



FOX FITNESS  
TRAINING

## ■ MASTER SUPPLEMENT LIST FOR FAT LOSS

- *NFood is always first: Nutrition supplements are no substitute for sound nutritional habits.. They are the tip of the pyramid when one is eating well, and training well.*
- *Use capsules instead of tablets. Tablets use binders and fillers, and have less absorption.*
- *Use recognized or leading brands, they are more likely to have the facilities and equipment necessary to produce superior products.*
- *Use a fishing tackle box, or tool box to organize your supplements. Label each section.*
- *Always consult your physician before beginning any supplementation program.*

### ☆ First Thing in Morning:

- ☐ Glutamine, 1 tsp.
- ☐ Branch Chain Amino Acids (BCAAs), 2 capsules
- ☐ Fenugreek (2 capsules), Flax Seed Oil (1 Tsp) and Natural Salt (1 Tbsp) taken with water

### ☆ With Breakfast:

- ☐ Digestive Enzyme, 2 capsules
- ☐ Fish Oil, 2 capsules
- ☐ Coenzyme Q10, 1 capsule
- ☐ Vitamin C, 2 capsules
- ☐ Bladderwack, 1 capsules
- ☐ Calcium (preferably Calcium Orotate, for best absorption), 2 pills
- ☐ Gymnestra Sylvester, 2 capsules
- ☐ Forskolin, 2 capsules

### ☆ Mid Morning Snack:

- ☐ Micellar Casein (Muscle Milk)

### ☆ With Lunch:

- ☐ Digestive Enzyme, 2 capsules
- ☐ Fish Oil, 2 capsules
- ☐ Vitamin C, 2 capsules
- ☐ Fenugreek, 2 capsules
- ☐ Gymnestra Sylvester, 2 capsules
- ☐ Forskolin, 2 capsules

★ **Pretraining:**

- ☐ Ginger, 1 capsule
- ☐ Cayenne, 1 capsule
- ☐ Greens+, 1 tbsp mixed in water
- ☐ Glutamine, 1 tbsp.
- ☐ Calcium (preferably Calcium Orotate, for best absorption), 2 pills

★ **During Training:**

- ☐ Branch Chain Amino Acids (BCAAs), 20-40 grams diluted in water

## ★ Post-Training:

- ☐ Vitamin C, 2 capsules
- ☐ Whey Protein Blend (Hydrosolate, Isolate, Concentrate): 1 1/2 scoops mixed in water
- ☐ Glutamine, 1 tbsp.
- ☐ Greens+, 1 tbsp mixed in water

☆ **With Dinner:**

- ☐ Fish Oil, 2 capsules
- ☐ Coenzyme Q10, 1 capsule
- ☐ Vitamin C, 2 capsules
- ☐ Bladderwack, 1 capsule
- ☐ Calcium (preferably Calcium Orotate, for best absorption), 2 pills
- ☐ Gymnestra Sylvester, 2 capsules
- ☐ Forskolin, 2 capsules

☆ **Before Bed:**

- ☐ Glutamine, 1 tsp
- ☐ Branch Chain Amino Acids (BCAAs), 2 capsules

### ☆ Other Items Needed

- [illegible]

## ☆ Supplement Descriptions

**Fish Oil:** The EPA and DHA in fish oil increases utilization of stored fat, and decrease the potential to store fat. It also reduces stiffness and inflammation, and promotes blood flow to the brain. Use herring oil or salmon oil in the summer to avoid excess vitamin D with sun exposure. Use Cod Liver Oil in the winter for extra vitamin D to accomodate less sunlight.

**Conjugated Linoleic Acid (CLA):** A natural component of beef, turkey, and main dairy products that has been shown to reduce bodyfat stores, especially abdominal fat. A deficiency of CLA can inhibit fat from being used as a fuel. Research shows that there can be a significant reduction in body fat when using CLA, but there is no additional effect with doses exceeding 3.4 g/day (Blankson, H. et al. Am Soc Nutr Sci 2000)

**Gamma Linolenic Acid (GLA):** Is necessary when alcohol, saturated fats, sugar, and viral infections deplete the enzyme in the body that converts Omega-6 into GLA. In one study, half the overweight subjects lost weight without any conscious effort by using 400 mg of GLA daily.

**Calcium:** The research has shown a link between calcium consumption, and decreased body fat. If your diet is low in calcium, the body produces calcitrol, a hormone that will boost fat storage. Calcium orotate is the preferred source of calcium.

**Fenugreek:** Used by the food industry to give the smell and taste of maple syrup to imitation maple syrup. Fenugreek promotes the usage of glucose in the peripheral tissues, and slows down the rate of gastric emptying, for better insulin management. Take 2 tabs, twice a day.

**Greens+:** Is loaded with antioxidants to suppress the damaging effects of free radicals post-workout. Also is highly alkaline, which promotes the bondage of oxygen to hemoglobin, to help enhance endurance performance, especially in the heat, or outdoors in the presence of carbon monoxide emissions. Food alternatives include wheatgrass juice or spinach.

**Bladderwack:** Is a type of algae grown on underwater rocks. Is a good source of iodine, and tyrosine - both of which are necessary to synthesize the thyroid hormone T4, the metabolism boosting hormone. 2 tbs twice a day.

**Vitamin C:** Research shows vitamin C lowers cortisol levels, helping to protect muscle tissue from being catabolized. It is also beneficial for immune support to better facilitate recovery.

**Forskolin:** Derived from the roots of the Coleus forskohlii plant, can improved contractility of the heart muscle, and relaxation of the smooth muscle. 50 mg 3 times a day.

**Ginger:** A thermogenic herb that thins the blood through it's effect on platelet aggregation.  
• *Do not take if on an anticoagulant or if scheduled for surgery.*

**Cayenne:** A thermogenic supplement that improves fat utilization after meals. Is also noted for its anti-inflammatory effects.

**Branch Chain Amino Acids (BCAAs):** The branch chain amino acids contain the combination of

leucine, isoleucine, and valine. They are used as a form of energy by the cell, prevent post-workout soreness, raise growth hormone and insulin while training, decrease body fat (especially in the mid-section), and prolong endurance performance in the heat.

Drink 20--40 grams of the powdered form, diluted in water throughout your workout.

**Acetyl-L-Carnitine (ALC):** There is evidence to suggest that 5 to 7 grams of ALC combined with phosphatidylserine increases strength to the same degree as a dose of 30 to 60 mg of ephedrine. Brain Vitale contains these 2 ingredients, but is expensive. Take on an empty stomach first thing in the morning, have breakfast, and then workout.

**Glutamine:** Ensures proper functioning of the immune system and can stimulate growth hormone release. When the body receives a large dosage of glutamine, it instinctively knows whether to use it to stimulate the brain, or tranquilize the brain, by converting it to either excitotoxin or GABA. If you're feeling tired, a single dose of 20 to 30 grams will increase your training drive and motivate you to workout in minutes. Post-workout, Glutamine peptides offer 20x better absorption than L-Glutamine.

Supplement descriptions applied from The German Body Comp Program by Charles Poliquin, Q & A with John Paul Catanzaro, the NSCA 2004 Conference Manual, and various research articles.