



WEATHERFORD **FIT**

SUPPLEMENT CHEAT SHEET

Steve Weatherford's
Personal Guide to Pro Sups

LEARN

*The Latest Trends In
Athletic Recovery*

OPTIMIZE

Your Most Valuable Asset

(YOUR BODY)

...Without Wasting \$\$\$



www.weatherford5.com

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What I'm about to share with you is based upon 23 years of unlocking my own genetic potential.



I am a physical instrument of precision, power, flexibility, focus and strength.

My unique journey of 10+ years in the NFL exposed me to working with and learning from the greatest thought leaders in the space of human performance, nutrition, and supplementation.

Olympic dieticians, nutritionists, Team USA coaches, anti-aging specialists, and hormone specialists... I've worked closely with them all to tune my own body and mind.

I'm not trying to convince you to take what I take.

I am trying to show you my world. Read this advice with your own path in mind.

I'm not an just another "instagram influencer".

I am a professional athlete with decades of experience. I am a husband of 14 years and a father to five kids who are my world.

Today I stand stronger and healthier than ever, even compared to my pro career. I workout as regularly as possible and take supplements at 4 different times during the day.

If you are interested in supplementing like a real pro, understand it is not cheap. Pay attention, part of my goal in this guide is to ensure you are maximizing what you are taking by supplementing smart.

Know that my consistent investments into my training, nutrition, and supplementation have yielded a great reward.

Let's Dive In.....

The statements made within this guide have not been evaluated by the Food and Drug Administration. These statements and the products of this company are not intended to diagnose, treat, cure or prevent any disease. These products are not intended to diagnose, prevent, treat, or cure any disease.

Individual results will vary. Talk to your doctor before starting a new exercise routine, supplement, or diet regiment.



SUPPLEMENT ABC'S

The year was 1995

I'll never forget the first tub of pure monohydrate creatine I got my hands on!

I was 14 years old and I was so excited to gain an edge on my competition. It tasted like ground up baby aspirin..... but it worked. I went from 108 lbs as a 14 year old freshman up to 220 lbs as a senior. I went from skeleton to large and in charge. I fell in love with training, nutrition, supplementation. I was bio- hacking long before it was a recognizable lifestyle term. With all that being said, I am not a doctor, I am not a nutritionist, I am certified in no way to give you medical advice. I did study Pre- Med and kinesiology (exercise science) at the University of Illinois. Never Graduated; left a semester early to train for the NFL draft.



DEFINE:

Athlete (ath·lete): A person who is proficient in sports or other forms of physical exercise. *Ex. You.*

Body (bod·y): The physical structure of a person or beast, including the bones, flesh, and organs.

*Ex. Look down, you've got one.
Let's get it running right!*

Mind (mind): The element of a person that enables them to think, be aware of the world, and make decisions.

*Ex. I *think* you get it.*

Supplement (sup·ple·ment):

Something that completes or enhances a body's function.

Ex. Fish oil is an commonly used athletic supplement.

Metabolism (me·tab·o·lism): Chemical processes which occur in a living organism in order to maintain life.

Ex. The metabolism of fat results in fuel for muscle and brain.

Enzyme (en·zyme): Something that brings about a specific biological reaction.

Ex. Enzymes trigger processes which turn food into nutrients.

Probiotic (pro·bi·ot·ic): A substance which stimulates the growth of microorganisms, especially those with beneficial properties.

Ex. Probiotics stimulate gut health with microorganisms.

Cannabidiol (CBD) (can·na·bi·di·ol): A nonintoxicating compound found in cannabis and hemp that is known for medicinal benefits.

Ex. CBD provides relaxation without a mind fog or "high"



Taking the correct supplement is vital. Equally important is how & when you dose.

On the next page I will share with you the “**Supplement Sequence**” that I have been coached into using for the past 17 years. This sequence is very simple! You will take supplements at 4 different times during the day. Set reminders on your phone until it becomes habit. Once your body begins to consistently get what it needs **WHEN** it needs it your focus, your energy, your performance, your mood, and your recovery will make unbelievable improvements.

You don't need a “magic supplement”. You need the right supplements in the right sequence.



My supplement sequence has been formulated by the best in the world. Like I said earlier, it's not cheap. It's going to be a little bit of a pain in the a\$\$ initially. I never expected changing my life to be easy, but man it's worth it!

Cheat Sheet: The Supplement Sequence

1

FIRST THING IN THE MORNING

- ① I usually train fasted in the morning, aside from these supplements.
 - ① Start brisk with 12-20 oz of water and one scoop of Amino Energy mixed in.
- A crisp wakeup boosts overall brain power. My morning starts around 5:30-6:00 AM. Amino Energy, Kre-Alklynm, and Fat Metaboliser jump start performance. GABA, Glutamine, Tumeric, Metabolism Aid, and Probiotic cycle the metabolism.



