

ULTIMATE DIET GUIDE



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DIET GUIDE

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INTRODUCTION

The game is won and lost in the kitchen, not the gym. Believe it or not, this guide you are reading now is actually the most important piece of this program.

If I made a pie chart with the ratios of what had the biggest impact on getting a 6 pack I would probably make diet 75% of the pie chart! In life and in working out I always try to look for the **"minimum effective dose"** so I can get the outcome I want without doing more work or taking more time than necessary.

With the idea of "minimum effective dose" in mind, why would you put hours and hours into the gym and on cardio, which only makes up for 25% of the outcome you want, while ignoring or half assing the factor that is responsible for 75% of the outcome you are working so hard to get!

No matter what body type you are, no matter what your starting point is, diet is key. Advanced guys and girls who hit plateaus or who pull their hair out because they can't get their 6 pack to pop out all the way and beginners who are out of shape and hitting the gym hard, feeling sore, and seeing no change in the mirror almost always have the same problem!

YOU GUESSED IT... DIET.

There is so much misinformation out there about diet, it's no wonder people are so frustrated and end up giving up before reaching the goal they want. Starvation diets, crash diets, fad diets, etc are set up to make you fail and here is why:



They aren't sustainable.



The science is flawed and sends you on a one way course for a yo yo in weight where you lose a little and then quickly plateau, then inevitably put it back on.



They are created for short term results (often weeks).



They burn more muscle and water than they do fat, therefore they are dangerous.



NUTRITION

RESULTS BASED DIETING

What I'm going to teach you below isn't a "diet" it's proper nutrition. This is science based nutrition geared at burning fat and keeping it off while building and maintaining muscle. This is a lifelong diet that will keep you healthy physically and emotionally, keep you looking amazing, and give you energy and vitality. I'm not trying to teach you how to lose 20lbs in 2 weeks just to put that plus 10 more pounds on a month later. This is a long term lifestyle change and it works.

THIS WORKS FOR ANYONE!

THIS CAN AND WILL WORK FOR YOU.

PAY ATTENTION:

This diet plan was not some lazy diet I threw together as a one sized fits all plan that "kinda works" for anyone. This thing is fully customizable. While there are core tenets of this diet that make a skeleton everyone should follow, I have customized certain sections based on the 3 main body types.

CUSTOMIZE



BODY TYPES

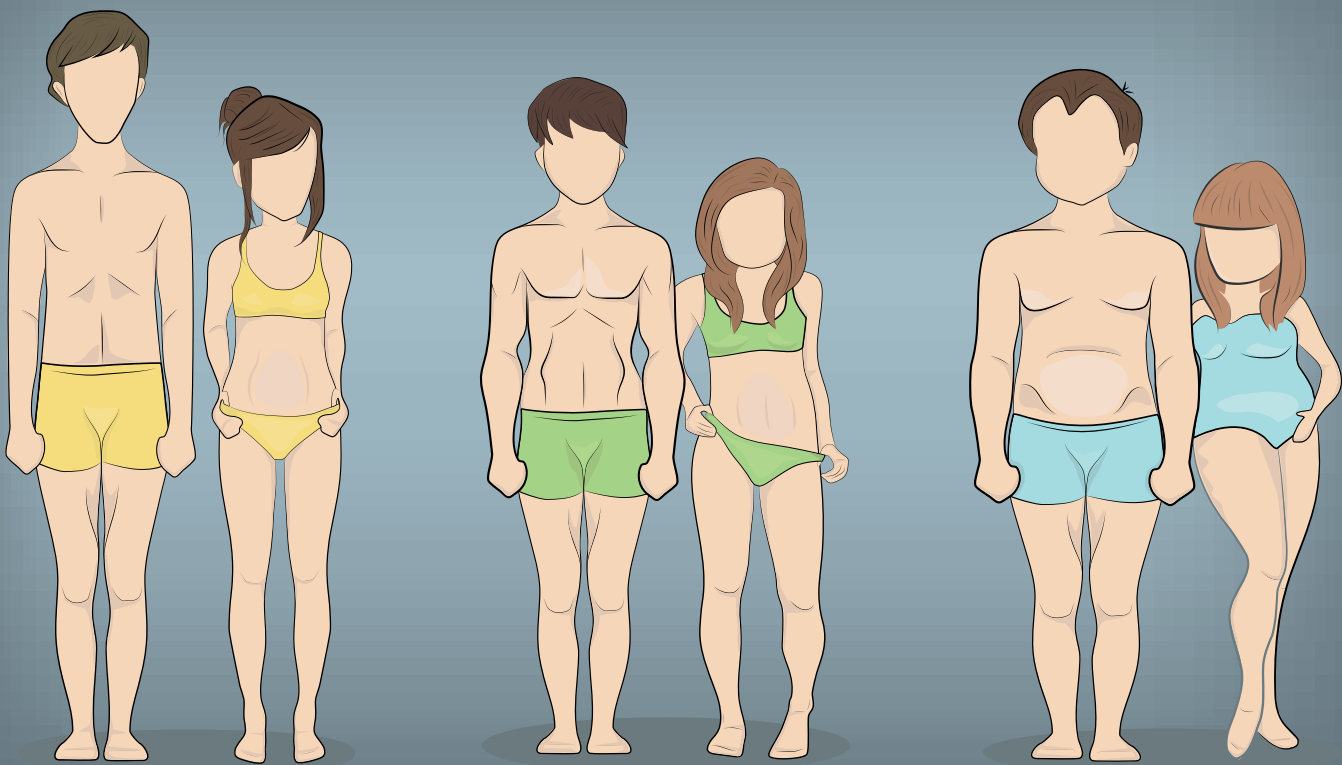
FOCUS OF THIS CHAPTER

This chapter is geared as an introduction to the most common body types. I will help you find which one most closely fits you and help you understand why certain actions will or won't be effective to help your specific body type get a 6 pack. Each body type will be a recurring theme throughout this book and each chapter will have information specifically targeted at each body type.

ONE OF THE COMMON PITFALLS OF DIETING WHEN TRYING TO GET A RIPPED OR TONED MIDSECTION, IS FOLLOWING A DIET PLAN NOT STRUCTURED FOR YOUR BODY TYPE.

Diet and fitness strategy is not a one size fits endeavor. Picking the wrong strategy can leave you frustrated and spinning your wheels. Picking the correct strategy for your body type can expedite the process and get you looking fantastic in half the time.

