

## List of Recommended Nutrition Supplements

*Basics and Beyond is proud to provide our clients a 20% discount on all nutrition supplement products!*

### Whey Protein

Are you eating enough protein? If you don't get enough protein, your metabolism is lowered, your immune system suffers, and the gains from your workouts will be minimal. Adequate protein intake also helps to level out your insulin release from carbohydrates. Folks typically eat too little protein and too many carbohydrates. Record a food journal for a day or two and see how you are doing! Active folks need more protein than those who are sedentary.

- Container of pure whey protein from Optimum Nutrition comes in 60-serving and 30-serving sizes. No Nutrasweet, no carbs, only some natural vanilla bean flavoring. Discounted price is \$30.95 (save \$8.54) / \$17.95 (save \$4.50).

### Multi-Vitamin/Mineral Supplements

Even the ultra-conservative USDA recommends that most Americans take vitamin supplements. The difficulty is that most of the brands that you can buy off the shelf in drug stores are made with cheap ingredients that are not very usable in the body (how much of a substance your body can absorb is called *bioavailability*). The key to a quality multivitamin supplement is to use a brand that is manufactured with highly bioavailable forms of minerals.

- TwinLab's *Dualtabs* come in bottles of 100 tablets. Take two daily. Discounted price is \$19.95 (save \$5.00).
- For extra energy, *Metabolic Nutrition System* vitamins come in a 14-day box. \$39.95.

***\*Important: The MNS vitamins contain some tea extracts and other herbal sources of caffeine for energy. If you are sensitive to stimulants, or if you are pregnant or using heart medication or an MAO inhibitor, we suggest the DualTabs instead.***

## Shakes and Bars

In order to lose weight and maintain muscle, you must eat every 3-4 hours. You also must eat immediately following your workout. Ideally, you will consume a good combination of protein and carbs every time you eat. If you need high-quality snacks, we suggest any of the following:

- *Myoplex Lite* shakes: 20g protein, 20g carbs. Comes in chocolate, vanilla, strawberry, and cappuccino. Discounted price for case of 24 shakes is \$56.00.
- *Advocare Snack Bars* come in Chocolate Peanut Butter (like a Reese's cup!), or Chocolate Honey Peanut. 17 grams of protein! Sold in boxes of 6 bars. \$14.95.

**Creatine Monohydrate** has been proven to increase strength, explosive power, and to improve recovery.

- Optimum Nutrition pure Creatine Monohydrate. No sugar or carbs. 150g. Discounted price is \$10.95 (save \$2.00).

**Branched-chain amino acids** have been well documented to delay fatigue and improve recovery from exercise.

- *Catalyst 90* capsules (30 doses) contains branched-chain amino acids and L-Glutamine. \$29.95.

**Glucosamine/Chondroitin** aids those with osteoarthritis by stimulating cartilage growth and diminishing cartilage breakdown.

- NOW: *Glucosamine/Chondroitin* mix (1500mg/1200mg). 30-day supply. Discounted price is \$25.95 (save \$6.00).
- *Advocare: Joint ProMotion* with MSM. 30-day supply \$36.95.

**Phytochemicals** (Plant-based nutrients) for anti-aging and disease prevention. **Oasis Wellness** products have the highest antioxidant content of any on the market. Good stuff!

- Ageless Xtra: Berry-based liquid concentrate.
  - Metagreens: Green plant-based powder. Mix in water, or mix in smoothie.
- One month supply \$32 - \$39 each, depending on purchase method. Please call Dan at (615) 604-8533 for specifics.

## Antioxidant mix

**Antioxidant Plus:** A broad spectrum of antioxidant nutrients that aids in protecting against free radical damage by providing anti-aging nutrition and immune-boosting protection. Contains vitamins C, E, Beta-carotene, Zinc, Selenium, Manganese; also Green Tea, Milk Thistle, and Grape Seed extracts. 30-day supply \$22.95.

