

## Supplement List

Your doctor should always be consulted when changing your diet. It is your responsibility to make sure these supplements work with your body and ANY medications you are taking. These are not intended to treat, or cure any alignments or disease.

### 11 Supplements To Burn the Most Body Fat!

1. **\*Probiotic:** Help your digestive system to get and stay on track! Digestion is key to optimal health and lasting weight release. Probiotics may interfere with medications. They are usually taken 3-hours before or after your meds. Be sure to check with your doctor to make sure it will not interfere with your medications. Take in the morning with or before you eat.
2. **\*Digestive Enzymes:** After age 30 you start to lose digestive enzymes. There are also things that kill these enzymes such as sugar, caffeine, alcohol, and stress. Give your body a helping hand and take these with every meal. You'll see an amazing change in how you feel and look. You can purchase these at the following site or find others that work for you. Take with lunch and dinner.
3. **L-Glutamine (powder or capsule form):** This supplement not only supports your workout but also is great in releasing sugar cravings! When having a sugar craving-open the capsule and put it under your tongue. Plus, it aids your body to burn more- fat and build muscle. Use 15 grams on days you workout. Purchase anywhere.
4. **L-Carnitine (liquid or pill form)(Optional):** This supplement may help you burn fat QUICKLY! However, it doesn't work for all people. Try it and feel the effects for yourself. You can take it before your workout for the best results. You can also take it in the middle of a workout.
5. **Vitamin C:** This vitamin helps to combat oxidative stress you'll get with exercise. You can find it at any grocery store. Some good brands are New Chapter Organics, Garden of Life, or Country Life's Real food Organics
6. **Fish Oil (cod-liver or krill), Chia Oil, or Flax seed Oil tabs**—These oils are great for brain function and also boost your immune system. They act as an anti-inflammatory, which believe me you are probably inflamed and don't know it and it helps your heart. You need to have a balance (2:1 ratio) between Omega 3 and Omega 6 (which we get too much of). Some people complain of fish burps after they take this supplement. That is usually because the product is not fresh. The one I take that hasn't given me burps at all is Minami Nutrition MorEPA Supercritical Omega 3 Fish Oil

\* Highly recommended to aid your digestion and release belly fat!

- 7. CoQ 10:** This anti-aging supplement gives the cells a high boost of energy, helps to eliminate free radicals from the body, enhances support for your immune and nervous system and helps normalize your weight. Since all your major organs use this supplement it's a must have for optimal health! Purchase it online or at the store.
- 8. Perfect Food Raw Shake:** This product is packed with 35 nutrient-dense, raw, organic greens and is wonderful! Use it as a snack or with a meal to add more greens into your day.
- 9. Multi-Vitamin/Multi-Mineral:** I'm sure you know by now it's nearly impossible to get all the nutrients and minerals you need from food these days. Choose a vitamin that comes from real food and is fermented, so it has the live enzymes and probiotics your body needs. Here are some brands to choose from: Garden of Life, New Chapter Organics, and Country Life, visit Dr. Mercola's site for a multi-vitamin he recommends or go to your local health food store and see what they recommend.
- 10. Green Tea (optional)** Substances found in green tea known as catechins may trigger weight loss by stimulating the body to burn calories and decreasing body fat.
- 11. Glucosamine and Chondroitin (optional):** Do you have knee problems? This product has been shown to improve knee function. I love it! It may take a up to 6-8 weeks to notice the difference. Find it at your local health food store. Again, watch for fillers and additives.

**Cost:** When looking at the cost of supplements look at what the cost is per day. For instance the Minami Nutrition MorEPA Supercritical Omega 3 Fish Oil is \$50.44 for 2 bottles each containing 60 capsules. In truth it's .42 cents a day. When you look at the cost per-day it is cheaper than ever to get healthy!

**Tip:** Keep your supplements somewhere you will see them daily so you remember to take them. You'll want to get them into your daily routine. I leave my supplements are next to my microwave and I take them with my breakfast. Put them in a place you can't help but see them.

**Last Thoughts:** When you take the right supplements for your body regularly you will feel more energetic, healthy and strong. It's time to let health into your body so you feel good about yourself, enjoy your life and are able to send more love into the world! ☺

A handwritten signature in cursive script that reads "Michelle".

Michelle Melendez-Fitness Expert

You take full responsibility for taking these supplements and release Women Getting Fit and Michelle Melendez of any liability. Please check with your doctor and/or nutritionist to ensure your safety and good health.