As you will see in this chapter there are 3 common body types and they each require a different diet strategy. Knowing your body type and constructing a plan geared toward it is paramount to your success.



KEY CONCEPTS REGARDLESS OF BODY TYPE

The three most common body types are known as Ectomorph, Mesomorph, and Endomorph. It is crucial to understand what each of these body types are and which one (or however many) relate to you.

FOR EXAMPLE, IF YOU ARE AN ENDOMORPH WITHOUT KNOWING IT AND FOLLOWING A DIET CREATED FOR AN ECTOMORPH YOU WOULD NOT AND WILL NOT EVER GET THE RESULTS YOU ARE LOOKING FOR, AND THIS WILL LEAD TO TEMPORARY RESULTS, OR EVEN NO RESULTS.

While each body type needs a different nutritional plan, you must also watch to see how your body responds to the diet that has been introduced to you.

People commonly follow a plan geared toward one body type religiously when in reality they have traits from more than one. Each type has a different workload associated with it, and this comes from different metabolic speeds. Each body type burns a different amount of calories while at rest and while working out. This is who you are, there is no changing your genetics-only coping with them.

THERE ARE THREE DIFFERENT BODY TYPES, KNOWN AS ECTOMORPHS, ENDOMORPHS, AND MESOMORPHS.

We are all very different and everybody reading this will feel they fall into one of these categories more than the other two. But, a lot of you will also feel you fall into a second category, and this is completely normal.

First, we must recognize which body type or types we are. From there, we simply follow the guidelines best fit for our body types, stay committed, and see the results we want. It's as simple as that. Each one of these body types are going to have differences between them. The two most notable differences between these three are the metabolic rate (how many calories you burn when at rest), and the difference of workload to accomplish your goals, so pay attention.

ECTOMORPH

The first body type we'll elaborate on is an **ectomorph**, or the hard-gainer. If you can eat whatever you want and never gain a pound, you are an ectomorph.

Typically, an ectomorph has smaller joints and their bodies consist of mostly lean muscle. Their goal is typically just to simply gain size.

To some, this may not seem like such a bad problem to have, but due to an extremely high metabolism, calories are burned up very quickly, requiring a much higher intake than endomorphs and mesomorphs. At times, a true ectomorph will start to feel that eating has become their job.

When it comes to gaining weight, the formula is simple. Eat more calories than you burn. In order to gain, you must be eating every 2-4 hours in order to keep yourself fueled and **YOU HAVE TO EAT THE RIGHT STUFF**, otherwise you're just going to start building up your fat storage.

CARBS ARE AN ECTOMORPHS BEST FRIEND. OF THE THREE CATEGORIES, THE ECTOMORPH WILL HAVE THE HIGHEST PERCENTAGE OF CARBS IN YOUR OVERALL CALORIC INTAKE (AT LEAST 50-60%).

But remember, not just any carb is a good carb. When choosing your carb for your meals, always go with the non-starchy, whole-grain option. High density foods such as almonds, peanut butter, or avocados are great as well, and you can even treat yourself to unhealthy foods (in moderation) from time to time.

When in the gym, all ectomorphs who want to gain must be lifting heavy (but always with correct form). Keep your rep range in between 5-10 reps and give yourself a little extra rest time due to the higher weight. Cardio, luckily, is not something the ectomorph has to do often, or in some cases, at all. If you decide you do need cardio, HIIT cardio 1-2 times a week should be plenty. Focus more on the diet portion and make sure you are refueling your body when you should be... every 3 hours.



ENDOMORPH

Now that you know all about ectomorphs, it's time to talk about endomorphs which is the complete opposite body type. An **endomorph** is usually larger in appearance.

BIG JOINTS, WIDER FRAME, A LITTLE EXTRA MEAT ON THE BONES WITH VERY LITTLE TO NO MUSCLE DEFINITION. THESE ARE THE PEOPLE WHO FIND PUTTING ON WEIGHT A PIECE OF CAKE, AND FIND LOSING WEIGHT NEARLY IMPOSSIBLE EVEN WHEN ON WORKOUT PROGRAMS.

When it comes to selecting the right diet for endomorph, one must be careful. An endomorph diet is much more sensitive than that of an ectomorph. While eating more calories than you burn gains weight, burning more calories than you eat loses weight, but you should still continue eating every 3 hours in order to speed up your metabolic rate as much as possible.

CARBOHYDRATES SHOULD BE KEPT BETWEEN 30-40% AND CAN SOMETIMES BE DROPPED EVEN LOWER DEPENDING ON HOW DRASTIC YOUR GOALS ARE.

Sorry to say, but you must stay away from processed foods at all times.. no ifs ands or buts. Feel free to substitute those processed foods with an overload of vegetables in your diet as well as water.

Many times when people feel hungry it can actually be dehydration. So try it out! The next time you feel hungry and are craving something unhealthy, drink two glasses of water and then see where you're at.



Training for an endomorph is also pretty opposite of training for the ectomorph. For you bigger people who are wanting to cut down, **cardio is your best friend**. You can do cardio whenever you want, aim for somewhere between 4-7 times a week, but be sure to be getting the most out of it by doing high intensity interval training (HIIT).

When lifting weights, you want to make sure your rep ranges are a little higher than average. Keep your number of reps for each set above 15, and take short breaks (30-45 seconds) for best results in the weight room. Supersetting two different exercises with lighter weight and no breaks is another great option in the weight room.



MESOMORPH

Last but definitely not least is the **Mesomorph** body type. This is the in between body type with characteristics from both ectomorphs and endomorphs. This is the most sought after body type... a large frame with a low body fat percentage. This was typically your high school jock or just all around athlete. They are never too skinny and they can put on muscle easily but also never get too big/overweight.

A MESOMORPH HAS A VERY SYMMETRICAL BUILD CONSISTING OF BROAD SHOULDERS, A GOOD AMOUNT OF LEAN MUSCLE, AND A SMALL WAIST.



Dieting for a mesomorph can range widely, ending with many possible outcomes. Due to a mesomorph being right in the middle of the “hard-gainer” and hard loser, a healthy diet aimed at maintaining is usually the best approach.

CARBOHYDRATES ARE KEPT ANYWHERE FROM 40-60% WHILE CONTINUING TO EAT EVERY 3 HOURS TO ENSURE YOUR METABOLISM STAYS UP TO SPEED.

