

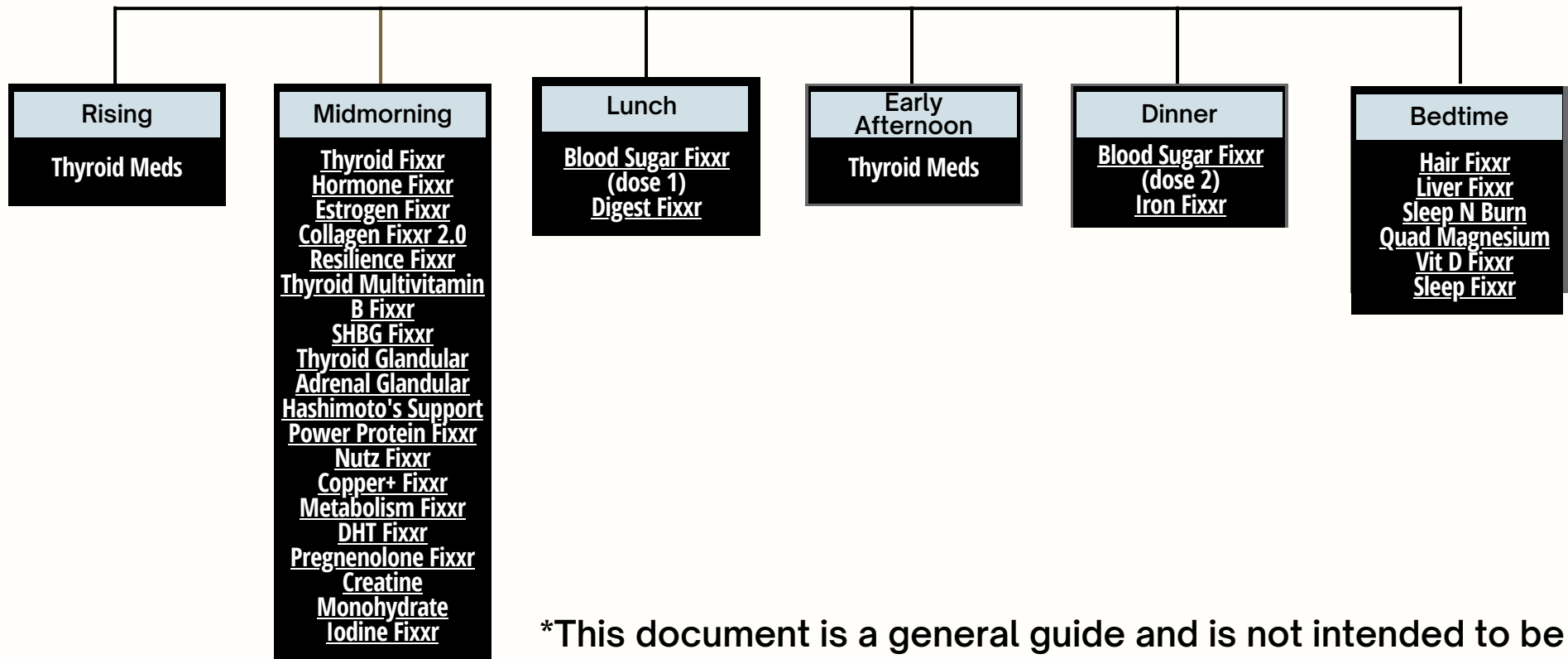
# YOUR FIXXR<sup>®</sup> SUPPLEMENT GUIDE



*Dr. Amie*  
**FIXXR SUPPLEMENTS**

# Timeline for supplements

When taking supplements, ALL prescribed thyroid medication should be taken 1 hour away from any supplements and 4 hours away from Iron and Calcium supplements.



\*This document is a general guide and is not intended to be specific to your current health situation. Please contact your doctor before implementing any new supplementation.

