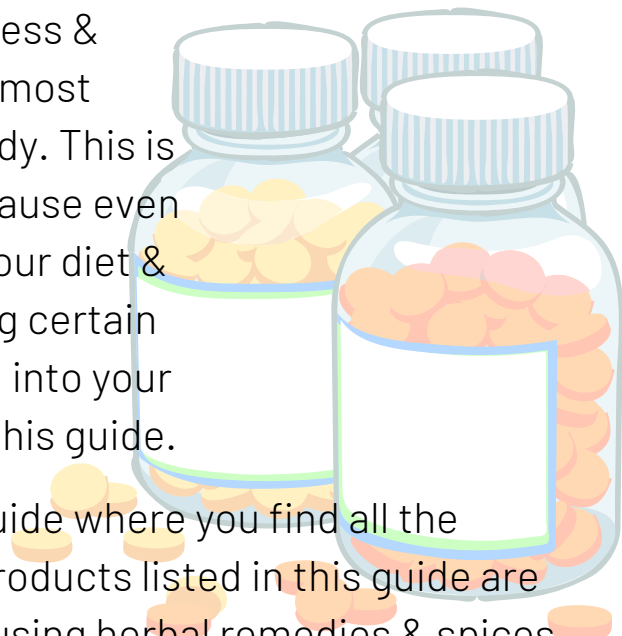
**KEVIN PHYSIQUE**

**NATIONAL PHYSIQUE COMPETITOR | FITNESS TRAINER | BS NUTRITION**  
**KEVINPHYSIQUE.COM**

## ABOUT:

There is A LOT of information out there about fitness & supplements, what is good, what is bad & what is most important when deciding what to put into your body. This is why I put the Ultimate Supplement Guide last because even though I do believe supplements are important, your diet & training are always first & foremost when pursuing certain health & fitness goals. If you are not fully invested into your diet & your workouts, you are better off skipping this guide.

HOWEVER, this guide isn't just any supplement guide where you find all the products at your local GNC. The supplements & products listed in this guide are used more to heal your body from the inside out, using herbal remedies & spices. There are a few supplement recommendations that will help build your physique, but should be used in ADDITION to your diet accordingly.



## CONTENT:

- Complete list of the most important health related supplements for you
- List of herbal remedies/concoctions that are principle to your health
- Each product will have a description of what it is & how it should be used

These are recommendations that will help your body reach my macro & micronutrient needs, & encourage muscle growth & recovery. I am not one to promote the use of "supplements" & the products/ingredients listed in this guide are not to be used in place of real foods, however should be highly considered due to the importance of the micro nutrient & herbal healing significance that your body will benefit from in order to heal itself & prevent toxins from existing.

# KEVIN PHYSIQUE

**MEN'S PHYSIQUE CHAMPION | FITNESS COACH | NUTRITION SPECIALIST**  
**@KEVINPHYSIQUEE | KEVINPHYSIQUE.COM**

## **TURMERIC CURCUMIN:**

Turmeric is one of the most powerful antioxidants & a great anti-inflammatory ingredient. Turmeric is used in various holistic healing methods as an alternative to traditional medicine. You can use this as a seasoning for everyday cooking or take orally in pill form, I do both.



## **APPLE CIDER VINEGAR:**

Taking a shot of ACV first thing in the morning & before your last meal. ACV has a few useful benefits to your body & overall health:

1. Increases [kickstarts] your metabolism
2. Balances the PH levels in your body
3. Lowers your body's glycemic levels



## **GINGER ROOT:**

Ginger great antibacterial herb that helps treat infections & improves overall skin health. Ginger is great for regulating blood sugar & is helpful in improving long-term blood sugar control. Some other great benefits include reduced menstrual pain, nausea relief, & helps lower cholesterol levels & triglycerides. It's also a common ingredient when cooking that I like to utilize.