Also, you must be sure you are taking in enough calories to maintain your muscle mass.

Mesomorph training is the type of training that most people have in mind when they talk about working out. Rep range should be kept between 8-12 reps, not too low, not too high with 30 second- 1 minute resting periods between sets. Cardio is definitely necessary to stay lean but in order not to lose your gains, you want to be careful not to do too much, 2-4 times a week, and keep at the HIIT training.

As you can see, knowing your body type or types is crucial to your overall health. Attacking your body with a plan designed for a body type that isn't yours can cause plateaus or even a complete lack of progress.

Apply any new knowledge you just gained from this last chapter into your everyday life and I guarantee you see changes. It isn't just me saying this to you, it is proven science. The system works, you just have to let it.

2

CARBOHYDRATES

In this chapter, we are going to be talking all about carbohydrates. I will explain the main differences between carbs, which will aid you in everyday dieting choices. And also, you'll learn which carbs are the right carbs for you.

CARBS

Carbohydrates are used primarily for energy and, despite what you've heard, I'm here telling you that they are **THE MOST EFFICIENT FUEL SOURCE OF THE BODY.**

GLYCOGEN (CARBOHYDRATES) CAN BE STORED IN YOUR MUSCLES AND IN YOUR LIVER ACTING AS A BACKUP TANK, BUT IN LIMITED NUMBERS.

With a severe restriction of carbohydrates to your body, it could take as little as three days for your glycogen levels to complete diminish. Your body burns these carbs most effectively during high intensity workouts, versus fats being most effectively used/burned during low intensity activities for a longer duration. After you burn these carbs off, you must replenish them otherwise your glycogen levels will continue to drop until your energy is painfully low.. And it is extremely difficult to get a bad-ass workout at the gym without having any energy.



SIMPLE CARBS

Every carbohydrate out there is narrowed down into one of two categories, simple or complex. If we start with talking about simple carbs, we first must narrow them down into two categories of their own, monosaccharides (one sugar molecule) and disaccharides (two single sugar molecules linked together). Starting with the single sugar molecules there are three forms of monosaccharides.

- Glucose (blood sugar)
- Fructose (fruit sugar)
- Galactose

There are also three types of disaccharides, each made up of two of the monosaccharides

SUCROSE, (TABLE SUGAR)
IS MADE UP OF GLUCOSE
AND FRUCTOSE.

LACTOSE, (DAIRY SUGAR)
IS MADE UP OF GLUCOSE
AND GALACTOSE.

MALTOSE, (MALT SUGAR)
IS MADE UP OF TWO
GLUCOSE MOLECULES.

All these carbs that were just listed off to you are named “simple” due to how easily and quickly they are digested and the rapid increase in blood sugar. When your blood sugar suddenly raises, insulin is released into your bloodstream to clear out the blood sugar. This process is done very quickly which leads to a sudden drop in blood sugar, known as hypoglycemia.

**HYPOGLYCEMIA CAUSES MANY SYMPTOMS THAT LEAD TO
AN OVERALL UNSATISFYING DIET, SUCH AS CRAVINGS, NEW
FOUND HUNGER, LACK OF ENERGY, MOOD SWINGS, ETC.**

Now, before you get the wrong idea about simple carbs, know that both fructose and lactose can be found in nature. So don't get the idea that all the simple carbs out there are bad. When trying a fat loss regimen all simple carbohydrates should be used in moderation.



COMPLEX CARBS

Now that you know all about simple carbs, let's talk about complex carbohydrates (polysaccharides). A polysaccharide can be consisted of thousands of sugar molecules grouped together to form one long chain. Due to this chain of molecules being longer than that of a simple carb, it takes longer to break it down and longer for your body to digest it.

There are only two different types of complex carbs, known as starchy and fibrous. To start, know **starchy carbs** are much more dense than fibrous carbs. Your body is able to absorb all the caloric energy from the starch, and completely digest every last bit of it.

STARCH IS USED AS AN ENERGY STORAGE FORM IN PLANTS AND IT CAN ALSO BE STORED, FOR THE SAME PURPOSE, IN THE HUMAN MUSCLE... AGAIN.. FOR ENERGY!

Fibrous carbs are the indigestible part of the plant and go right through it without producing any caloric energy and in turn, does the same with the human body. Fiber helps speed up other foods on their way through our digestive systems, acting almost as a cleanser. So when you're on the correct diet, of eating every 3 hours, you can see why fiber is crucial for your health.

Now, you know all about the differences between each carbohydrate and how they affect our bodies. I call that one step closer to the lifestyle you want and the body you've always dreamed of having. In this next chapter, I will be talking all about proteins and helping you understand the right amount for you.

PROTEINS

In this chapter I will explain what exactly is a protein and ways to optimize what you ingest. Also, there are three questions that I see or get asked more than any others when it comes to protein. I have included these questions, with answers that should inform you completely with all you need to know about proteins.

AMINO ACIDS - WHAT THEY ARE

To get straight to the point, Amino Acids are the foundation for proteins. Similar to the process of sugar molecules linking together to create a carbohydrate, amino acids link together to form a protein molecule.

THERE ARE ONLY 20 AMINO ACIDS THAT CAN LINK TOGETHER TO FORM A PROTEIN, BUT THESE MERE 20 AMINO ACIDS CAN CREATE TENS OF THOUSANDS OF DIFFERENT PROTEIN MOLECULES.

Nine of the twenty amino acids are supplied by the food you eat, and the other eleven can be made in the human body. So in order for protein synthesis to happen, you must make sure you have all your essential amino acids available otherwise the body will breakdown its own proteins to achieve it. This would mean our muscles are breaking down instead of building.... not what we want.



WHEN SHOULD I EAT PROTEINS?

Our bodies are not able to store proteins like they can carbs. Therefore, you should eat proteins with EVERY meal to ensure your body doesn't break down current ones. This means you should be having eggs, milk, or meat in each of your 5-6 meals per day, which should end up at a meal around every 3 hours.



HOW MUCH PROTEIN SHOULD I EAT?

Before we get started on this question, know this answer is different for everybody. How much protein you eat is based off your goals, and your physical activity. To put it simply, protein requirements increase as your exercise does.

There is a well known theory amongst body-builders that one gram of protein per pound of body weight is the optimal amount for fat loss. This is a very good strategy to use, seeing as how body-builders reach well into 1.25-1.5 grams of protein per pound depending on their goals.



