SUPPLEMENT GUIDE

SHOP MY GO-TO SUPPLEMENTS & LEARN MORE

Click Here to shop the supplements I love and trust — plus get free shipping!

Read on for more info about the specific products I use and why they could help you, too!

CLICK HERE TO SHOP WITH FREE SHIPPING!

SUPPLEMENT GUIDE

WHAT YOU SHOULD KNOW ABOUT 'EM

In an ideal world, no one would need dietary supplements. Our balanced diets would provide all the macro & micro-nutrients that our bodies need to survive & thrive. However, we are not perfect & taking supplements can provide additional & essential nutrients that can help us achieve our health & fitness goals more efficiently & easily.

Consuming the right amount of nutrients from the whole foods we eat can be nearly impossible.

Supplementation is meant to bridge that gap in our diets & “supplement” the areas where we fall short. I am a firm believer in never settling.

If I have control of what I put into my body, the home I live in every single day, obviously I am going to choose the brand leading the industry in high quality sports nutrition supplements.

For years, I searched for a supplement brand I could trust & recommend to my clients.

I AM HONORED TO REPRESENT A BRAND THAT I TRUST 100%

After my first time trying 1st Phorm, not only did I taste the difference, but more importantly, I FELT the difference. I was hooked on 1st Phorm from the moment I tried it!

However, after doing my research & learning about how they create their products & the ingredients they use, I am confident that they are the last brand I'll ever use. It is my absolute pleasure to represent 1st Phorm & educate you on the products I trust & use every day.

SUPPLEMENT GUIDE

WHAT I TAKE & RECOMMEND

POST-WORKOUT STACK

WHAT'S IN IT?

- Hydrolyzed Whey Protein Isolate
- Glycogen replenishing carbohydrates

WHAT'S IT FOR?

- Speeds up recovery process post workout
- Promotes lean muscle growth
- Reduces muscle soreness
- Can help aid in fat loss

WHEN TO TAKE IT:

- Within 1 hour of resistance or intense training

MY FAVORITE FLAVORS:

- Mint Chocolate Cookie
- Cinnamon Toast Crunch
- Root Beer Float

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MICRO-FACTOR NUTRIENT PACK

WHAT'S IN IT?

- 3 Multivitamin capsules
- Antioxidants capsule
- Probiotic capsule
- Fruits & veggies capsule
- Essential fatty acids capsule
- CoQ10 capsule

WHAT'S IT FOR?

- Key nutrients for overall improved health
- Increase immune function
- Improved digestion

WHEN TO TAKE IT:

- Daily, with a meal of choice

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GREENS & REDS

WHAT'S IN THEM?

- Each contains a powdered blend of 50 gluten-free & alkalizing ingredients, including: diverse veggies, colorful fruits, superfoods, herbs, digestive enzymes, probiotics, antioxidants & more.

WHAT'S IT FOR?

GREENS

- Reduces bloating
- Improves digestion & gut health
- Boosts immune system
- Increases natural energy
- Key nutrients to help you feel your best

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GREENS & REDS CONT.

REDS

- Boosts metabolism & immune system
- Helps fight free radicals
- Reduces inflammation
- Improves blood flow
- Increases natural energy
- Anti-aging benefits

WHEN TO TAKE IT:

- Daily, anytime you prefer
- Together or separately, mixed in water

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LEVEL-1 PROTEIN

WHAT'S IN IT?

→ Low temperature processed assimilation lean protein.

WHAT'S IT FOR?

- Slow digesting meal/snack replacement
- Helps to Prevent Muscle Breakdown
- Helps to Promote Muscle Repair & Growth
- Amazing taste & smooth texture that's great for baking, adding to coffee, shakes & more!

WHEN TO TAKE IT:

- Anytime throughout the day when you need a quality & convenient source of protein.

MY FAVORITE FLAVORS

- Chocolate Banana
- German Chocolate Cake
- Cinnamon Cookie Batter

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LEVEL-1 PROTEIN BARS

WHAT'S IN IT?

- Low temperature baked, high quality, macro balanced meal/snack

WHAT'S IT FOR?

- Convenient & delicious meal/snack replacement
- Quick, grab & go food for when you're in a hurry, don't want to cook, or simply just want a sweet & tasty treat!