PROBIOTIC

1 CAP

FAT METABOLIZER

1 CAP

METABOLISM AID

1 CAP



TUMERIC

1 CAP

KRE-ALKLYN

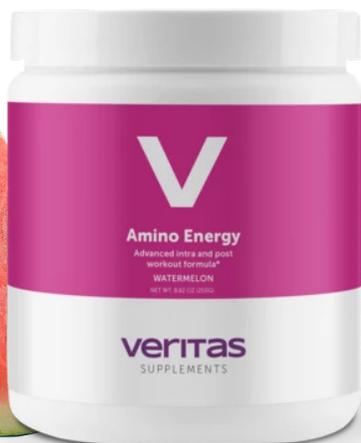
1 CAP

GABA

1 CAP

GLUTAMINE

1 CAP



RAPID DUAL PURPOSE BLEND HYPER EFFECTIVE @ GO

This light flavored mix provides beneficial nutrition alongside a powerful non-jittery lift. Contains an amino blend formulated to aid muscle recovery, soreness, performance, and hydration. Easily mix into any beverage pre, post, or intra workout for precision use application.

2

AFTER BREAKFAST

- ① After morning training I eat breakfast and follow up with this supplement stack
- ① Typically around 10 AM

Now that our wake up workout is over, it's time to set the rest of our day up for success. Kre-Alklyn, BCAA, and Glutamine aid muscle recovery. Greens and Kelp crush micronutrient targets. Metabolism aid, Astaxanthin, and the three oils provide relief from inflammation and keep body processes in cycle.



GREENS 1 SCOOP



METABOLISM AID 1 CAP



DIGESTIVE ENZYMES 1 CAP



NORDIC FISH OIL 1 SOFTGEL



KELP 1 CAP



ASTAXANTHIN 1 CAP



VITAMIN D3 1 SOFTGEL



KRE-ALKLYN 1 CAP



GLUTAMINE 1 CAP



KRILL OIL 1 SOFTGEL



BCAA 1 CAP

WHY VERITAS GREENS?



I Hate Broccoli. Spinach is expensive. Greens is a tasty, wholesome go-to.

One delicious scoop of Veritas Greens contains entire daily micronutrient necessity for an active body. It is 100% organic and contains multiple servings of superfoods that have powerful effects on overall health.

When I provide my body with these essential nutrients I look better, feel better, and perform better. I trust Greens every morning as a quality diet staple.

I mix one (1) scoop daily into my after breakfast workout shake.
Greens is a powder that easily mixes into any shake or just water.

2

AFTERNOON

- ① **Take on an empty stomach a couple hours after lunch.**
- ① **This is typically 3 PM**

BCAA, Glutamine, and Tyrosine continue to fuel the body's repair process and regulate hormones. I take GABA at this time to support my attention through the rest of the day.



BCAA

1 CAP

GABA

1 CAP

TYROSINE

1 CAP

GLUTAMINE

1 CAP

Cheat Sheet: Supplement Sequence

4 AFTER DINNER

ⓘ Take right after your dinner meal. For me, this is typically around 8 PM.

At night I am preparing my body for restful sleep and maximum recovery. CBD, Tumeric, and D3 are the mental unit of my below recipe for a mighty rest. Tumeric, Glutamine, BCAA, Magnesium and Oils take care of the body's recharge.



CBD CONCENTRATE 1 DROPPER



MAGNESIUM 1 CAP



NORDIC FISH OIL 1 SOFTGEL



BCAA 1 CAP



GLUTAMINE 1 CAP



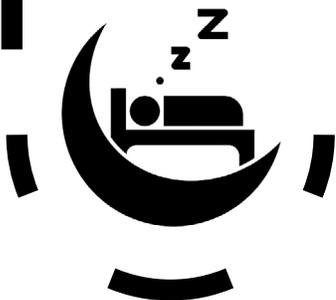
TUMERIC 1 CAP



VITAMIN D3 1 SOFTGEL



KRILL OIL 1 SOFTGEL



ⓘ Restful sleep is essential to athletes

A study of Stanford University basketball team players revealed that an extra 2 hours of sleep measurably improved athletic performance. Player's free throws became 9% more accurate and their speed increased by 5%.

Cheat Sheet: Steve's Takes

Nordic Fish Oil



This is the most important supplement to not go cheap on. As you noticed I take 3x the recommended servings! I happen to take triple because my activity level is high, so my inflammation level is high. The fish oil helps keep it low.