ARE PROTEIN SUPPLEMENTS GOOD FOR YOU?

Protein supplements are a definite source of protein, there is no denying that. But these supplements should only be used for convenience reasons. By no means are protein shakes better for you than whole foods. The human body was made to digest whole foods, therefore if you feed it liquids, you will alter the thermic effect caused by digestion.



FATS

If you think by cutting fats out of your diet, it is impossible not to lose weight, you are wrong. In order to burn off fat, you must ingest fat... but the right fat. In this chapter, I will explain the three different kinds of fats, along with which are good for you. And YES, there are fats that are good for you! If you've ever heard of a non-fat or low-fat diet, I'll bet you haven't heard about it working. In this chapter, you'll learn why.

SATURATED FAT

Ok everybody, if you hear about fats being bad for you, THESE are the fats they should be talking about. These are the fatty meats (lamb, pork, fatty beef, etc.), lard, cheese, butter, coconut oil, chocolate, etc, that are involved in most people's everyday diet.

**SATURATED FATS TEND TO BE A SOLID AT ROOM TEMPERATURE,
WHILE UNSATURATED TEND TO BE LIQUID AT ROOM TEMPERATURE.**

Eating these foods can and has, many times, led to an raise in cholesterol levels which increases your chance of heart disease and stroke... not good. It is never a good idea to take in a high amount of saturated fats.





UNSATURATED FAT

When we hear “unsaturated fat”, we are talking about polyunsaturated and monounsaturated fats. These are the GOOD fats. Both these different kinds of fats tend to lower cholesterol levels and polyunsaturated are known for containing essential fatty acids.

Every week, 2-3 times a week, you should consider including some kind of Omega-3 rich fish in your diet.

ESSENTIAL FATTY ACIDS (EFAs)

The two primary essential fatty acids are linoleic acid (omega-6) and alpha-linoleic acid (omega-3). Both of these acids are necessary for our health but cannot be produced by the body therefore they must be supplied through our foods or through supplementation. When it comes to Omega-3 fatty acids, you can't have enough They are extremely beneficial for the body in ways such as improving heart health, regulating cholesterol levels, and revitalizing your skin, along with so many others. Omega-6 fatty acids play a crucial role in the growth and development of the body and also, the brain function.

THE DIFFERENCE BETWEEN THESE TWO, ULTIMATELY, IS OMEGA-3 REDUCES INFLAMMATION WHILE OMEGA-6 PROMOTES IT, SO A HEALTHY DIET CONSISTS OF A BALANCE BETWEEN THE TWO.



OMEGA-3 FATTY ACIDS

(TO INTRODUCE TO YOUR DIET):



WALNUTS



SARDINES



FLAXSEEDS



TOFU



BEEF



SOYBEANS



SHRIMP



BRUSSELS SPROUTS



FISH

(BLUEFISH, HERRING, MACKEREL, SALMON, TROUT, STURGEON, ETC.)



CAULIFLOWER

OMEGA-6 FATTY ACIDS



SAFFLOWER OIL



GRAPESEED OIL



CORN OIL



VEGETABLE
OIL



NUTS & SEEDS



WHOLE-GRAIN BREADS



SOYBEAN OIL



FLAXSEED OIL



SUNFLOWER OIL

MACRONUTRIENTS

This chapter is all about understanding what macronutrients are, and which ratio is best fit for you. We will also talk about the most common misconception in the diet industry when it comes to creating a weight loss plan; along with, how to put a foot in the right direction nutritionally and the different routes that can take you there!

THE TRUTH BEHIND COUNTING CALORIES

Calories are the number one most important factor in weight loss, yes. But the truth behind what a calorie is unknown by most. A calories is not just a calorie. The amount of calories you take in is based off what you're eating... obviously. For instance, macronutrients consist of carbs, fats, and proteins.

CARBS, FATS, AND PROTEINS EACH HAVE DIFFERENT CALORIC VALUES, ALONG WITH DIFFERENT THERMIC EFFECTS IN OUR BODIES AND IF YOU WANT TO GET REALLY SCIENTIFIC YOU COULD TALK ABOUT HOW EACH AFFECT OUR BLOOD SUGAR LEVELS DIFFERENTLY.

The theory of "calories in vs calories out" is the most misunderstood regimen in the world of weight loss. Do you think you would have the same results if you ate 2,000 calories of chicken breast and ate 2,000 calories of chocolate chip cookies? That example alone should make you realize that theory is bologna, one would obviously get you fat and it ain't the chicken! Knowing your body type and constructing a plan geared toward it is paramount to your success.



MACRONUTRIENT RATIOS

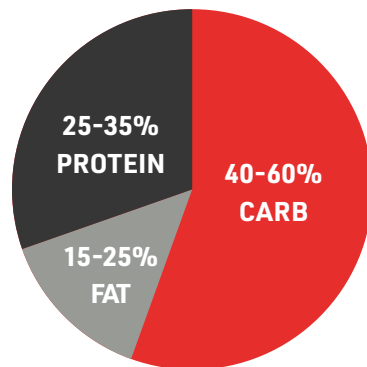
Macronutrients consist of carbohydrates, proteins, and fats. When it comes to following the correct nutrient ratio for you, you must first understand the concept behind it.

TO BEGIN, KNOW ONE GRAM OF CARBOHYDRATES CONTAINS 4 CALORIES, ONE GRAM OF PROTEIN CONTAINS 4 CALORIES, AND ONE GRAM OF FAT CONTAINS 9 CALORIES.

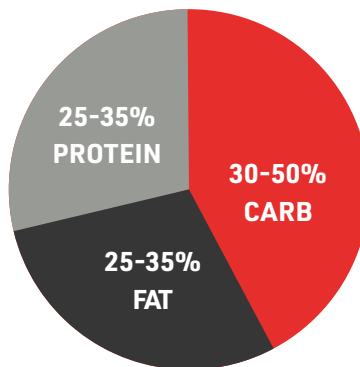
Calculating how many grams of carbs, proteins, and fats you should include in your diet comes with the knowledge from my last sentence.

For example, if we use the well known 40-30-30 ratio, 40% of your daily calories will come from carbohydrates, 30% will come from proteins, and 30% will come from fats. These percentages change depending on body types (which we will talk about in a bit), amount of exercise, and goals. Also, please notice that of all the possible ratios listed below have all three categories of macronutrients included; and read this next part twice... no one diet will work for everybody.