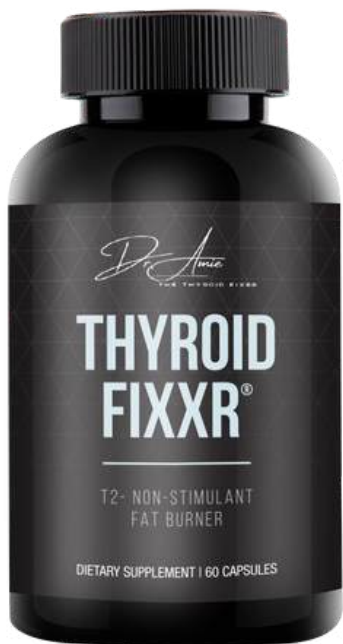
# I'M JUST SUPER PUMPED ABOUT THESE!

For YEARS I've been researching ways to help women optimize their bodies naturally; optimize their thyroid, optimize their hormones and optimize their fat burning capacity. I'm excited to say I've found the sweet, holy-grail of ingredients to finally get you to optimized!

Let's talk about how each one of my Fixxr supplements can help...

## Thyroid Fixxr®

Losing fat and getting your energy back never goes fast enough, and optimizing your thyroid doesn't either. The power of T2 to improve your body's ability to burn fat without the jittery, hyper side effects is simply amazing... and that's what you get with Thyroid Fixxr. Most supplements that claim to burn fat and boost your energy end up tanking your adrenals and make you feel worse than you did before. Not this one! T2 will support thyroid function and help you get your life back (even if you're on T4 only). T2 gives your mitochondria a kick in the pants! What that means for you... crazy energy, intense fat burning, better mood, better skin, better hair. The possibilities are endless.



## How do I take it?

Start with one per day and work your way up to two per day. T2 is less powerful than T3, but it works on your mitochondria in a similar fashion. So I want you to pay attention to fast changes! Thyroid Fixxr won't make you feel jittery but you might not be used to feeling this good, this fast.

## How do I know if I need it?

Try it and see what happens? Take it and assess. You know I'm not a fan of T4 only therapy so if I were you, I would definitely assume I needed it. (can I say that or does that make the FDA mad that I say what I would do?) And it's for anyone who wants a boost or a little more thyroid love. (Listen here: [Burn Fat With the Forgotten Thyroid Hormone T2](#))



## **Blood Sugar Fixxr®**

Berberine power! You hear me talk about the power of Berberine ALL THE TIME. It has the power to lower insulin (so your body can burn its own fat for fuel), stabilize blood sugar and it has powerful antioxidants as well! Berberine also helps your gut build more good flora...there's another benefit! Each capsule of Blood Sugar Fixxr contains 600 mg of Berberine! That means you only need 2 caps per day instead of 3. See I like saving you money too.

(Learn more here: [Undiagnosed Insulin Resistance - Diabetes Is Causing Your weight Gain and How YOU Can Control Your Blood Sugar and Reverse Diabetes](#))

## **How do I take it?**

Since it may improve constipation, start with one capsule one time a day with food (usually with dinner) and slowly work your way up to 2 per day (one at lunch and one at dinner). Since I increased the strength in each capsule, you only need 2 capsules per day to hit the therapeutic dose. Way easier than 3 times a day!

## **How do I know if I need it?**

I talk about glucose levels, insulin levels and Hb1C markers to check for blood sugar issues all the time! If you don't know my optimal ranges go back and listen to one of MANY "The Thyroid Fixer" podcasts on Berberine or insulin resistance. If you're not optimal, then it's safe to assume you need it. Also, if you have crazy carb and sugar cravings or need to eat every few hours to feel human, then you need it.



## **Hormone Fixxr®**

It's time to be the badass female you're meant to be! And have sexy lean muscle, less fat and more motivation to GSD! What do I call testosterone? It's our "Get Shit Done" (GSD) hormone. Ladies, without it you won't have the motivation or drive to do anything! No motivation to workout, no motivation to work, no motivation to have fun. Hormone Fixxr focuses on raising testosterone in females gently and naturally. No, you won't turn into a man. But you will help your body get the benefits of more lean sexy muscle, which then helps you burn more fat, which gives you more confidence, which makes you want to have fun! (Listen to learn more: [Longjack/Tongkat Ali for Weight Loss, Muscle Building and Anti-aging](#))

## **How do I take it?**

Take 2 capsules in the morning with food. I like to take before a workout because I feel like I'm giving myself a dose of power and my workouts are better if I feel like Wonder Woman.