## “What do I need?”

If you need suggestions for what supplements to use, we have the following popular packages available:

### **Basic Nutrition Pack** (\$77.95)

Designed for those who desire a base level of nutritional support on a budget. Includes:

1. 1 bottle (100 tablets) Twinlab *DualTabs multi-vitamin/mineral supplement*
2. 1 canister Oasis *Metagreens* (one month supply)
3. 1 box (6) *Advocare snack bars* (please specify flavor).

### **Body Armor** (\$127.75)

Offers maximum protection against disease and aging. Includes:

1. 1 bottle (100 tablets) Twinlab *DualTabs multi-vitamin/mineral supplement*
2. 1 bottle Oasis *Ageless Xtra* concentrate
3. 1 canister Oasis *Metagreens*
4. 1 bottle (one month supply) *Advocare Antioxidant Plus*

### **Energy Pack** (\$79.95)

For added energy and mental focus. Includes:

1. 1 box (14-day supply) *Advocare MNS multi-vitamin/mineral supplement* \*
2. 1 bottle Oasis *Ageless Xtra* concentrate

### **Joint Pack** (\$89.95)

For those who experience joint pain and stiffness from arthritis. Includes:

1. 1 bottle (100 tablets) Twinlab *DualTabs multi-vitamin/mineral supplement*
2. 1 bottle Oasis *Ageless Xtra* concentrate
3. 1 bottle NOW *Glucosamine/Chondroitin* mix

### **Athlete's Pack** (\$97.50)

For those engaged in heavy athletic training. Includes:

1. 1 bottle (100 tablets) Twinlab *DualTabs multi-vitamin/mineral supplement*
2. 150 grams Optimum *creatine monohydrate*
3. 60 servings of pure *whey protein* (specify flavor)
4. 1-month supply of *Advocare Catalyst* Branched Chain Amino Acid and Glutamine capsules

+ Add a bottle of Oasis *Ageless Xtra* concentrate for only \$35! You won't be sorry!

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**Exercise Equipment (prices include sales tax):**

Foam Roller \$22.00

Exercise Tubing with handles – set of 4 different strengths \$34.00

Swiss ball \$22.95

Baggy Pants \$25.00

*Fundamental Fitness* book \$21.80

If you have questions, please contact  
Dan DeFigio, Director  
Basics and Beyond, LLC  
Telephone (615) 604-8533  
[www.gettingfit.com](http://www.gettingfit.com)

## Product Order Form

Quantity	Product	Brand, Flavor, Size	Discounted price with tax
	Whey protein, small		\$19.61
	Whey protein, large		\$33.80
	DualTabs multi-vitamin, 100		\$21.80
	Advocare MSN vitamins		\$43.65
	Myoplex Lite shakes		\$59.95
	Advocare snack bars		\$16.33
	Creatine monohydrate		\$11.96
	<i>Catalyst</i> Branched-chain amino acids		\$32.72
	Glucosamine/Chondroitin, NOW brand		\$28.35
	Glucosamine, Advocare <i>Joint Promotion</i>		\$40.37
	Anti-oxidant Plus		\$25.07
	Oasis Wellness phytonutrients (Ageless Xtra, Metagreens, etc.)	Varies – call Dan (615) 604-8533	
	<b>Basic Nutrition Pack</b>		\$77.95
	<b>Body Armor</b>		\$127.75
	<b>Energy Pack</b>		\$79.95
	<b>Joint Pack</b>		\$89.95
	<b>Athlete's Pack</b>		\$97.50
	Foam roller	36"	\$22.00
	Set of exercise tubing	Set of 4	\$34.00
	Swiss ball (45cm - 65cm)		\$22.95
	Baggy Pants		\$25.00
	<i>Fundamental Fitness</i> book		\$21.80

Customer name \_\_\_\_\_ Telephone \_\_\_\_\_

Check to have this order shipped to you (\$5.95 shipping charge – Sorry, we cannot ship cases of drinks)

Check here if you would like to arrange an automatic monthly order.

Shipping address:

Total Amount Enclosed \_\_\_\_\_ (Orders will not be filled until they are paid for.)

Trainer \_\_\_\_\_ Date ordered \_\_\_\_\_

**Basics and Beyond | Telephone (615) 604-8533 | [www.gettingfit.com](http://www.gettingfit.com)**