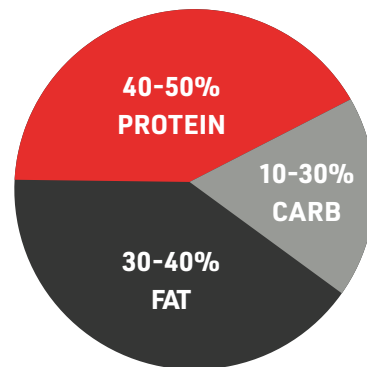
**HIGH-CARB RATIO
(MASS GAINING)**



**MODERATE-CARB RATIO
(MAINTAINING)**



**LOW-CARB RATIO
(FAT LOSS)**



BASELINE DIET

In this chapter about baseline diets, we will also talk about one of the most important lessons you can ever learn when it comes to losing body fat. Ever wonder why there are all these amazing dieting fads yet slim to none achieve the goals they're after? And why are these diets so restrictive? Because the makers of these diets want you to see results quick... unhealthy results. If you yourself have ever tried one or more of these diets, you have learned first hand they are very temporary and eventually dissatisfying.

FUNDAMENTALS FIRST

Now before we begin, know this chapter is not about knocking diets such as high or low fat diets, high or low protein diets, or high or low carb diets. These diets can and do work for many individuals but the individuals that these diets are working for are the ones who first started with a basic diet regimen and watched as their bodies responded.

As their bodies responded, they tweaked and tweaked and tweaked until they know exactly where they need to be to maintain.

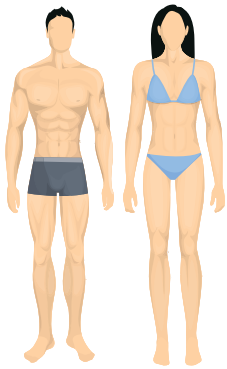
From there, it is very simple to know exactly what to do to your diet to get where you want to be physically. It is implausible to go from no diet restrictions straight into a bodybuilders contest diet, you'll more than likely quit. I'm here giving you advice to get your diet in check with scientifically proven information. So give it a shot :).



OUR NUTRITION PROGRAM

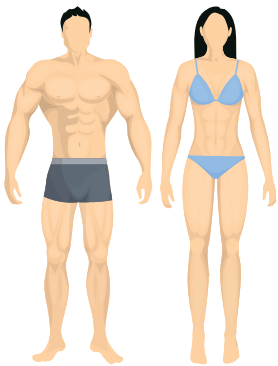
In order to create the correct diet for you, we must first look at what body type you are, what your goals are, and the type of training you're doing... knowing we need this information proves that no diet will work for everyone. For instance, a meat head in the gym is going to need a higher protein percentage from their total macros in order to build muscle.

A long distance runner would not benefit to their potential with extra protein in their diet, they need a higher percentage of carbohydrates for their bodies to store the energy allowing them to run longer than a 30 second set.



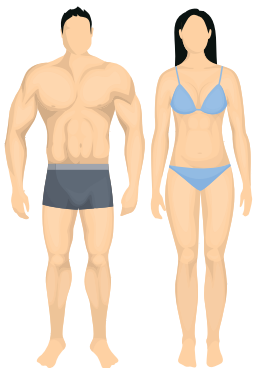
ECTOMORPH BASELINE

Or all you hard-gainers out there, carbs should almost never be limited. An ectomorph is typically trying to put on size and has no issue with losing fat. The most important thing is to make sure you're fueling your body every 3 hours to ensure you don't lose your gains by your body breaking down the muscles that are already there. A good starting point for an ectomorph would be 55% complex carbs, 30% protein, and 15% fat, but remember.. you are the body type that can sneak a little treat from time to time, don't get carried away.



MESOMORPH BASELINE

On to the mesomorph, this is the easiest to explain and most lenient of the diets. Mesomorphs could eat pepperoni pizza all day as their carbs, proteins, and fats and would still grow muscle like its nothing while staying lean. I am not advising this method, only proving a point. A good nutrient ratio to follow for a mesomorph would be 55% carbs, 30% protein, and 15% fat. As you can see, this is very similar to the ectomorph and that is because these are the two most similar body types, and remember most of these percentages are subject to change based off how your body responds.



ENDOMORPH BASELINE

Endomorphs are the ones who have to watch their diet the closest. These are the people are much more sensitive to carbs, so carbs should definitely be limited... sorry! A higher protein and fat percentage (good fats!!!!) are necessary in order to burn more body fat and build more muscle. A solid starting point for an endomorph would be 50% carbs, 30% protein, and 20% fat. These percentages are the most likely to change of the three body types due to how severe your case is and how drastically your body reacts to one thing or another. Often, carbs are lowered to 40-45% for better results, and can be lowered even further but only for short periods of time.

PUTTING YOUR DIET TOGETHER

Now that you have read the three baseline diets, and have figured out which is best for you, it's time to put that together with your total caloric intake and do a little math.

This step is very easy and I will use a 2200 calories per day diet with the 55% carb, 30% protein, 15% fat ratio for you due to it being the same starting point for mesomorphs and ectomorphs, but the first couple things we must know are:

**1 GRAM OF CARBS
= 4 CALORIES**

**1 GRAM OF PROTEIN
= 4 CALORIES**

**1 GRAM OF FAT
= 9 CALORIES**

CARBOHYDRATES

$55\% (.55) \times 2200 = 1210$ calories

$1210 \text{ calories} / 4 \text{ calories per gram} = 330$ grams of carbs

PROTEIN

$30\% (.30) \times 2200 = 660$ calories

$660 \text{ calories} / 4 \text{ calories per gram} = 180$ grams of protein

FAT

$15\% (.15) \times 2200 = 330$ calories

$330 \text{ calories} / 9 \text{ calories per gram} = 40$ grams of fat



Remember, you may not get results as fast as you would on a low carb diet (ketogenic diet), but these plans are meant to become your permanent nutritional regimens, not just a temporary diet.

All this new information may be a slightly difficult adjustment for some, but only at first. Stick with it, hit your macronutrient goals, and I promise you will see results. The best part about it is, they are permanent results that will only keep improving, due to your new lifestyle choice. Congratulations.

SCULPTnation

A NEW GENERATION OF SUPPLEMENTS

Guaranteed to Work for YOU

THE SCULPT NATION DIFFERENCE

The days of do-nothing supplements, packed with junk fillers and ineffective ingredients are over for you.