## **How do I know if I need it?**

I talk about female testosterone levels all of the time! Just like I said about the Blood Sugar Fixxr, you can find my testosterone podcasts on any podcast platform. You NEED optimal testosterone in order to \*Be able to burn fat \*Have strength and lean, sexy muscle \*Have a libido \*Protect your heart. So..do you have a lack of any of the above or do you know if your testosterone levels aren't optimal?





## Hashimoto's Support®

Good news! Black cumin seed oil lowers Hashimoto's antibodies naturally! Black cumin seed is also known as Nigella sativa which is a medicinal plant and the seeds have been used in traditional and folk medicine in the Middle East for centuries.

Black cumin seed is a powerful anti-inflammatory agent which explains the reduction in TPOAb levels and a reduction in inflammation can also help with weight loss and insulin sensitivity. Black cumin seed oil improves lipids and reduces body weight in patients with Hashimoto's thyroiditis. The researchers ultimately recommend this supplement as an adjunct to thyroid medication for Hashimoto's thyroiditis.

## How do I take it?

Take one softgel per day or as recommended by your health care practitioner.

## How do I know if I need it?

Lowering antibodies is the goal and not all of us can use or tolerate the pharmaceutical LDN to lower our antibodies, so black cumin seed oil is a known medicinal plant that is a great alternative that will also lower these antibodies.



## Iodine Fixxr®

Fixxr Nascent Iodine – The Ultimate High-Potency Iodine Supplement

Pure, Potent, and Essential for Your Health

Fixxr Nascent Iodine is a superior, bioavailable iodine supplement designed to support thyroid function, metabolism, immune health, and detoxification. Unlike Lugol's iodine, which contains both iodine ( $I_2$ ) and potassium iodide (KI), our nascent iodine is in its pure atomic form, making it far more bioavailable and easily absorbed by the body. This ensures maximum utilization for energy production, hormone balance, and cellular function.

### How do I take it?

Start with 1 drop in  $\frac{1}{2}$  ounce of water. Increase slowly until desired dose is reached. Typical dose recommendations are between 9 and 36 drops 1-2 times daily.

### How do I know if I need it?

Perfect for anyone looking to support thyroid function, boost metabolism, and improve energy.

Iodine Fixxr is great for those dealing with fatigue, brain fog, or sluggishness, and it helps detox harmful halogens like bromine, fluoride, and chlorine. Add Iodine Fixxr as it can also support hormone balance and breast tissue protection.



## Metabolism Fixxr®

Metabolism Fixxr is a state-of-the-art supplement meticulously formulated to enhance metabolic functions, support weight management, and promote overall well-being.

Each capsule is enriched with a powerful blend of ingredients, including Supresa, 3,5-Diiodo L-Thyronine, L-Tyrosine, Green Tea Extract, PurpleForce (Kenyan Purple Tea), and Coleus Forskohlii, all known for their beneficial properties in boosting metabolism, enhancing energy levels, and supporting thyroid function.

### How do I take it?

Mix 1 scoop with 8-12 ounces of water daily or as recommended by your health care practitioner.

### How do I know if I need it?

If you're looking for support in appetite control, weight management and help in reducing unnecessary snacking, the main ingredient, Supresa will enhance this overall effect throughout the day. It can also aid in inducing a feeling of well-being and stress reduction to address the source of stress-related overeating.





## Vitamin D Fixxr®

D & K Fixxr is a high potency vitamin D product, that provides a clinically relevant serving of 10,000 IU (250 mcg) of vitamin D along with vitamins K1 (as phytonadione) and K2 (as MK-4), and geranylgeraniol (GG) to support bone, immune, and cardiovascular health.

Make sure you take your D daily or your levels will drop! One serving of D Fixxr per day (with vit K) will keep levels optimal and steady.

## How do I take it?

Take one capsule per day as recommended by your health care professional.

## How do I know if I need it?

Do any of these sound like you?