I think everyone should be taking double the recommended dosage. Nordic Fish Oil is one of the most studied and talked about supplements for a good reason. The anti-inflammatory benefits are support a multitude of body functions from brain to brawn.

Tumeric



I take Tumeric twice a day to benefit from its natural inflammatory effects. When I was playing football I would take alot of Alevee and other NSAID's to keep my inflammation low. Now with turmeric, fish oil, and CBD I dont take Alevee or any pain killers, nor any other antinflammatories. Paired with its antioxidant properties, tumeric is one of the most talked about supplements for a good reason.

Kre-Alkalyn



I take it on an empty stomach before and after I train, twice the recommended dosage. The reason is because when this is taken before and after your workout its going to help with building muscle, improve endurance during your training, and aid recovery afterwards.

Vitamin D3



I think it's extremely important to get vitamin D3 two times during the day, especially in the winter. It helps with inflammation and immunity naturally. The more often you can get vitamin D3 through supplement or sun, the healthier you will be and the happier you will feel.

GABA



I strongly recommend GABA during the day. I personally take more than most people. The reason that I do this is because I have ADHD. I tend to have racing thoughts and be almost in “fight or flight mode” during most of the day. GABA helps me to operate with focus and intention during the day. I make sure to take it at night too when I am ready to settle in, as GABA calms my central nervous system.

Cheat Sheet: Metabolism



FAT METABOLIZER:

When I start a fire, I pour gasoline on it.

You wouldn't want to begin any program without Fat Metabolizer. Maximizes all the benefits of your routine and takes your fat burning to the next level, even while you sleep. Includes 3 of the most proven, tested, and popular fat loss ingredients in an all in one, done-for-you formula.



DIGESTIVE ENZYMES:

Society feeds us junk. Enzymes break it down.

Our culture is hooked on processed foods, preservatives, and sugar. These foods always pop up in our diet, even when trying our hardest to be strict. Digestive enzyme supplements the body to break down difficult proteins, fats, and carbohydrates. Also assists the body in assimilating nutrients to make more energy and promote weight loss.



PROBIOTIC-50:

An athlete is only as good as their gut.

Probiotics are live bacteria that are good for you and live naturally in your digestive system. Probiotics are often called "good" or "helpful" bacteria because they help keep your gut healthy. From a healthy gut comes nutrition absorption, hormonal balance, and more. A Probiotic-50 capsule contains 50 billion gut bacteria proven to play a factor in intestinal health.



METABOLISM AID:

My metabolism drives my body with balance.

Conjugated Linoleic Acid (CLA) is a naturally occurring free fatty acid found in milk, cheese, beef and lamb. Formulated for absorption with properties that may lower blood pressure and support the heart. This potent antioxidant aids in reducing body fat deposits and weight loss. Shown to additionally benefit immune function and limits food allergy reactions.

Need A Mental Pickup? Try Steve Weatherford



Life is rough, training is hard. I've been down a similar path as you and have learned a thing or two to pass on. I am here to talk with you personally about your struggle if you don't mind a reasonable fee for my time. Don't be shy, if you need guidance reach out! I love helping people, this is why I do it! -SW

For a limited time all are invited to apply to Steve Weatherford's private access coaching program.

Message Steve directly on Instagram or Facebook with your story for more information.

Great teams work together.



“THE HOLY GRAIL OF GUT HEALTH”

The gut is the first step in absorbing nutrients for muscles and fuel.
Metabolism drives every single bodily process after that.

You hear about this Veritas lineup on my social streams DAILY because I supplement it daily!
When I support and give love to my body’s most critical functions, it gives me love back.
Verita labs produces quality supplements that athletes can trust everytime

Now you can save 30% by bundling this perfect lineup.

For the first time ever, Veritas Labs is allowing me to bundle this entire package so I can pass the cost savings onto you. If you’re serious about supplementing like a pro and maximizing your investment, this is your opportunity.

Try what I use, and if it works for you, mission accomplished. If not, just reach out and we will take care of you. The Weatherford Family Guarantee promises total satisfaction or 100% of your money back.



Cheat Sheet: Athletic Standard



Nordic Fish Oil

Extensive research has documented the health benefits of the compounds in fish oil which include not only support for a **healthy heart**, but **brain and cognitive function**, joint mobility, eye health, pregnancy and lactation, healthy **skin** and **hair**, and much more.



Tumeric

This orange powder is a big part of the reason why I don't have to take Alevee or any pain killers. Contains curcuminoids, a group of **antioxidants** that **have strong, natural anti-inflammatory benefits** along with supporting joints. Tumeric is a personal favorite and should be highly considered.



