



What About Supplements?: How and When to Use Supplementation to Maximize Your Health and Fitness Results

Chris Lutz

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Supplementation isn't a miracle, it's a strategy. In order to maximize results, you need to go about it in a sensible way. Some people like to use supplements, others don't. That's a personal choice you'll have to make and we hope to help you with this guide.

You have to start with a good foundation. Initially we go over good basic nutrition principles on which to build. Then we show what a sensible meal plan should look like. And finally how you can create an insurance policy with safe and effective supplements. You can fine tune and remove some stress from your life by incorporating supplements as tools to add convenience to your life or fill in gaps where your nutrition may be lacking.

We'll take a look at some specific products and how and when to specifically implement them or not.

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