

NUTRITIONAL SUPPLEMENT GUIDE

Note: please talk to you doctor before adding any kind of dietary supplement to your regiment.

Disclaimer: I am not a doctor, nor a nutritionist; nor do I know every detail of your particular health. These are general tips and products that **I personally use and that work for me**. These are natural dietary supplements to help support our diet and training. None of them are illegal or immoral. All 1st Phorm products are made in a FDA inspected facility. I do not use, recommend, or support any kind of unhealthy or illegal steroid use.

Always talk to your doctor, first.

FOUNDATIONAL HEALTH



THE ESSENTIAL STACK



[CLICK HERE](#)

Micro Factor

Helps with:

- Overall nutrition & foundational health
- Daily body functions

What is it?

- Multi-vitamin
- COQ10
- Fruit & veggie capsule
- Essential Fatty Acids
- Probiotic

Why do I use it?

It's easy, quick, and convenient. I know that it gives me a complete micronutrient profile, so I don't have to worry about it. The capsules make sure that my body can actually use vitamins & minerals I am paying & looking for.

Opti-Greens50 (my favorite fucking thing):

Helps with:

- Digestion Support
- Bloat
- Gas/indigestion/stomach discomfort

What is it?

- Green superfoods
- Probiotic

Why do I use it?

It helps me feel "light"; helped with my heart burn and indigestion; helps keep me "regular" and I just feel really good when I take it. I eat veggies at every meal but with meal prep, I know I don't get a good variety of them and I know I don't get enough. My body certainly thanks me for these greens.

Full Mega

Helps with:

- Inflammation
- Joint pain
- Cognitive function and memory
- Blood pressure & cholesterol

What is it?

- High quality fish oil – sourced from cold water, wild caught fish
- High in DHA & EPA (the Omega 3s we are looking for)

Why do I use it?

It helps with my knees and irritation/pain in my body when I increase my training; I find I can train more days back to back when I take it without irritation. I have even found that my mood and focus improve when I take it versus when I don't.

PROTEIN



Level 1 Meal replacement protein.

Slow digesting, high quality, whey protein blend. This should be used to help hit overall protein goal; as a quick, easy way to get a meal in on the go; as a meal replacement when you're busy or weren't able to prep for whatever reason. Lots of yummy recipes with this in the recipe guide.

[Click Here to check out Level 1](#)



Post Workout Stack: Phormula 1 + Ignition

Fast digesting, high quality whey protein isolate and a high glycemic carbohydrate. This allows for fast healing of the muscle tears we create during training and refueling of the body. This combination can lead to faster recovery, more post workout energy, less soreness/fatigue, all leading to better, faster results no matter your goal.

(You would not use Ignition if you are diabetic/have high blood sugar or and kind of insulin resistance)

[Click here for the post workout stack](#)



Level 1 Bars

High quality protein bars with some carbs and fats for fuel; a complete meal replacement on the go and sweet treat.

I eat these instead of candy bars/desserts when I am craving chocolate/sweets. Pro-tip: heat them up for like 5 seconds and put some low-fat whipped topping, maybe some berries with it (so good!). Keeping them in the fridge or freezer before throwing them in your pack for hiking days is great, too!

[Click here for Level 1 bars](#)

VEGAN CLIENTS

Whey protein is a dairy product, so for vegan clients, you will want to use Vegan Power Pro instead. It is still JUST as important for vegan and vegetarian folks to hit their overall protein goal AND stay under their overall calorie goal. This can be particularly challenging because most high protein, plant-based foods are very high in calories; especially carbohydrates.

You can still use Optigreens50, Micro Factor (except for the EFA), and Ignition. You would use Vegan Power Pro as a meal replacement and a post workout protein shake.

Nordic Naturals makes a great omega 3 product from algae which would replace the full mega for you since that is sources from fish.



[Click Here for the vegan omega 3s](#)



[Click here for Vegan Power Pro](#)

DIETARY RESTRICTIONS + SUPPLEMENTS:

Vegetarian/Vegan: No Phormula 1 or Level 1 (sourced from dairy), EFA/Full Mega (sourced from fish)

Pescatarian: No Phormula 1 or Level 1 but EFA & Full Mega are okay

Gluten Free:

Paleo; DASH diet: all okay.

Lactose intolerant: usually the fruity flavors (not cereal based) of Phormula 1 are okay for folks that are dairy sensitive but if you are lactose intolerant, Vegan Power Pro may be helpful for you; you may or may not be okay to use Level 1 and/or other flavors of Phormula 1. You would want to test this out in small doses, and it is highly suggested that you cut all other dairy and introduce Optigreens50 into your daily routine to help with the digestion of the protein.