Fatigue, not sleeping well, bone pain or achiness, depression or feelings of sadness, hair loss, muscle weakness, loss of appetite, getting sick more easily, pale skin?

These are ALL symptoms of low Vitamin D. Most likely time to add in Vitamin D + K.



## **SHBG Fixxr®**

If you know you have elevated sex hormone binding globulin ... and by elevated I mean if it is in the upper quadrant of the lab value range or over, its high, and you have elevated SHBG... then it doesn't matter how good your T3 levels are, how optimal your testosterone is and it doesn't matter if you have enough estrogen on your labs.

If sex hormone binding globulin is high, it renders those beneficial hormones inactive in your body. That means no benefit for you. No metabolism, no strength, no energy, no brain function, no motivation, weight gain, and anxiety and depression. The two compounds in SHBG Fixxr have been proven to lower SHBG levels over time

## **How do I take it?**

Take SHBG Fixxr as directed one hour away from thyroid medication. SHBG Fixxr can be taken in conjunction with anything from the Fixxr line including Hormone Fixxr®. Do not exceed 1200 mg of Tongkat Ali per day.

## **How do I know if I need it?**

If you are considering taking SHBG Fixxr, you should know your SHBG lab value. If your SHBG lab value is above 80 then you need this Fixxr supplement! If your SHBG is high you WON'T lose weight, have energy, have a libido and more because you'll have less testosterone and less active thyroid hormone to get their jobs done.



## **DHT Fixxr®**

DHT Fixxr is a groundbreaking supplement, expertly blending Saw Palmetto and Nettle – two potent natural ingredients renowned for their ability to block DHT (dihydrotestosterone). By targeting this specific hormone, DHT Fixxr offers a powerful solution for those grappling with the unwanted side effects of hormonal imbalances. Balance, Not Compromise: We understand the importance of testosterone in your life – it's the fuel for your drive, ambition, and sexual health. With DHT Fixxr, there's no need to give up on testosterone. Instead, we offer a way to enjoy its benefits while shielding you from its less favorable impacts. It's not about giving up; it's about smartly managing and balancing its effects.

## **How do I take it?**

Take one capsule per day as recommended by your health care professional.

## **How do I know if I need it?**

If you're looking to balance your hormones then with DHT Fixxr, you can step into a world where you can continue your testosterone journey, supported by the power of nature. It's not just a supplement; it's a commitment to balanced, healthier living.



## Pregnenolone Fixxr®

Elevate your health and vitality with Pregnenolone Fixxr, the ultimate supplement for enhancing cognitive function and supporting weight management. As a precursor to crucial sex hormones such as estrogen and testosterone, Pregnenolone Fixxr not only boosts mood and mental clarity but also plays a pivotal role in maintaining hormone balance, essential for overall well-being and vitality.

Infused with the power to rejuvenate energy levels, this supplement enhances your daily productivity and assists in managing weight by reducing fatigue and promoting a more resilient response to stress.

## How do I take it?

Take one capsule anytime of day as recommended by your health care professional.

## How do I know if I need it?

If you're looking to unlock a more vibrant, focused, and energetic lifestyle including the experience of enhanced cognitive function, hormone balance, and improved vitality, Pregnenolone Fixxr is one you should try.



## **Power Protein Fixxr®**

Power up your protein game with Power Protein Fixxr – the great-tasting beef protein powder packed with essential amino acids and no dairy! Our proprietary filtration process yields native beef peptides with minimal fat, making it the perfect Paleo-friendly supplement for active individuals looking to build muscle and stay fit. Take your gym gains to the next level!

- Easily-digestible, complete source of protein with no dairy
- Supports lean body mass (muscle tissue)
- Paleo diet friendly
- Comes in two great flavors: French Vanilla and Chocolate
- Mixes easily with any liquid
- Superb choice for on-the-go

## **How do I take it?**

Mix 1 scoop in 8-12 oz. of water or make your favorite ice cream, shake or smoothie with 1 or 2 scoops of the powder.