Krill Oil

An excellent source of Omega-3s EPA, DHA, Astaxanthin and Phospholipids similar to Nordic Fish Oil. Supports **healthy cholesterol levels** and helps to **maintain healthy blood pressure** within a normal range.



Kre-Alkalyn

With creatine I gain strength, build muscle, and enhance performance. Kre-Alkalyn is a fully stable "buffered" creatine molecule that is designed for **maximum absorption** unlike cheaper forms of creatine. A must try for serious lifters.



Vitamin D3

A simple and effective way to **show your immune system some love**. Getting a sufficient amount of Vitamin D3 is critical to your immune function. Especially good in the winter months when you spend less time in the sun.



Magnesium

Mood, muscle, and more. Magnesium is involved in 300+ biochemical processes & helps support a healthy heart. Such a beneficial and cost effective supplement is a no brainer.



BCAA

One of the most important supplements for an athlete's shake. Help kick-start **protein synthesis** which plays an important role in muscle building. **BCAAs are essential**, meaning that they must be consumed through the diet and cannot be synthesized by the body.

Shop Recommended 



Kelp

Kelp is a natural source of iodine which supports normal **thyroid function**. Your thyroid is an important regulator of hormones. Kelp is high in **antioxidants**, including carotenoids and flavonoids, which help fight against disease-causing free radicals.



GABA

Improve the Zzz's in your routine. Well known as an **all natural sleep aid**. It may help to **ease nervous tension, reduce stress and anxiety**, promoting positive mood and a feeling of well-being. GABA also supports healthy memory and cognitive functions by helping to improved concentration and lower hyperactivity and impulsivity.



Tyrosine

This amino acid plays an important role making dopamine, adrenaline, and their counteracting compounds in your brain. These compounds support positive mood and mental alertness. Tyrosine is also necessary for thyroid function.



Astaxanthin

This amino acid plays an important role making dopamine, adrenaline, and their counteracting compounds in your brain. These compounds support positive mood and mental alertness. Tyrosine is also necessary for thyroid function.



Glutamine

Amino acid which is involved in more metabolic processes than any other amino acid. Glutamine is known to support a healthy gut, immune system, and muscular recovery. It serves as an important source of energy for intestinal and immune cells.

📌 Grab A Morning Workout That Targets Your Needs



Cheat Sheet: CBD

Cannabidiol (CBD) is derived from hemp, a cousin plant to Marijuana.

The benefits of CBD are legal: CBD does not contain THC, the compound in marijuana that fogs your mind and gets you “high”.

CBD is known for many benefits related to inflammation, anxiety, rest, and more. In this section I have compiled the ways I find CBD benefits me.



MY TOP CBD PICKS FOR RECOVERING ATHLETES

TIP: SAVE 10% ON ALL CBD BY USING PROMO CODE WEATHERFORD AT PURESPECTRUMCBD.COM



Comfort's Cleanest Form: CBD Tincture Drops

I take CBD every night especially when training hard, it puts my body at full rest so I can recover faster after workouts. As an added bonus, CBD seems to remedy my ADHD (focus) when it's time for business.

I need to perform at my highest level so I use the most trusted and potent brand. Pure Spectrum's Black Label CBD Oil features a clean tasting extra strength formula that works great for me everytime.

I take one (1) dropper daily:
After dinner to prepare for bed.



When something hurts, I rub CBD on it.

This Recovery Salve is formulated for both the serious athlete and anyone who pursues an active lifestyle.

As a powerful and potent topical, Recover is sourced from organic phytocannabinoid-rich hemp extract, combined with simple, all natural ingredients - and infused with twice the amount of cannabidiol as typical other lotions and salves.

I apply to affected area when needed.



Self care is important. Man or woman, you will benefit from a relaxing bath.

Mined from the ancient subterranean formations of the Zechstein Sea and infused with 25mg of cannabidiol CBD. Recharge body and spirit with this soak. In a warm bath this formulation opens your pores allowing the magnesium chloride flakes to provide intense healing for your active lifestyle.

Definitely a “Must-Try” for those who seek enhanced relaxation.

I enjoy every two (2) weeks:
Enjoy at night before bed
Create a relaxing environment
You know, dim lights. Low music
Fill tub with warm water, add soak
Lie down and relax for 30 minutes
Invite partner on occasion

Stay Sharp, Stay Fit, and Stay Motivated.

If there is one thing you should take from this cheat sheet, remember this:

Our body and mind are our most powerful asset.

Put the investment in and you will reap the rewards.

Two things I know "for sure" are true about life: you can't get something from nothing, and good things don't come cheap.

It's your time, so let's get it.



Steve Weatherford

