

Health & Fitness

THE F-5 SUPPLEMENT GUIDE

**TONED
DEFINED**

**5 SUPPLEMENTS
FOR FAT LOSS**

**BETTER SLEEP
BETTER MOOD**

BY DARRYL ROSE FITNESS



Supplements for Optimal Body Composition

Thanks for downloading the Foundation Five supplement guide. Within this document, is information that will give you an understanding as to why the following supplements are important to achieving good health and optimal body composition (fat loss, lean muscle gain).

One of the biggest reasons to incorporate a supplementation program is because it is difficult to get all the required vitamins, minerals and phytochemicals through whole foods alone, even with optimal nutrition. One reason for this is thought to be poor soil quality.

To build lean muscle, lose weight as well as tone and define your muscles, you will need your body to be performing optimally. With proper supplementation, you can achieve your optimal body composition.

Supplementation should be accompanied by a well-balanced diet because supplements are meant to supplement the nutrients may be missing from your diet, not as a replacement.

When it comes to supplementation the late Charles R. Poliquin said “You should know better than just following the RDA (recommended daily allowance), these numbers are like the minimum wage, do you want to survive or actually thrive?”.

The Foundation Five

There are a lot of supplements on the market that claim to do a lot of things but for them to be effective you need a good foundation. You can accomplish great physiological improvements by using the Foundation Five.

The supplements of the **Foundation Five** are:

Fish Oil

Magnesium

Probiotic

Vitamin D3

Multivitamin

Health and fitness industry leaders have carefully selected the previously mentioned supplements to help individuals alleviate deficiencies in the body to get from suboptimal to optimal nutrition.

Taking supplements may be something new for you and as a result, it may be a little overwhelming. If so, that then we recommend starting with a more limited group. You can do this by only taking just one or two supplements from the Foundation Five: liquid fish oil and/or magnesium.

Based on the opinions of top fitness professionals and the professional experience of Darryl Rose Fitness coaches, fish oil and magnesium have the greatest impact within a short amount of time. You may feel several positive effects in as little as 2-10 days.

The Foundation Five supplements are recommendations and are not meant to replace any medication that you may be taking and do not claim to “cure” or “treat” anything.

It is highly recommended that you consult your health and fitness professional or general practitioner before trying the following recommendations or starting any supplement protocol.

Fish Oil



What is it?

Fish oil is an essential fatty acid (EFA) and is deficient in most North Americans.

The best source of omega-3 fatty acids is from fish. But due to pollutants in the water, it is not advised that you attempt to increase your omega-3 fatty acids by consuming a lot of fish. This makes it difficult to get the recommended daily allowance without increasing toxicity.

Why should I take it?

Fish oil has several benefits such as, improving cognitive function and reducing inflammation in the body that can help with weight loss.

When inflammation is prolonged it may disrupt your sleep, which will increase your cortisol level. As a result, it may cause weight gain and limit weight loss.

If you are overweight then, unfortunately, you are most likely dealing with chronic inflammation.¹

Fish oil is also very beneficial for weight loss because of its effect on glucose metabolism.² It does this by liberating your fat stores in the body to be used for fuel, and thereby provide energy that can be used during a workout.³ You'll be able to do more work in the gym and burn more calories resulting in more fat loss.

When should I take it?

Fish oil can be taken anytime, but it is best taken with food because it slows down the release of energy from your food and helps to keep you satiated longer.⁴

You can take fish oil at breakfast, lunch, dinner, or before bed depending on the recommendations of your health and fitness professional.

Good to Know

You may also get omega-3 fatty acids from plant-based sources, but if you are overweight then, you may not be able to convert plant-based omega-3 fatty acids into a useful form.⁵ This makes fish oil your best option.

[Shop Fish Oil](#)

Magnesium

What is it?

Magnesium is a mineral that is vital for optimal health and is responsible for hundreds of metabolic reactions in the body, making it a very important mineral.⁶

Why should I take it?

It is estimated that about 60% of adults do not get the recommended average dietary intake of magnesium and that 45% of North Americans are magnesium deficient.⁷

Magnesium increases energy creation, protein formation, improves exercise performance, and reduces insulin resistance.⁸

What that means is that you will feel more energized and be able to train harder, ultimately helping you to build more lean tissue to tone and define better.

Magnesium is great for relaxation and calming the nerves and may also help you with your sleep.⁹ As an indirect benefit, magnesium may help to reduce your carb cravings.

When should I take it?

You can take magnesium at any time during the day but, it is recommended to take it at your last meal or before bed because of its calming effect.

Good to Know

Magnesium comes in different forms and may be chelated (combined) with several amino acids such as bis-glycinate, orotate, L-threonate, taurate, citrate to name a few.

When selecting a brand of magnesium, choose one that is mixed with a few amino acids for better distribution in your body. Look on the nutrition label or ask your health and fitness professional what product is right for you.