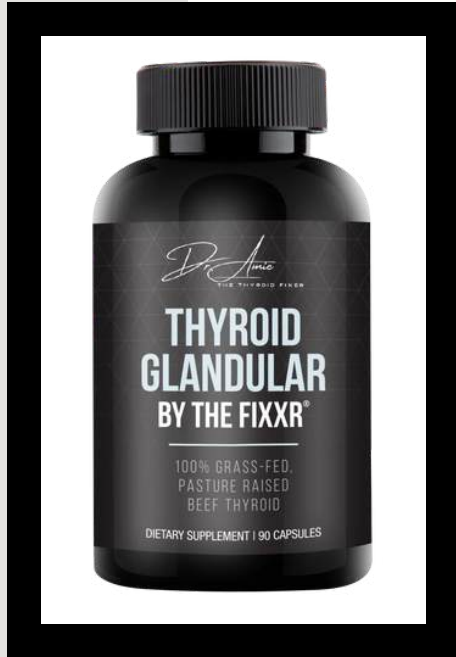
## **How do I know if I need it?**

If you need to amplify your protein game as many of us do – particularly women – we are falling short on our daily protein intake. Power Protein Fixxr® can help you effortlessly surpass your daily protein goals.



# The Glandular's

## Thyroid Glandular by the Fixxr®



If you're looking to lose weight, improve your mood, improve energy and help your thyroid function better, then Thyroid Glandulars may be the key! Desiccated beef thyroid is a supplement made from dried and powdered beef thyroid gland.

## How do I know if I need it?

Thyroid Glandular by the Fixxr® will help your thyroid do its job. So if you are stuck on a T4 only medication or if you have hit a plateau with weight loss or you're looking for improved energy and mood, Thyroid Glandular may be beneficial for you.

## Adrenal Glandular by the Fixxr®



Do you need help with weight loss, stress, sleep, hormone levels? Then SUPPORT your adrenals! Grass Fed Adrenal Glandular supports:

- Testosterone and estrogen levels
- Blood sugar regulation
- Regulates stress hormones

## How do I know if I need it?

Desiccated beef adrenal is a natural supplement that has been used for decades to support adrenal function, improve energy levels, and promote overall health and well-being. It contains a variety of nutrients that can help to support hormonal balance, reduce inflammation, and boost immune function.



## **Liver Fixxr®**

Ah the liver...We tend to forget about the importance of our liver and how it plays a role in weight loss, energy, hormones, thyroid function, detoxification and a host of other processes in the body. If the liver doesn't function well your body becomes a bowl of toxic soup which then starts to affect thyroid function, hormone balance and everything that goes along with that like energy and weight loss. By using Liver Fixxr, you will have better processing of hormones and improved conversion of t4 to t3 which helps you to feel better and lose weight, better skin, better digestion, less toxins, better protection from cancer and a host of other benefits.

## **How do I take it?**

2 caps per day for one month then you can rotate one week on and one week off for best results.

## **How do I know if I need it?**

Liver Fixxr can be beneficial if your liver enzymes are elevated or for general ongoing liver support (Listen here: [Can Your Burdened Liver Be the Cause of Your Weight Gain? Can You Support Your Liver and Lose Weight?](#)). Supporting the liver helps with overall metabolism and assists in the balance of hormones.



## **Copper+ Fixxr®**

Copper + Fixxr is a groundbreaking dietary supplement that combines the incredible benefits of naturally occurring copper from beef liver with the essential vitamin A, offering a comprehensive approach to overall health and well-being.

Discover the transformative power of Copper + Fixxr, your all-in-one solution for achieving balance in weight management, hormonal health, ferritin levels, thyroid function, and overall vitality. Embrace a healthier you with the benefits of copper and vitamin A from nature's bounty.

### **How do I take it?**

Take one capsule per day as recommended by your health care professional.

### **How do I know if I need it?**

Copper+ may be ideal for individuals with copper deficiency, characterized by symptoms like anemia, those who need aid in weight management and support in hormone balance. Additionally, copper plays a crucial role in supporting vision health, immune system function, thyroid function, collagen formation and neurological health.



## **Hair Fixxr®**

Without collagen your hair (and skin) go in the toilet. Collagen is one of the key components of skin and hair. Collagen is anti-aging and can prevent hair loss as well as strengthen the scalp's integrity to allow for thicker, stronger hair growth.

