

THE LEGACY

Supplement Guide



PRESENTED BY



Kevin Gettin's
LEGACY

FAT LOSS 12-WEEK DAILY VIDEO TRAINER



YOUR LEGACY SUPPLEMENT GUIDE

Is it essential to take supplements? No! Do I suggest them for optimal health, fat mobilization, recovery, pump, focus and energy? Yes. Can you lose weight without supplements? Yes. Do they help? Yes.

Supplements can provide up to a 5% improvement when used correctly and consistently.

I have created quite an extensive list, but I am also going to give you an option of what I deem as essential as I know some may be on a tight budget.

Don't feel pressured to buy more than you can afford and what you realistically will incorporate into your lifestyle.

LEGACY SUPPLEMENT OVERVIEW: PURPOSE AND RECOMMENDATIONS

Whey Protein Isolate

Purpose: Whey protein isolates have been proven to maximize digestion and absorption rates to boost muscle protein synthesis and get nutrients into the muscles as soon as possible. By using whey protein isolate over traditional whey protein, you can help take your post-workout nutritional protocol to the next level. Whey protein isolate can also be used as a meal replacement when you are unable to eat a full meal.

Recommendation: Take immediately post workout or as a meal replacement.

EAA's (Essential Amino Acids)

Purpose: Essential Amino Acids or EAAs are those amino acids which your body cannot produce on its own and need to be obtained through diet or supplementation. While BCAAs are a subset of EAAs, EAAs are usually a more complete grouping of the amino acids necessary to build muscle, such as L-leucine and L-lysine.

Recommendation: Add EAAs to your daily water for flavor, or take before and during workouts.

Multivitamin

Purpose: As you clean up your diet and become much more intense with your

training, your body will be requiring a higher level of micronutrients. No matter how hard we try, getting in all the nutrients we need through food alone is a very challenging task. Whether it be food preference, availability of food or simply the amounts that we can eat within our macronutrient ranges, supplementing with a whole food multivitamin is simply a must.

Recommendation: Take with breakfast. If you find you experience nausea or digestive discomfort from your multivitamin, you can also take it in the evening before bed.

Pre-workout

Purpose: Our gains are only as good as the workouts that we perform. Even with great nutrition, if we are unable to provide the stimulus to the muscles, they won't grow! A quality pre-workout will give you just the right amount of energy to push through challenging sessions along with a nice dose of other performance-driving ingredients like citrulline and beta alanine.

Recommendation: Start with 1 scoop 30 minutes before training to assess tolerance. Move up to 1.5 or 2 scoops if needed and tolerable.

Intra-workout

Purpose: Taken during your workout, an intra-workout supplement will provide you with some additional caffeine to help push you through your increasingly challenging workout sessions while also providing additional BCAAs for added muscular recovery.

Recommendation: Consume during workout.

Post-workout protein

Purpose: You need a fast-absorbing protein post workout to drive key nutrition into the muscles following intense training. This provides your muscles with the nutrients they need to start the recovery process when it matters most.

Recommendation: Consume immediately post workout.

Fat Burner/Appetite Suppressant

Purpose: A fat burner supplement is often more than what the name implies. Fat burners can attack the problem of fat loss from all angles. Most contain natural forms of caffeine to help provide you with energy to power through tough workouts while enabling your body to burn fat more efficiently. Many fat burners also contain appetite suppressants, which helps prevent cravings that may cause you to reach for that mid-afternoon sugary snack.

Recommendation: Take as recommended, usually 2-3 times per day, before meals.

Testosterone support

Purpose: No, I am not recommending actual testosterone injections. A testosterone support supplement is an all-natural supplement that helps support healthy testosterone production in the body and manage cortisol to create an ideal anabolic response. Taking a testosterone supplement helps build muscle and optimize hormone levels for better health and well-being.

Recommendation: Take in the morning, preferably with a meal.

BODYBIO PC, Balance Oil and Fish-Oil healthy fats

Purpose: You're going to be pushing the limits of your body both physically and mentally. A superior fish oil supplement is going to play a crucial role in making sure that we provide adequate lubrication for the joints, which are taking a beating day in and day out, while giving your body the essential fatty acids it needs but cannot produce on its own. Also, the fish oil will provide some nice cardiovascular benefits to make sure that we are taking good care of our major organ.