SCULPT NATION refuses to give you anything less than the best supplements, sourced from the best ingredients on Earth.

Every single **SCULPT NATION** product is backed by a lifetime, 100% Money Back Guarantee

How can we make such a bold guarantee?
EASY.

We put every single bottle through a rigorous testing process.

Our label claims are verified by an independent 3rd Party Testing service.

Plus, each supplement is tested at multiple points from start to finish, ensuring that each and every dose is packed with the powerful ingredients your body deserves.

Oh, and a quick note on flavors.

We know that it's all the rage these days for some companies to brag about how hardcore they are because their supplements taste like gasoline.

However, we here at **SCULPT NATION** know the reality - no matter how motivated you are, you're not going to continually take the supplements you need if you dread taking them.



BURN

NEXT GENERATION THERMOGENIC WITH TRIPLE THE FAT MELTING POWER.

Imagine how much faster you could destroy body fat if you were able to burn extra calories without eating less, scorch fat at a cellular level to more permanently destroy fat deposits, and naturally suppress your appetite, making dieting a cakewalk.



BURN UNLEASHES 5 POTENT THERMOGENICS THAT ATTACK FAT FROM 3 UNIQUE ANGLES:

- 1** Boost your levels of the proven fat-melter, Brown Adipose Tissue
- 2** Mobilize fat, pulling it from your cells, then incinerating it in your bloodstream
- 3** Effortlessly increasing your metabolic rate

Grains of Paradise Seed Extract helps activate your brown adipose tissue, a special type of fat that acts like an army of tiny, internal furnaces, literally torching body fat at a cellular level.

Diet is important, but you don't want to eat one bit less than necessary.

No Problem: **CAPSIMAX** and Caffeine help your body burn extra calories, both during your workouts and while you're at rest!

Know why 99% of all fat loss plans fail?

They don't permanently destroy fat cells.

If you want to finally **GET LEAN**, you must mobilize fat - tearing fat from your cells then burning it up before it can resettle somewhere else on your body!

Luckily **BURN** is formulated with Yohimbine Hydrochloride, Rauwolscine, and **EGCG** - a powerful all-star team of fat mobilizers.

Supplement Facts

Serving Size 2 Capsules, Servings Per Container 30

	Amount Per Serving	% Daily Value
Epigallocatechin (from green tea leaf extract)	300 mg	†
Cayenne fruit extract (Capsimax™)	100 mg	†
Caffeine	100 mg	†
Grains of Paradise seed extract (Paradoxine®)	30 mg	†
Yohimbine hydrochloride	6 mg	†
Rauwolscine	3 mg	†

† Daily Value not established.

Other ingredients: Hydroxypropylmethylcellulose, microcrystalline cellulose, magnesium stearate, and silicon dioxide.

BURN'S unique **TRIPLE FAT MELTING FORMULA** can **ONLY** be found **AT SCULPT NATION** and is backed by an Iron-Clad, lifetime, 100% Money Back Guarantee



BURN PM

BURN BODY FAT SPECIFICALLY WHILE YOU SLEEP.

What if you could help your body relax into a deep, restful, recovery-promoting slumber while simultaneously forcing your body to torch fat while you sleep?

Did you know that the quality of your sleep directly affects your fat loss?

Lose sleep and your body can release a nasty, stress hormone called Cortisol that shuts down your Leptin levels.



NO LEPTIN = NO FAT LOSS.

That's why BURN PM Melatonin, L-Tryptophan, and Lemon Balm Leaf help you get the deep sleep to prime your body to burn fat and crush Cortisol.

But that's just HALF of BURN PM's fat melting magic.

BURN PM then arms your body with 6 Powerful thermogenics specifically formulated to help you **BURN FAT WHILE YOU'RE SLEEPING.**

Remember, you sleep 8 hours per night.

If you let your body slip out of fat melting mode every time your head hits the pillow, you're losing out on 225 hours of potential fat melting every single month!

Imagine how much faster you'd have your dream body if you liberated an **EXTRA 225 HOURS OF FAT BURNING WITHOUT EATING LESS** or exercising more.

Supplement Facts

Serving Size 1 Capsules, Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	30mcg	150%
Raspberry ketones	150mg	†
White kidney bean extract	150mg	†
Green coffee bean extract	130mg	†
Dandelion root powder	100mg	†
L-tryptophan	40mg	†
Saffron bulb extract	5mg	†
Melatonin	2.7mg	†
Lemon balm aerial parts extract	2mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Gelatin, silicon dioxide, magnesium stearate, microcrystalline cellulose.



TURMERIC

IS SUPPRESSING INFLAMMATION THE KEY TO A LEANER, STRONGER, HEALTHIER BODY?

Scientists now believe that inflammation may be the root cause for a slew of nasty problems like activity-related joint pain, unexplained fat gain, excess belly fat, and trouble losing weight.

These same scientists are singing the praises of what they're calling "Nature's Miracle Supplement," TURMERIC.



WHY? STUDIES SHOW TURMERIC CAN HELP:

- 1 Relieve Joint Pain Caused by Over Doing It in the Gym
- 2 Reduce Excess Internal Inflammation
- 3 Shred Belly Fat Faster
- 4 Break Through Fat Loss Plateaus
- 5 Burn Excess, Stubborn Body Fat

ABSORB MORE bioavailable, powerful **TURMERIC**, experience faster, mind-blowing results.

Why not just sprinkle some turmeric on your food and reap the benefits?

Unfortunately, that yellow stuff you see in the supermarket has an extremely poor absorption rate.

Sculpt Nation's **TURMERIC**, however, is specially formulated with the nutrients needed to massively amplify turmeric's absorption rate.

If you've been struggling to break through a weight loss plateau, **BURN STUBBORN FAT**, or are just sick of shuffling through workouts with sore joints, let **TURMERIC** completely change your life.

Supplement Facts

Serving Size 2 Capsules, Servings Per Container 30

	Amount Per Serving	% Daily Value
Proprietary Blend	1.32 g	†
Turmeric root		
Turmeric root extract (95% curcuminoids)		
Black pepper fruit extract (BioPerine®)		

† Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, silicon dioxide.



NEUROCTANE

UPGRADE YOUR BRAIN,
UPGRADE YOUR ENTIRE LIFE.

What if you could unlock your brain's full potential...