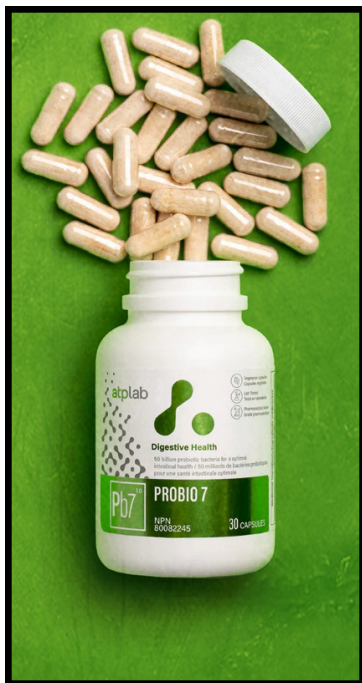
Magnesium citrate has an osmotic laxative that can relax your bowels and pull water into your intestines to help move your stool, making it an excellent choice if you are dealing with constipation.

You should avoid products that contain magnesium oxide as it is the least absorbed form.

Shop Magnesium



Probiotic



What is it?

Healthy bacteria for your gut.

Why should I take it?

Probiotics improve your gut health, which is where up to 80% of your immune system lives, and contribute to many metabolic functions.^{10 11}

When your gut is compromised, it is difficult to build lean muscle and lose body fat.¹²

When should I take it?

Take one to two capsules on an empty stomach before breakfast.

If your sleep is less than optimal, it may be more beneficial to take a capsule in the morning and a capsule before bed.

Taking a probiotic before bed may boost your melatonin by increasing blood levels of tryptophan that turns into serotonin (a chemical that controls your mood and sleep) in the brain.

Good to Know

Probiotics can help you lose belly fat and reduce waist circumference.¹³ Women who take probiotics may lose up to 50% more weight than women who do not supplement with a probiotic, specifically the strain from the Lactobacillus family.¹⁴

Overweight people may have a gut imbalance and less “good” gut bacteria. The use of probiotics with good nutrition may help to rebalance the gut.¹⁵

Shop Probiotic

Vitamin D

What is it?

D3 (vitamin D) is more of a hormone rather than a vitamin, and you can get it from the sun.

Why should I take it?

Most North Americans are deficient in vitamin D, an important hormone that helps to regulate your immune system.

It is also vital for regulating the absorption of calcium, which is super important for women. Deficiencies can dysregulate your immune system and increase your risk of osteoporosis.

When should I take it?

You can take vitamin D at any time or with meals if it makes it easier to remember. This is a vitamin that can be absorbed well without food.

You can take up to 5000IU per day, but you should ask your health and fitness professional for the correct dosage as it would depend on the results of blood work. Testing your blood for vitamin D levels is recommended every three to six months.

Your vitamin D level also depends on the season due to seasonal differences in sunlight.

Good to Know

You can get vitamin D from the sun by spending at least 20-minutes in direct sunlight if you are not wearing very strong sunscreen. Sunscreen with SPF 30 can reduce vitamin D synthesis by 98%!¹⁶

[Shop Vitamin D](#)



Multivitamins



What is it?

Multivitamins are preparations intended to serve as a dietary supplement with vitamins, minerals, and other nutritional elements.

It is also the world's most popular dietary supplement.

Why should I take it?

Soil quality has been significantly reduced over the last decade, and foods grown from the soil have fewer nutrients as a result.¹⁷

Even if you were to eat healthy, it may not be possible to get the RDA of vitamins and minerals for your body. Most people do not get enough vitamins from their diet.¹⁸

A quality multivitamin may help with deficiencies while eating a well-balanced diet but should not be taken with the intention to substitute for poor nutrition.

Deficiencies may cause you to feel depressed, lethargic, moody, or exhausted.

When should I take it?

It's recommended to take multivitamins before your meals. Depending on the brand you choose, you could take multivitamins up to 3 times per day.

It is best to spread out supplements 8-12 hours apart when taking multiple doses per day rather than all at once.

Good to Know

Supplementing with multivitamins have proven to be antiaging by increasing the length of telomeres, which is a compound structure at the end of a chromosome. Telomeres can affect the pace of aging and the onset of age-associated diseases.^{19 20}

Women who supplement regularly with a multivitamin are 24% less likely to suffer coronary artery disease than women who do not.²¹

Shop Multivitamins

Darryl Rose Fitness hopes that you enjoyed the Foundation Five supplement guide but most importantly that you found the information to be useful, concise and easy to incorporate into your current nutrition regime.

We have provided links to the recommended supplements, but of course it is not necessary to use them. Darryl Rose Fitness is an affiliate of these supplement suppliers and by using the links provided a small commission will be received by us.

Alternatively, if you are a client, you may order directly from a Darryl Rose Fitness coach and have your supplements personally delivered to you before a training session.

If you decide to use a different brand of supplements be sure to check out the supplier's reputation and be sure that they follow good manufacturing practices (GMP) by looking for the label.

Still have questions regarding nutrition, exercise or supplementation? Please do not hesitate to contact Darryl Rose Fitness at info@darrylrosefitness.com.

To learn more about nutrition and to check out a few testimonials, go to the Darryl Rose Fitness website www.darrylrosefitness.com/store

In the meantime, continue to follow good nutrition habits supported by supplementation and enjoy the process knowing that you are taking the steps necessary to reach your goals.

Best of health,

-DR

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