



**JEREMY
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SUPPLEMENT GUIDE

INTRODUCTION

If I had to guess, real food makes about **90-95%** of your results, and supplements cover the **5-10%** gap to get you to your goals. Now, this is just me guessing on the %, we are all different, but my take is "**real food is always king.**" Sadly, many Americans don't know how to eat, or their current diets are void of many of the essential micronutrients needed for optimal health. So, we have supplements to fill the gaps or cover the holes in nutrition.



PROBIOTICS

What are probiotics?

Probiotics are “good” bacteria that live in your gut. Unfortunately, most Americans get too much “bad” bacteria built up in their guts. They then suffer from poor gut health. This can cause digestive issues and overall poor immune function. Probiotics can provide your body with a much-needed balance and keep you and your gut healthy while improving digestion and food absorption.

FISH OILS

What are fish oils good for?

We all know inflammation is terrible, horrible, and nasty for our bodies. Fish oil helps decrease the inflammation in your body, which helps us avoid things like arthritis and prevent heart disease and other chronic conditions.

MULTIVITAMIN

Why do I need it?

Not to get into tremendous detail, it's to cover the gaps in your nutrition plan to ensure that you get enough micronutrients to stay healthy. Most Americans are not eating enough quality nutrient-dense foods; this helps keep your body functioning, filling the holes your diet leaves.

VITAMIN D

Why do I need vitamin D?

Many Americans are deficient in vitamin D. About three years ago, when I went in for blood work (and I live in sunny AZ), I found out I was deficient in vitamin D. I mention that because the majority of our vitamin D is absorbed through the sun, it's the best natural source of vitamin D there is. So, if I was deficient in sunny Arizona, you might be too. The benefits of vitamin D, to name a few, are that it supports immune function and makes our bones healthy and strong. That alone is enough reason to get on track with vitamin D.



POWDERED GREENS

Why do I need them?

Like a quality multivitamin, most Americans don't even eat one single serving of green veggies per day. That stat is taken from me and the dozens of people I meet each week for consults. Many don't eat veggies daily; some don't even eat them weekly. But, depending on your green supplement, you can get quality micronutrients, fiber, prebiotics, and other vital vitamins and minerals in a tiny scoop! This is a no-brainer for those who don't eat enough veggies.

PROTEIN POWDER

Why do I need it?

Protein is the building block of muscle, which is your metabolism. So, if you want to be strong, lean, and sexy, you need enough protein daily. On the other hand, if you can eat enough protein daily to reach the macro goals, you might rarely need powders. When people travel or get busy it's difficult to get enough protein in. Powders are a quick healthy, effective way to fill the gap and keep your body full of muscle-building, fat-fighting protein.



COLLAGEN

Why should I take it?

If you're suffering from stiff, painful joints, deep wrinkles, dull-looking skin, brittle hair and nails, or have lost the strength in your bones then you may be lacking a crucial protein your body. This protein is collagen. It is the most abundant protein in your body and acts as the glue that holds your body together. Like glue, healthy collagen makes it easier to have healthy skin, hair, nails, stronger bones and muscles, and softer, more flexible joints.

Unfortunately, although we may not realize it, as we age, our collagen depletes 1 to 2% per year, leading to significant changes in our bodies.

I recommend purchasing from a reputable company that offers the highest quality collagen consisting of all three collagen classes found in your body.

TUMERIC

Why should I take it?

According to the WHO (World Health Organization), chronic inflammation is the biggest threat to human health. It can lead to heart disease, diabetes, arthritis, age-related brain disorders, chronic obstructive pulmonary disease, allergies, and cancer. Turmeric is a 4,000-year-old spice that can help lower inflammation. It works at the cellular level by blocking the molecule NF- κ B, which plays a significant role in inflammation and chronic diseases. By supplementing with turmeric can support a healthier inflammatory response, reduce the risk of chronic illnesses and kick yourself out of a constant state of inflammation.

HELPFUL LINKS

JAYLAB PRO

Omega-3 Fish Oil

JAYLAB PRO

Fermented Tumeric

COLLAGEN

Code **JSF40**

for 40% off first order

PROTEIN

Code **PP10** for 10% off

ATHLETIC GREENS

1 year free vitamin D3 and 5 free travel packs with order one or DM me for a FREE sample to try