How much higher could you climb in your career, and in your entire life if you gained access to a real life "Limitless" pill?



NEUROCTANE SPORTS 5-POWERFUL, ALL-NATURAL NOOTROPICS THAT CAN HELP YOU:

- 1 AMPLIFY YOUR COGNITIVE ABILITIES & IMPROVE WORKING MEMORY** solve problems faster, retain more information, dominate the competition
- 2 BOOST ALPHA BRAIN WAVE ACTIVITY** unlock your creative powers and beat down occasional anxiety & moodiness
- 3 INCREASE BRAIN-DERIVED NOOTROPIC FACTOR (BDNF) & NEUROTROPHIC GROWTH FACTOR (NGF)** better cognitive function, better information recall, superior communication between synapses in your brain
- 4 ENJOY OPTIMIZED WORK CAPACITY WHILE UNDER STRESS** get more done even on your toughest days
- 5 ENHANCE MENTAL AND PHYSICAL ENERGY** (Stimulant Free) while everyone else is stumbling through the day, you could be crushing every obstacle with laser focus and white-hot energy

BREAKTHROUGH Nootropic Cocktail **CHANGES THE GAME**

Choice is yours...

You can struggle, shuffling through each day, hoping cheap coffee and sugar-bomb energy drinks will get you going...

Or you can upgrade to a stronger, faster brain and dominate the competition.

Supplement Facts

Serving Size 2 Capsules, Servings Per Container 30

	Amount Per Serving	% Daily Value
Alpinia galangia root extract (enXtra™)	300mg	†
Bacopa monnieri whole plant extract (Synapsa™)	320mg	†
L-theanine	200mg	†
Noopept		
(as N-phenylacetyl-L-prolylglycine ethyl ester)	30mg	†
Black pepper fruit extract (BioPerine®)	5mg	†

† Daily Value not established.

Other ingredients: Rice powder, gelatin, silicon dioxide, magnesium stearate.



PRE WORKOUT

NEVER DRAG YOURSELF THROUGH A WORKOUT, HALF-EXHAUSTED, EVER AGAIN.

You're about to gain access to a white-hot wave of pre-workout energy.

Most pre-workouts on the market today taste like gasoline and depend entirely on caffeine. They leave you feeling bloated, gassy, and give you damn-near zero energy boost.



PRE IS A GAME CHANGER.

Coffee ain't cuttin it when it comes to killing it every workout.

PRE is an explosive mix of specially selected **BRANCH CHAIN AMINO ACIDS, NITRIC OXIDE, L-TYROSINE** & more.

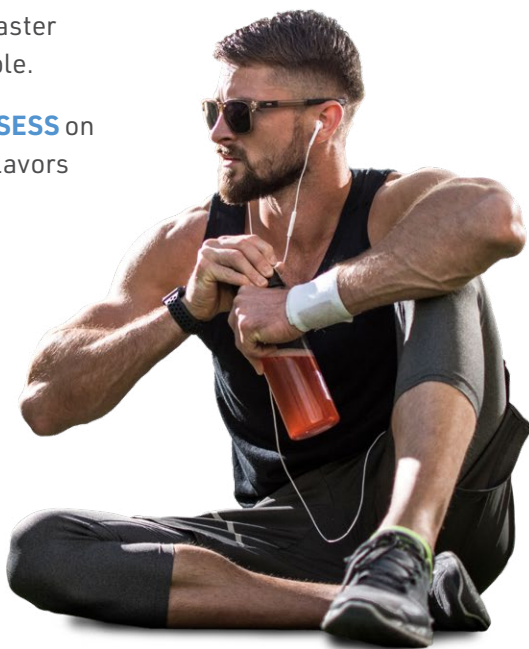
This means you'll enjoy eye-popping pumps from the N.O. while L-Tyrosine wipes out your fatigue, helping fire up your brain and prime your central nervous system so you crush every workout.

You want more reps... more weight... more muscle... a leaner, more powerful body?

You'll never have it if you waste workouts because of fatigue.

However, when you give your body and mind the fiery energy they need to excel in the gym, you'll reach your goals faster than you ever dreamed possible.

Oh, and the best part? We **OBSESS** on flavors. This makes PRE's 3-flavors (Blue Raspberry, Peach, Fruit Punch) so delicious that you'll be tempted to drink them all day long.



NO JITTERS. NO CRASH.

Pre Peach Supplement Facts

Serving Size 1 Scoop (9g), Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	15	
InstAminos™ Blend	3g	†
L-leucine		
L-isoleucine		
L-valine		
L-citrulline	1.5g	†
Beta alanine	1.2g	†
Caffeine	300mg	†
Betaine	100mg	†
L-tyrosine	100mg	†
L-theanine	50mg	†

† Daily Value not established.

Other ingredients: Citric acid, natural flavors, calcium silicate, silicon dioxide, sucralose.

Pre Blue Raspberry Supplement Facts

Serving Size 1 Scoop (9g), Servings Per Container 30

Other ingredients: Citric acid, natural and artificial flavors, silicon dioxide, sucralose, calcium silicate.

Pre Fruit Punch Supplement Facts

Serving Size 1 Scoop (11g), Servings Per Container 30

Other ingredients: Citric acid, natural flavors, malic acid, acesulfame potassium, sucralose, beet root juice, silicon dioxide, calcium silicate.

POST WORKOUT

WANT THE ULTIMATE SHORTCUT TO A LEANER, STRONGER BODY?

The short post workout window is absolutely essential to your success.



If you don't flood your system with the specific, potent blend of the super nutrients it needs for rapid recovery, reaching your goals will be near-impossible.

See, every time you workout, your body falls into a catabolic (muscle-wasting) state.

The old adage that you "tear down your muscles in the gym, then grow them while you rest" is true... but you **MUST** force **RAPID RECOVERY** and squash catabolism... it does **NOT** happen by itself.

You can slam the door shut on catabolism and end post workout muscle loss by **PRIMING YOUR SYSTEM TO TURN ANABOLIC.**

HOW?