Collagen is also needed for your skin. It strengthens and hydrates your skin from within. Dry skin equals wrinkled skin. And so, Hair Fixxr has 5 types of collagen in it!!! Each type of collagen has a unique impact on hair, skin and bones which is why we chose to create a product that addresses each and every factor you want to see improve. Wow crazy benefits!!

## **How do I take it?**

Take Hair Fixxr as directed one hour away from thyroid medication. You can take Hair Fixxr along with other supplements at the same time.

## **How do I know if I need it?**

Hair Fixxr is for you if your hair is falling out, and/or it is dry or straw-like. If you have a Hashimoto's diagnosis, many times our hair will need this extra support from collagen. With an encapsulated blend of FIVE collagens your hair will thank you.

# Estrogen Fixxr®

Bloated? Holding water like a camel? Feel like you can't digest? Can't lose weight? All of that is estrogen dominance. Women of all ages experience it so whether you are 25 or 65 you can be in an estrogen dominant state which wreaks havoc on your body.

Estrogen dominance may be the result of overproduction of estrogen by the body, changes in estrogen metabolism and excretion, or an imbalance in the estrogen to progesterone ratio: if progesterone is low and estrogen is in the normal range that is still estrogen dominance!!

Estrogen Fixxr is proven to bind to excess, bad estrogen and help excrete it out of the body.



## How do I take it?

Estrogen Fixxr should be taken as directed on the bottle or as advised by your practitioner.

## How do I know if I need it?

Whether you are male or female, if you are estrogen dominant (estradiol over 30 for males or estradiol over a 1/10 ratio with progesterone in females or an elevated total estrogen) then you simply won't lose weight with excess estrogen. If you are on any testosterone replacement therapy, it is also advised in order to protect against aromatization into estrogen. Estrogen stimulates the growth of the thyroid gland. As a consequence, excess estrogen can lead to an enlarged thyroid (goiter).





## **Resilience Fixxr®**

Resilience Fixxr can give you the recommended daily greens and reds which you may be missing in your diet. Enjoying Resilience Fixxr can get a healthy boost of over 20 nutrients from super fruits and greens. Those who do not consume enough fruits and vegetables should consume Resilience Fixxr.

Vitamins and minerals are packed into Resilience Fixxr™ for a quick boost of energy. To support a healthy immune system and digestion, Greens contains selected herbs and botanicals, as well as key enzymes and prebiotic fiber.

### **How do I take it?**

To use Resilience Fixxr, blend with water and ice in a blender or in a ninja bullet and enjoy daily.

### **How do I know if I need it?**

If you want better immunity, better digestion, better energy and better resilience against the stressors in life then you NEED Resilience Fixxr! Medicinal mushrooms have shown to be beneficial to thyroid gland health by helping to restore balance to the related hormones and cells. Functional mushrooms can help to reduce thyroid antibodies, increase natural killer cell response and activate immune pathways.



## **Collagen Protein Fixxr® 2.0**

Discover the synergy of beauty, strength, and mobility with our Triple-Power Collagen Blend. Powered by cutting-edge science, this formula integrates the game-changing benefits of three trademarked bioactive collagen peptides to champion your wellness journey.

**\*\*Verisol®\*\***: Rejuvenate and revitalize. – Clinically proven to minimize wrinkle depth and volume.

**\*\*BodyBalance®\*\***: Sculpt and redefine your physique.

**\*\*FortiGel®\*\***: Navigate life with ease and fluidity.

### **How do I take it?**

Collagen Protein Fixxr 2.0 can be mixed with any beverage anytime of day.

### **How do I know if I need it?**

If you are looking to enhance your overall health and appearance by supporting hair growth, regulating blood sugar levels, improving joint health, and rejuvenating your skin, you will reap the benefits of Collagen Protein Fixxr 2.0 and elevate your wellness journey.



## **B Fixxr®**

We all need B vitamins!

If you take them, you want them in the right form. This very powerful B vitamin combination formula supplies most of the B vitamins in their coenzymated forms, so the body does not have to phosphorylate them in order to be used in biochemical reactions.