Recommendation: Take with breakfast and with dinner. If you have trouble remembering the second dose, you can take both with breakfast.

Fermented Glutamine

Purpose: Glutamine is the most abundant amino acid found in skeletal muscles, so having enough of it is of extreme importance. Not only will glutamine assist in recovery, but it may also have a positive impact on both gut health and overall immune system function. Fermented glutamine is preferable because it is more bioavailable.

Recommendation: 5g upon waking, 5g post workout, and 5 g before bed

Sodium Butyrate

Purpose: Studies have shown that sodium butyrate may help reduce inflammation, promote a healthy gut biome, increase insulin sensitivity, and may even reduce the risk of colon cancer.

Recommendation: Take in the morning and evening with meals. Do not exceed recommended dose.

Citrulline

Purpose: Citrulline boosts nitric oxide production, which leads to enhanced blood flow and muscle pumps. This is why it is included in many pre-workout formulas. It also has the ability to improve strength and power output.

Recommendation: Take 30 minutes before training with your pre-workout.

Fermented BCAAs (Branch Chain Amino Acids)

Purpose: Branched-chain amino acids are the key building blocks for muscles. Taking BCAAs helps reduce the rate of muscle breakdown and encourages

muscle growth. Fermented BCAAs are preferable because they are derived from natural sources and are thought to have a higher bioavailability for easier digestion and absorption.

Recommendation: Add BCAAs to your daily water for flavor, or take BCAAs before or during your workout.

Digestive Enzymes

Purpose: Healthy digestion is critical for proper nutrient breakdown and absorption. A digestive enzymes supplement provides molecules which assist the body with this process and can assist with bloating, gas, and other gastrointestinal issues.

Recommendation: Take immediately before your three largest meals of the day.

Probiotic

Purpose: Maintaining a healthy bacterial load in the gut will allow you to better assimilate and absorb other nutrients that you are consuming. Probiotics contain living micro-organisms which positively affect this bacterial environment. Furthermore, a high-quality probiotic will actually help improve workout performance by improving ATP production, which is needed for energy.

Recommendation: Take immediately before your three largest meals of the day.

Apple Cider Vinegar

Purpose: Apple cider vinegar has been used as a home remedy for many years to promote better digestion, reduce blood sugar levels, and aid in fat loss. Raw, unfiltered ACV is preferred as it contains the “mother” of the fermentation process and has trace amounts of probiotics.

Recommended: Take 1 tablespoon diluted with water before every meal.

Casein Protein

Purpose: Casein is a slow-digesting protein that can provide your body with amino acids necessary to build muscle while increasing feelings of fullness and reducing appetite. For this reason, many competitive physique athletes consume casein in the evening to avoid hunger and fuel muscle growth while they sleep.

Recommended: Take 1-2 scoops of casein in the evening.

Vegan Protein powder

Purpose: Vegan protein powders are derived exclusively from plant products, which makes them both lactose-free and suitable for vegetarian and vegan diets. Additionally, these proteins are also low in fat and cholesterol and high in fiber and antioxidants. Vegan protein powder is also recommended for individuals with digestive issues who may be sensitive to whey and casein protein.

Recommended: Take as a replacement for other types of protein powder or to promote better digestion gut health.

BioStack Labs NAD Regen and Cell Shield

Purpose: An NAD+ like BioStack Labs NAD Regen helps increase energy production and enhance cognitive function while slowing down the aging process. Cell Shield helps protect and maintain the health of every cell by fighting free radicals in the body.



