

A hand holds a small, clear plastic bottle of Nouri Probiotic & Omega 3-6-9 supplements. The bottle has a white label with the brand name 'nouri' in lowercase and 'PROBIOTIC & OMEGA 3-6-9' in uppercase. Another hand is shown holding a single white, oval-shaped pill. The background is a dark, textured surface, possibly a piece of fabric or paper, with a subtle pattern. The overall lighting is dim, creating a moody atmosphere.

28 DAY CHALLENGE
SUPPLEMENTS

Supplements

Supplements are a very hot topic at the moment. Also a topic with a lot of controversy. With lots of supplements with big promises it can be hard to navigate. I'm breaking the supplements down into a few sections for you so you can pick and choose what level to go in. This is mainly determined by budget and how many you want to take each day. Not everyone wants to take stacks of them!

We will be introducing supplements in the second week so we can focus on training, diet and lifestyle elements to start, but by providing this now it gives you time to get organised.

Basic stack

Sleep & Testosterone

ZMA (with magnesium L-threonate

Dose - 3 Capsules for UK, For US 3x magnesium 1x Zinc 1x B6

Where to buy

UK - <https://british-vitamins.co.uk/products/z-m-a-b6-zinc-two-forms-magnesium-vitamin-a-b6-additives-free-120-capsules?variant=43388476948724>

US - [Magnesium https://www.amazon.com/Life-Extension-Neuro-Mag-L-Threonate-Vegetarian/dp/B006P536E6/ref=sr_1_5?crid=22NEBS3Y57JIB&keywords=magnesium+l-threonate&qid=1682421761&srefix=ma%2Caps%2C149&sr=8-5](https://www.amazon.com/Life-Extension-Neuro-Mag-L-Threonate-Vegetarian/dp/B006P536E6/ref=sr_1_5?crid=22NEBS3Y57JIB&keywords=magnesium+l-threonate&qid=1682421761&srefix=ma%2Caps%2C149&sr=8-5)

Zinc & B6

https://www.amazon.com/Nature-Made-Zinc-Gluconate-Tablets/dp/B0000DJAPU/ref=sr_1_10?crid=2NNLUJFDK178U&keywords=zinc%2B6&qid=1682421872&srefix=zinc%2B6%2Caps%2C162&sr=8-10&th=1

<https://www.amazon.com/Amazing-Nutrition-Vitamin-Dietary-Supplement/dp/B01EVSWDUG>

Testosterone

Ashwagandha - Ashwagandha (*Withania somnifera*) is an herb commonly used in Ayurvedic medicine, a traditional system of medicine that originated in India

Dose - 500-800 mg per day - after 2pm

Where to buy

UK- <https://british-vitamins.co.uk/products/ashwagandha-extract-20-1-7-9-withanolides-620mg-equivalent-to-12400mg>

US- <https://www.amazon.com/Ashwagandha-Caplets-L-Theanine-Non-GMO-Horbaach/dp/B0BBKB3QVV/>

Fadogia Agrestis

Dose - follow supplement directions

Where to buy

UK- <https://british-vitamins.co.uk/products/fadogia-agrestis-500mg-testosterone-sexual-performance?variant=43370344481012>

US- <https://www.amazon.com/36-000mg-Third-Party-Concentrated-Bioavailable/dp/B0BNJPBRD4/>

DHT

Boron

Dose 10mg Per day

Where to buy

UK - https://www.amazon.co.uk/Tablets-Suitable-Vegetarians-Manufactured-Supplement/dp/B08MV7JWFT/ref=sr_1_6?crid=3CLH0NSBQN698&keywords=boron&qid=1682420832&srefix=boron%2Caps%2C85&sr=8-6

US- <https://www.amazon.com/Nutricost-Capsules-Vegetarian-Gluten-Non-GMO/dp/B0BBY9TXSB/>

Creatine Monohydrate

Dose -5g per day

Where to buy

UK - <https://british-vitamins.co.uk/products/creatine-monohydrate-100-pure-additives-free-real-weight-820mg-serv-3280mg?variant=43441924931828>

US -

<https://www.amazon.com/Nutricost-Creatine-Monohydrate-Capsules-Capsule/dp/B0B-FZJY5M/>

Vitamins & Minerals

Vitamin D & K2

Dose - Follow supplement guidelines

Where to buy

UK- <https://british-vitamins.co.uk/products/vitamin-d3-10000iu-acai-berry-extract-natural-vitamin-c-anthocyanin-flavonoid?variant=42985234039028>

US- <https://www.amazon.com/Nutricost-Creatine-Monohydrate-Capsules-Capsule/dp/B0BFZJY5M/>

Next Level Supps

If you want to up your supplement game a bit more then there are a couple of additional good options

Tongkat Ali

Dose - 2 capsule per day

Where to buy

UK - <https://british-vitamins.co.uk/products/tongkat-capsules-strong-root-extract-620mg-libido-eurycoma?variant=42985223192820>

US - <https://www.amazon.com/Momentous-Huberman-Stack-Tongkat-Servings/dp/B09WX9VHVX/>

Forskolin

Dose 30mg per day

UK - 1 capsule of these https://www.amazon.co.uk/Forskolin-Forskohlii-Supplement-Suppressant-WeightWorld/dp/B07MLSTQ1L/ref=sr_1_1_sspa?crid=1F-PE2UO0AVWXC&keywords=forskolin&qid=1682422699&sprefix=forskolin%-2Caps%2C145&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1

US - 3 of these <https://www.amazon.com/Life-Extension-Forskolin-Vegetarian-Capsules/dp/B000LVG7J6/>

Vitamin E

Dose - 1 per day

UK - https://www.amazon.co.uk/Tom-Oliver-Nutrition-Absorbable-Softgels/dp/B09ZV4N4C2/ref=sr_1_2_sspa?crid=3V4N7XNSEVY9M&keywords=vitamin+e&qid=1682422743&prefix=vitmamin+e%2Caps%2C77&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&p-sc=1&smid=A1Q0SJMV0PAWTE

US - <https://www.amazon.com/Sundown-Naturals-Vitamin-Synthetic-Softgels/dp/B000GG-87MG/>

This supplement stack is for the month only as I firmly believe in cycling through supplements each month.

Also if you do get blood test results I can also provide a little more 1-2-1 support