WHEN TO EAT ONE:

- Anytime throughout the day when you need a quick & balanced meal high in protein

MY FAVORITE FLAVORS:

- Chocolate PB Pretzel
- Apple Crisp
- Chocolate Chip Cookie Dough

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COLLAGEN PROTEIN

WHAT'S IN IT?

- Low Temperature Processed Hydrolyzed Collagen powder
- 50mg per serving of Dermaval™ - a revolutionary complex that increases & helps maintain healthy levels of elastin in the body

WHAT'S IT FOR?

- Healthier hair, skin & nails
- Stronger bones, joints, ligaments & tendons
- Slows signs of aging/wrinkles

WHEN TO TAKE IT:

- Daily, mixed with coffee, water, milk or any other beverage of choice. You can even bake with it!

MY FAVORITE FLAVORS:

- Flavorless
- Chocolate
- Salted Caramel

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FULL MEGA (FISH OIL)

WHAT'S IN IT?

→ Omega-3 Fish oil rich in both EPA and DHA

WHAT'S IT FOR?

- Supports heart health
- Reduces inflammation
- Joint health
- Supports healthy brain function

WHEN TO TAKE IT:

- Daily with food

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CREATINE MONOHYDRATE

WHAT'S IN IT?

→ Pure creatine monohydrate

WHAT'S IT FOR?

- Explosive power & strength
- Enhanced athletic performance
- Better endurance
- Improved muscle energy regeneration
- Increased muscle cell volume

WHEN TO TAKE IT:

- Anytime of day in water or your favorite drink

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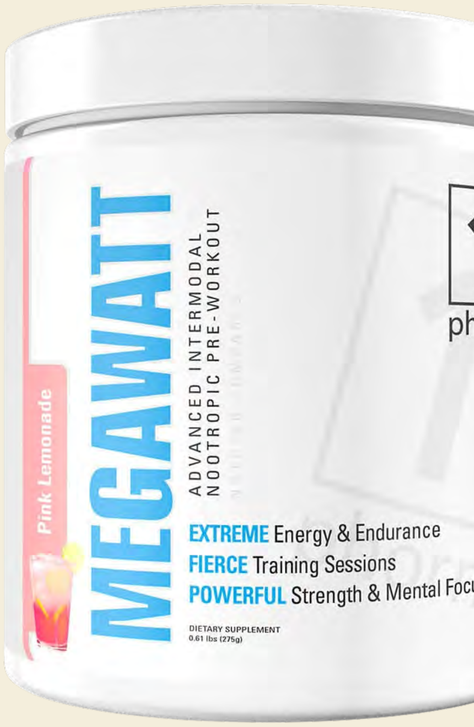
MEGAWATT (PRE-WORKOUT)

WHAT'S IN IT?

- 150mg of natural caffeine
- Nootropics
- Electrolytes
- B Vitamins



WHAT'S IT FOR?

- Increases energy & endurance
- Fierce training sessions
- Improves mental focus
- Delays muscle fatigue

WHEN TO TAKE IT:

- 15-30 minutes before working out

MY FAVORITE FLAVORS

- Pink Lemonade
- Summer Cooler

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MAGNESIUM

WHAT'S IT FOR?

- Promotes muscle & relaxation
- Has a calming effect on your mind & body
- Improves cardiovascular health
- Strengthens bone structure

WHEN TO TAKE IT:

- Daily, usually 30-60 mins before bed

MY FAVORITE FLAVORS:

- Peach Rings
- Strawberry Kiwi
- Chocolate Sea Salt

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L-CARNITINE

WHAT'S IN IT?

- L-Carnitine
- L-Tartrate
- Fucoxanthin
- Green Tea Extract

WHAT'S IT FOR?

- Turns body fat into usable energy
- Combats fat storage
- Helps burn stubborn fat
- Improved mental cognition

WHEN TO TAKE IT:

- Anytime, twice per day with 8oz of water

MY FAVORITE FLAVORS:

- Berry Lemonade
- Strawberry Mango

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HARMONY

WHAT'S IT FOR?

- Balances female hormones
- Improves skin complexion
- Enhances energy & mood
- Reduces symptoms associated with your monthly cycle or menopause

WHEN TO TAKE IT:

- Twice daily, with breakfast & lunch

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QUESTIONS?

Go to my profile and tap the message icon

CPT FIT.

Claire P Thomas