As always and with everything, everybody is different. Talk to your doctor.

FAT LOSS + MUSCLE BUILDING STACKS



HEALTHY AF STACK FOR WOMEN



HEALTHY AF STACK FOR MEN



GYM STACK FOR MEN



LEAN MUSCLE BUILDER STACK FOR MEN



FAT LOSS ESSENTIALS STACK FOR MEN



FAT LOSS ESSENTIALS STACK FOR WOMEN

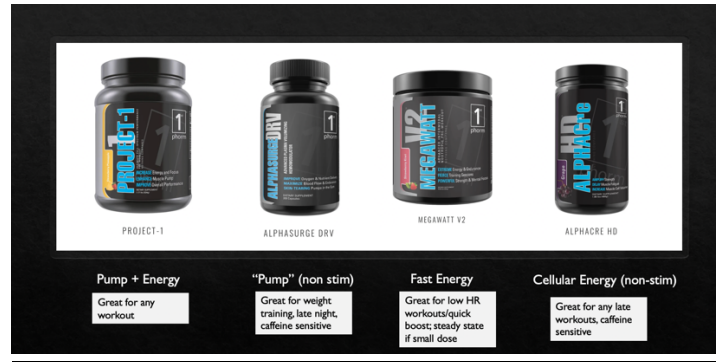


MUSCLE BUILDING ESSENTIALS STACK



TOTAL HEALTH STACK

PRE-WORKOUTS



Personally:

I use MegaWatt V2 when I am doing a lifting session only but want to get a good sweat on. Megawatt is a QUICK and STRONG boost of energy. I typically do 1/2-1 scoop but would not use this on a cardio/HiiT day really, unless it was like a half scoop only. OH! Perfect example, when Amanda had me get up at like 4am to go do hot yoga...just to get my happy ass out of bed those days, I woke up and took a scoop of Megawatt lol

https://1stphorm.com/products/megawatt-v2/?a_aid=Ami ← click here

If I am doing lifting and some cardio, I like to use Project 1 (this is actually my favorite pre-workout, Pineapple is so BOMB)...anyway..this one has some "pump" products so you can get really good quality lifts, with some stimulants for the energy feeling we look for with a pre-workout. I feel like this one lasts longer than Megawatt whereas Megawatt hits harder at the start so like a "quick and dirty" lift session would get Megawatt but when I'm like, "oh I have time to lift" and I want to get like a good hour or more session..I use project 1 for sure. I use, typically, a half a scoop (as always, dosage varies by person and should be assessed).

https://1stphorm.com/products/project-1/?a_aid=Ami ← click here

If I am doing back and bi day and I am going to be able to lift for a good amount of time and get a hella good pump (I am thinking about you, DeAntwann and Esteban)..I like to do half a scoop of Megawatt with AlphaSurge. Alphasurge is a "pump" product so it helps increase blood flow to the muscles so you can get higher quality reps and Megawatt gives me the energy boost.

https://1stphorm.com/products/alphasurge-drv/?a_aid=Ami ← click here

Now, I go to bed early...you guys know this. But, on the off chance that I have to get my workout in later in the day/night and I need some energy help but don't want to be up all night, then I use AlphaCre HD. AlphaCre is a NON-stimulant pre-workout that uses that Creatine we have talked about. This is great to help with explosive energy...like Crossfit style. AND it is great for people who can't have a lot of caffeine or stimulants and/or for those later workouts that you don't want to be up all night.

https://1stphorm.com/products/alphacre-hd/?a_aid=Ami ← click here

To recap:

FAST ENERGY BOOST: MEGAWATT V.2 (you'll feel this boost for sure, not so good for long, high intensity cardio days)

LONGER LASTING ENERGY WITH "PUMP": PROJECT 1 (great for all styles of training)

"PUMP" WITH NO STIMULANTS: ALPHASURGE (not so good for Crossfit or long-distance runs)

EXPLOSIVE ENERGY WITH NO STIMULANTS: ALPHA-CRE (you're not going to feel "wired")

Of course, keep in mind that everybody is different, and you should always do an assessment phase whenever you add anything into your regiment. Start with small doses and see.

If you have high blood pressure, high heart rate naturally, and/or are caffeine or stimulant sensitive, you will want to avoid stimulant pre-workouts so AlphaCre would be your best option 😊

MY STACKS

Personally, this is what is always in my cabinet:



TOTAL HEALTH STACK



Female specific hormone support that I LOVE

I like to keep on hand:



PROJECT-1



Sleep support. I use this on days I know I can't get my full 9 hours; to get higher quality sleep in less time.
For men: I would say Night-T is a bit better; Core-21 more for women.



I usually make sure I have these two during winter months/flu seasons for sure