// STACK OPTION 1

BUDGET STACK:

1. Whey Protein Isolate
2. EAAs (Essential Amino Acids)
3. Multi Vitamin

// STACK OPTION 2

MID-LEVEL STACK:

1. Whey Protein Isolate
2. EAAs (Essential Amino Acids)
3. Multi Vitamin
4. Pre-workout for training days

// STACK OPTION 3

KRIS GETHIN STACK:

1. Whey Protein Isolate
2. EAAs (Essential Amino Acids)
3. Multivitamin
4. Pre-workout for training days
5. Intra-workout
6. Post-workout protein
7. Fat burner/Appetite Suppression
8. Testosterone support
9. BODYBIO PC, Balance Oil and Fish Oil-
healthy fats
10. Fermented Glutamine
11. Sodium Butyrate – fatty acids
12. Citrulline
13. Fermented BCAAs (Branched-Chain
Amino Acids)
14. Digestive Enzymes
15. Probiotic
16. Casein
17. Vegan Protein powder
18. BioStack Labs NAD Regen and Cell Shield

TRAINING DAY SUPPLEMENT PROTOCOL

1

PRE-WORKOUT

TAKE 30-40 MINS.
BEFORE YOUR WORKOUT

2

INTRA-WORKOUT

TAKE DURING WORKOUT

3

POST-WORKOUT PROTEIN & RECOVERY

TAKE AFTER WORKOUT

FAT BURNER] TAKE AS BOTTLE SUGGESTS

**Add these supplements
to a gallon jug and consume
through the day:**

- 4 scoops of Fermented Glutamine
- 3 scoops of Fermented BCAAs

Protein Meal Replacement:

Isolate or Vegan Protein Powder
can be used with or without carbs
(dependent on the time of day)

Casein can be used as the last
meal of the day

NON-WEIGHT TRAINING SUPPLEMENT PROTOCOL

1

UPON WAKING

TAKE 1 SCOOP OF EACH
AMINO ESSENTIAL ACIDS + FERMENTED GLUTAMINE

FAT BURNER] TAKE AS BOTTLE SUGGESTS

**Add these supplements
to a gallon jug and consume
through the day:**

- 2 scoops of Fermented Glutamine
- 2 Scoops of Fermented BCAAs
- 4 Scoops of Citrulline

DAILY SUPPLEMENTS

SUPPLEMENT	DIRECTIONS
Multi-Vitamin	Every morning
BODYBIO PC + Sodium Butyrate Sodium Butyrate, Fish Oil	Anytime
Probiotic	Evening (<i>I suggest P3-OM</i>)
Digestive enzyme	Take with 3 solid meals, particularly heavier meals (<i>I suggest Masszymes by BIOoptimizers P3OM</i>)
BioStack GDAid	Take 1 tbsp before every meal (<i>you can dilute with water if you wish</i>) to help with blood sugar stabilization and digestion.

I also personally take a lot of other supplements I believe of help such as My Vital C and Drink HRW to help beat free radical damage, maintain or reverse my biological age and provide extreme antioxidant support. If you check the page of discount links that will provide an extensive list of my supplements and biohacks.

FASTING NON-WEIGHT TRAINING SUPPLEMENT PROTOCOL

SUPPLEMENT	DIRECTIONS
Fat burner	Take as bottle suggests (during feeding window)
Testosterone support	Take as bottle suggests (during feeding window)
Multivitamin	Every morning
Body Bio PC, Balance Oil, Sodium Butyrate, Fish Oil	Anytime during feeding window
Probiotic	Take in the evening (<i>I suggest P3-OM</i>)
Digestive enzyme	Take with up to 3 solid meals, Particularly protein-heavy Meals (<i>I recommend Biooptimizers Masszymes</i>)
Whey protein isolate/ Vegan protein powder	With or without carbs (dependent on the time of the day)
Casein	Can be consumed as the last meal at night

Add these supplements to a gallon jug and consume through the day:

- 2-3 scoops of EAAs
- 3-4 scoops of Fermented Glutamine
- 4 scoops of Citrulline

DAILY SUPPLEMENTS (DURING FEEDING WINDOW)

SUPPLEMENT	DIRECTIONS
Multi-Vitamin	Every morning
BODYBIO PC + Sodium Butyrate Balance Oil, Fish Oil	Anytime
Probiotic	Evening (<i>I suggest P3-OM</i>)
Digestive Enzyme	Take with 3 solid meals, particularly heavier meals (<i>BiOptimizers Masszymes</i>)
BioStack GDAid	Take 2 tablets before carb heavy meals (<i>helps stabilize blood sugar levels</i>)
Isolate or Vegan Protein Powder	Can be used with or without carbs (<i>dependent on the time of day</i>)
Casein	Can be taken as the last meal at night