

KB Health Coach Suggested Supplements

Supplement	Details & why you should try it!
	<p>Genuine Health Omega-3 (improve overall health)</p> <p>Omega-3 fatty acids are integral to our health and well-being and are an important component of every cell in our body. Research has proven that Omega-3 from wild fish oils, like those in omega3 provide the best source of EPA and DHA for a healthier heart, brain, skin, mood, joints and more.</p> <p>Take 1-3g a day for the biggest benefits. (ie. 1x 1000mg at a meal)</p>
	<p>Probiotics- Genuine Health (improve digestion and overall gut health)</p> <p>Probiotics are a great way to keep your system running regularly. There is a gut-brain connection that has been heavily researched to show that your mood and energy levels could be due to poor gut health. If you have taken antibiotics or don't eat fermented foods, this is a supplement you should be taking daily.</p> <p>Take one capsule once a day.</p>

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Greens+ (if you don't get enough vegetables)

Bring your meal plan into better balance with Biosteel Sport Greens. This nutritional drink contains Spirulina, Barley Grass, Alfalfa, Broccoli, Spinach, kale, Goji, Blueberry, Camu Camu, Coenzyme-Q10, Tart Cherry, Green Tea and other whole food ingredients rich in vitamins, minerals and antioxidants.

BENEFITS

- Superfood loaded
- Performance
- Cardiovascular Health
- Mood & Cognitive Function
- Digestive Health
- Energy & Vitality



High Performance Sports Drink (BCAA's, the building blocks of protein, lots of flavours)

BioSteel provides hydration and electrolyte replacement, as well as sustained energy without the use of sugar or caffeine. This premium mix contains amino acids, minerals and vitamins which all help reduce fatigue and increase performance whether you're competing in sport, working out or grinding through the workday.

Put one scoop in a full water bottle or shaker cup and enjoy during your workouts or once throughout the day if no workout is planned.

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Protein Powder -Vega (this brand has many great flavours/options)

Protein powder is a great way to bump up your protein intake in a quick and easy fashion. Always get a protein that has no fillers or junk. I always suggest a vegan based option if you are working through some food sensitivities or want to stay as clean as possible and avoid gastrointestinal issues from dairy or whey.

Keep protein powders or bars to 1-2 times a day maximum so you can focus on getting enough protein from food first. I suggest having it post workouts, but it can be used in baking or other times in your meal plan as well.



Collagen- (Organika or Genuine Health are great options)

Collagen will help your hair grow, build strong nails, improve joint health, improve gut health and make your skin glow.

Always buy an unflavoured option to avoid added sugar or junk. We want clean collagen.

Take 1-2 scoops a day in your coffee/water/shake/yogurt etc.



Vitamin D3 (take in the winter or if low in testing)

This will help improve absorption of other vitamins and minerals while improving mood, building bone, and reducing inflammation.

Take minimum 1000IU per day, up to 3000IU if needed.

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PVL 100% Pure Creatine (increase muscle mass)

100% Pure Pharmaceutical Grade Creatine. Nano-micronized for the highest solubility and uptake. Creatine helps deliver power, strength and speed. The most scientifically proven supplement ever made, creatine should be a staple in every exercisers supplement arsenal.

- Improves performance in high intensity training
- Increases power & strength

Take one scoop in water or shake after each workout.



Magnesium (sleep & muscle cramps)

This secret super-supplement can improve your sleep, decrease muscle cramps, improve digestion, increase energy, improve brain function and decrease your risk of high blood pressure, heart disease, type 2 diabetes and osteoporosis.

Ideally, we want a supplement that includes a mixture of the types of magnesium since our body uses the different forms in different areas, however any form is better than none.

Take one capsule once a day.