One of the best vitamins for issues of the thyroid is vitamin B12 because it plays an important role in red cell metabolism.

## **How do I take it?**

B Fixxr should be taken as directed on bottle daily for support.

## **How do I know if I need it?**

We all need B vitamins daily! Vitamin B12 (vit-B12) deficiency has been reported frequently in autoimmune thyroid patients. Impaired absorption of vit-B12 can occur by atrophic gastritis and/or pernicious anemia associated with autoimmune thyroid disease which is why liquid B is better absorbed.



## Sleep Fixxr®

Achieve the restful sleep you've longed for with Sleep Fixxr, a carefully crafted blend of melatonin, inositol, and magnesium to promote deep, restorative sleep.

**Melatonin** is your body's natural sleep signal, helping you drift off more easily and wake up refreshed.

**Inositol** supports relaxation by calming the mind.

**Magnesium** works to ease muscle tension and promote tranquility.

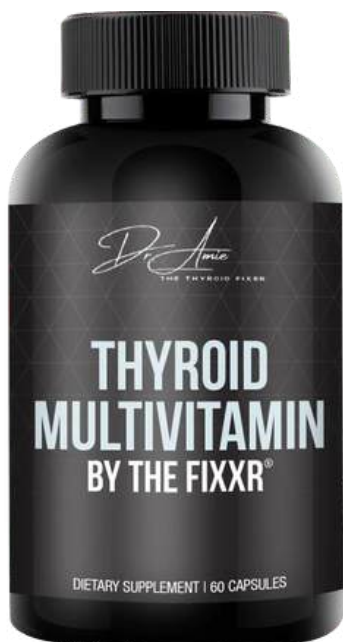
Together, these ingredients create a synergistic formula that helps you relax, fall asleep faster, and enjoy a more peaceful night's rest.

## How do I take it?

For best results, take Sleep Fixxr® 30-60 minutes before going to bed.

## How do I know if I need it?

If your struggling with restless nights and exhausting mornings? Sleep Fixxr® can be your natural path to deep, restorative sleep that leaves you feeling refreshed and ready to conquer each day.



## Thyroid Multivitamin by the Fixxr®

The Thyroid Multi Vitamin is the best all-around thyroid multivitamin on the market. This product covers all of your vitamin-related and immune function needs, making it the perfect choice for those looking to improve their thyroid health.

The Thyroid Multi Vitamin is packed with essential vitamins and minerals, including iodine, selenium, zinc, and vitamins A, C, and E. This powerful combination of nutrients helps to support healthy thyroid function and boost the immune system.

### How do I take it?

Thyroid Multi is a dietary supplement to be taken in the morning with 8 oz of water. For dosing, follow the instructions on the bottle or as advised by your practitioner.

### How do I know if I need it?

If you are looking to support healthy thyroid function + an overall vitamin that will support you including your immune system, this is a great essential multi vitamin that can cover all the bases.





## Quad Magnesium by the Fixxr®

Quad Magnesium by The Fixxr line is to ensure our customers get all the benefits of a quality magnesium supplement. Dr. Amie combines a variety of forms of magnesium to help the body process and absorb it. This product is formulated with Aquamin® to help with digestion and absorption.

You might not know it, but magnesium is essential for the proper absorption of calcium, so it contributes to healthy bones, teeth, and even cholesterol levels. It is known for promoting calmness, but it's even required for proper calcium absorption.

### How do I take it?

As a dietary supplement, take 2 Quad Magnesium capsules at night for best results.

### How do I know if I need it?

It's a good bet you should supplement with magnesium because 60% of Americans do not get enough magnesium from their diet alone. Magnesium has a host of benefits but has been shown to help with sleep, erectile dysfunction, athletic performance, weight loss, hypertension and diabetic neuropathy.



## Iron Fixxr®

Ferrous iron chelate is a potent iron supplement that is extremely well tolerated by the gastrointestinal system (meaning no constipation).