# **KEVIN PHYSIQUE**

**MEN'S PHYSIQUE CHAMPION | FITNESS COACH | NUTRITION SPECIALIST**  
**@KEVINPHYSIQUEE | KEVINPHYSIQUE.COM**

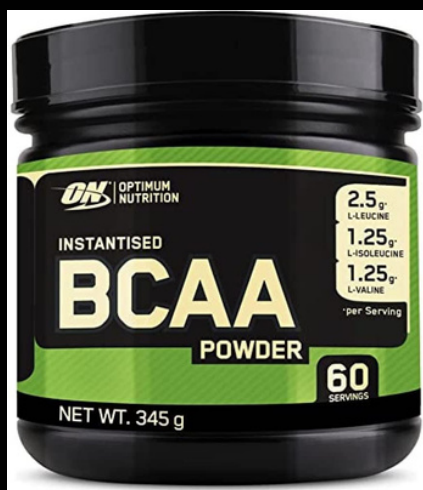




# SUPPLEMENT LIST (CONTINUED):

## ISOLATED WHEY PROTEIN POWDER:

Isolated whey protein powder is the purest form of any whey protein. It helps with muscle recovery & aids in protein synthesis which helps build muscle. It can be used as a snack or post workout shake! (TIP: I mix my protein powder with almond milk instead of water for better consistency).



## BRANCHED-CHAIN AMINO ACIDS (BCAAs):

BCAAs prevent muscle catabolism (the break down of muscle fibers) & also help with muscle recovery & prevent soreness. Amino acids also stimulate protein synthesis which is the rebuilding of muscle fibers after intense exercise. (Best used during or after exercise but can be consumed throughout the day).

## POWDERED GREENS:

Powdered greens are packed with a raw greens blend, probiotics, & fiber balance blend. Each complex & blend creates a superior support system in digestive health & aiding your body for optimal health. (Typically consumed in the morning as a shake before or during your first meal).



# KEVIN PHYSIQUE

**MEN'S PHYSIQUE CHAMPION | FITNESS COACH | NUTRITION SPECIALIST**  
**@KEVINPHYSIQUEE | KEVINPHYSIQUE.COM**



# SUPPLEMENT LIST (CONTINUED):

## OMEGA FATTY ACIDS:

These are essential fatty acids that promote heart health & improve brain function. They also help to relieve inflammation & reduce joint pain. It's best to find a quality brand in a natural food store, or supplement store. Look for potency of at least 1g balanced mix of EPA and DHA (omega 3's).



## PROBIOTICS:

Probiotics are great for keeping gut health balanced & improving overall digestive functions. Probiotics are an essential supplement because keeping your digestive system health under control is vital for overall well being. Having an imbalance can cause a range of complications like allergies, obesity, mental health problems, & various infections.

## OTHER SUPPLEMENTS WITH USEFUL BENEFITS:

VITAMIN C - Strong antioxidant & helps fight heart disease

VITAMIN D - Strong bones & helps body absorb calcium

POTASSIUM - One of the most important minerals in the body that helps regulate fluid balance, muscle contractions & nerve signals

RESERVATROL - A powerful antioxidant that reduces free radicals in your body

DANDELION ROOT - Digestive health

MILK THISTLE - Antioxidant & liver health

ROYAL JELLY - Natural immune booster & helps relieve seasonal allergies, also helps prevent neurodegenerative diseases



# KEVIN PHYSIQUE

**MEN'S PHYSIQUE CHAMPION | FITNESS COACH | NUTRITION SPECIALIST**

**@KEVINPHYSIQUEE | KEVINPHYSIQUE.COM**



# KEVIN PHYSIQUE

**MEN'S PHYSIQUE CHAMPION | FITNESS COACH | NUTRITION SPECIALIST  
@KEVINPHYSIQUEE | KEVINPHYSIQUE.COM**

**DISCLAIMER:**

**Kevin Physique (Kevin Doyle) is not a medical doctor or registered dietitian. The contents of this document should not be taken as medical advice. You should consult your medical practitioner or qualified health specialist before engaging in any new training or diet regiment. The information contained in these training and nutritional instructions is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a physician. Again, consult your physician or qualified health professional on any matters regarding your health. Any copy, transmission, sale, or redistribution of the aforementioned items without the expressed written consent of Kevin Physique (Kevin Doyle), is strictly prohibited by law.**