Iron is required for the production of the thyroid hormones t4 and t3 in the thyroid gland, the conversion of T4 into the more active T3, and iron is required for the utilization of T3 inside the cell. So you can see how devastating low iron stores can be on the thyroid gland as it affects the production, conversion, and utilization of thyroid hormone.

## How do I take it?

Take 1 capsule per day with a meal or as directed by your health-care practitioner.

## How do I know if I need it?

Low ferritin can produce a variety of symptoms that can mimic low thyroid function, but low ferritin can also impair T4 to T3 conversion! Symptoms including weakness, fatigue, difficulty concentrating, cold hands and feet, poor short-term memory, difficulty remembering names, dizziness, pounding in the ears, brittle nails, headaches, restless legs



## Digest Fixxr®

We all need help digesting out food and Hashimoto's patients need even more!

Most Hashimoto's patients need HCL to improve their digestive function. Digest Fixxr contains digestive enzymes along with betaine hydrochloride (HCl) to support the optimal digestion of proteins, fats, and carbohydrates. This product contains the special protease dipeptidyl peptidase IV (IVDPP), which aids in the breakdown of the peptides gluteomorphin (from gluten) and casomorphin (from casein). Digest Fixxr® also includes the enzyme lactase, which helps break down the dairy sugar, lactose.

## How do I take it?

Take one capsule per day or as recommended by your health care professional.

## How do I know if I need it?

The use of Digest Fixxr before meals may be helpful for you if you experience gas and bloating after eating, occasional constipation, or a feeling of fullness after eating only a small quantity of food.



## **Creatine Monohydrate by the Fixxr®**

Creatine may also have benefits for individuals who are trying to lose weight. Because creatine helps to increase muscle mass, it can also help to increase metabolism and burn more calories throughout the day. Additionally, creatine may help to suppress appetite, making it easier for individuals to stick to a calorie-restricted diet.

One of the primary benefits of creatine is that it can help to increase muscle mass and strength. Creatine works by increasing the amount of energy that is available to the muscles during high-intensity exercise, such as weight lifting or sprinting.

### **How do I take it?**

Follow label instructions for dosing recommendations. Serving size is 5 grams.

### **How do I know if I need it?**

Creatine is a great choice if you are looking for a natural compound that offers a number of benefits for physical performance, muscle growth, and overall health. It is a safe and effective supplement that can be used by athletes, fitness enthusiasts, and individuals who are looking to improve their overall well-being.

# FOR THE MEN...

## Nutz Fixxr®

Nutz Fixer is a revolutionary dietary supplement specially crafted for men, designed to provide comprehensive support for testicle health and address concerns related to erectile dysfunction.



## How do I know if I need it?

If you are looking for enhanced male performance stacked with prostate protection, athletic performance benefits and a boost in fertility, desiccated beef testicle can be a key factor in a man's sexual health.

## Turkesterone Epicatechin Complex

This complex is an all-around powerhouse of a product. It is meant to increase muscle output, strength, and change your overall body composition.



## How do I know if I need it?

For those men who are looking to improve body composition, increase muscular endurance, improve recovery time, and enhance muscle growth naturally, this complex may be the ticket. This natural anabolic supplement is the strongest on the market hands down.



# FOR THE MEN...

## Fadogia Agrestis



The idea that you are a carcass of your former self, unable to perform even the most menial task with any real ferocity because of a lack of testosterone is appalling at best...

Here's what you get...

- Natural Male Testosterone Booster
- Increase Free Testosterone
- Increase Physical Fitness

## How do I know if I need it?

If you are looking to increase testosterone levels by as much as 15ml per day, give Fadogia a try. With consistent use, your sex drive can increase, fatigue can be reduced, physical performance can be improved while training, and strength can increase.

## Beta-Ecdysterone



Looking for a natural way to boost your muscle growth? Not only will Beta-Ecdysterone help you build bigger, stronger muscles, but it will also help you recover from your workouts faster.

## How do I know if I need it?

Wanting to build muscle mass...this supplement is known to increase protein synthesis, allowing it to be easier to build muscle mass through strength training. It has been shown to have a high "anabolic ratio," which means it can stimulate the formation of muscle cells (anabolism), protein synthesis, red blood cell production, and bone remodeling and growth.