Rapidly refuel your muscles with:

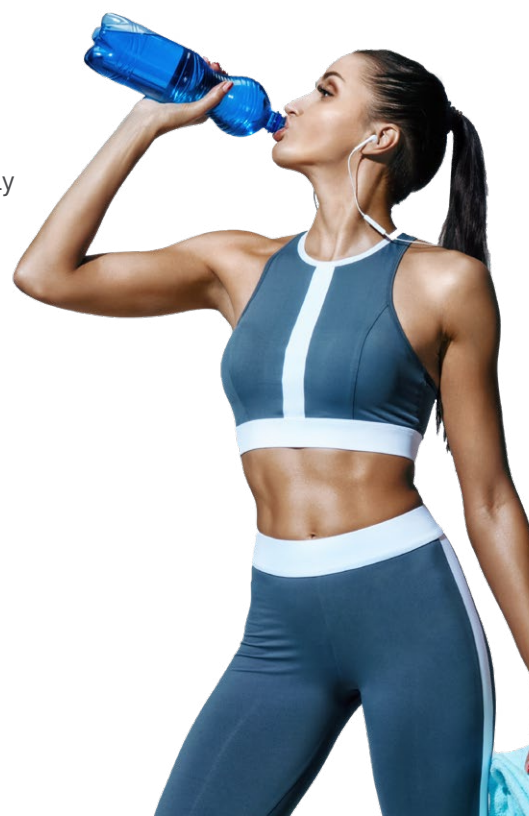
- 1 CREATINE COMPLEX** to Replenish ATP Stores, Increase Muscle Fiber Growth, Boost Your Strength, & Muscular Endurance, Promote Cell Volumization and Help You Gain Lean Muscle
- 2 ACTIGIN & ASTRAGIN** to Squash Post-Workout Inflammation Naturally
- 3 SPECIALLY FORMULATED MINERAL MIX** to Refuel Your Muscle Cells to Enhance Recovery

Protein Fruit Punch Supplement Facts

Serving Size 1 Scoop (8g), Servings Per Container 30

	Amount Per Serving	% Daily Value
Calcium	30mg	2%
Creatine hydrochloride	1g	†
Creatine monohydrate	1g	†
Creatine anhydrous	1g	†
L-carnitine tartrate	500mg	†
Mineral complex (Aquamin™)	250mg	†
NuLiv Proprietary Blend	50mg	†
Astragalus root extract		
Tiensi ginseng root extract		
Actigin Proprietary Blend	50mg	†
Tiensi ginseng root extract		
Rosa roxburghii fruit extract†	Daily Value not established.	

Other ingredients: Citric acid, malic acid, natural flavor, beet root juice, silicon dioxide, sucralose, calcium silicate.



Sculpt Nation's **POST** is perfect for men and women who want to get **LEANER, FASTER, STRONGER**, and enjoy dramatically improved performance while reshaping their bodies **IN RECORD TIME.**

FAT LOSS STACK

BURN FAT WHILE YOU SLEEP, TORCH
EXTRA CALORIES ALL DAY, AND
SQUASH INFLAMMATION.

Unleash the tidal wave of lava-hot fat melting when you put the world's three most powerful fat burners to work synergistically for you.



SCULPTnation

NO OTHER SUPPLEMENT HAS THE POWER TO:

- 1 Burn Fat **SPECIFICALLY WHILE YOU SLEEP**
- 2 **REDUCE BELLY FAT** by Squashing Internal Inflammation Caused by Poor Diet and Environmental Toxins
- 3 **BLOW TORCH EXTRA CALORIES ALL DAY LONG** Without Eating Less or Exercising More
- 4 Turn Your Body Into a **VIRTUAL FURNACE** by Increasing B.A.T
- 5 **MOBILIZE FAT CELLS**, Then Incinerate Them Before They Can Resettle in Your Body

BURN PM uses powerful sleep enhancers to help suppress cortisol while a thermogenic all-star team **INCINERATES FAT WHILE YOU SLEEP.**

BURN takes over during the day, helping your body burn extra calories without eating less while raising your metabolic rate and **MOBILIZING FAT THEN DESTROYING IT FOR GOOD.**

Then **TURMERIC** helps clamp down on cortisol and the inflammation many scientists now believe is tied to belly fat gain.

When you kick your fat burning machinery into high gear day and night while squashing inflammation, you'll drop fat faster than you ever dreamed possible.

The **FAT LOSS STACK** is a quantum leap
BREAKTHROUGH in the battle against body fat.

Burn Supplement Facts

Serving Size 2 Capsules, Servings Per Container 30

	Amount Per Serving	% Daily Value
Epigallocatechin (from green tea leaf extract)	300 mg	†
Cayenne fruit extract (Capsimax™)	100 mg	†
Caffeine	100 mg	†
Grains of Paradise seed extract (Paradoxine®)	30 mg	†
Yohimbine hydrochloride	6 mg	†
Rauwolfscine	3 mg	†

† Daily Value not established.

Other ingredients: Hydroxypropylmethylcellulose, microcrystalline cellulose, magnesium stearate, and silicon dioxide.

Turmeric Supplement Facts

Serving Size 2 Capsules, Servings Per Container 30

	Amount Per Serving	% Daily Value
Proprietary Blend	1.32 g	†
Turmeric root		
Turmeric root extract (95% curcuminoids)		
Black pepper fruit extract (BioPerine®)		

† Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, silicon dioxide..

Supplement Facts

Serving Size 2 Capsules, Servings Per Container 30

	Amount Per Serving	% Daily Value
Proprietary Blend	1.32 g	†
Turmeric root		
Turmeric root extract (95% curcuminoids)		
Black pepper fruit extract (BioPerine®)		

† Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, silicon dioxide..

MUSCLE BUILDING STACK

WANT MASSIVE MUSCLE GAINS? BETTER KICK YOUR ENDOCRINE SYSTEM INTO HYPER-DRIVE.

The fastest, easiest way to open the floodgates on your body's two most important muscle building hormones, HGH and Testosterone, while rapidly recharging your muscle cells during workouts and slashing your recovery time.



INTRODUCING THE MUSCLE BUILDING STACK:

- 1 HGH BOOST** naturally revs up your Human Growth Hormone Levels which are absolutely essential for building muscle and burning fat.
- 2 TEST BOOST** skyrockets your testosterone levels - without adequate T-levels, building muscle and getting lean are flat-out impossible
- 3 CREATINE** rapidly replenish ATP stores, cuts recovery time, and volumizes your muscle cells... helping you workout harder, longer, and gain muscle faster.
- 4** The **MUSCLE BUILDING STACK** is ideal for men who need to optimize their anabolic environment to pack on mass fast - and keep it on.

YOU WANT TO GAIN LEAN MASS...

Forget that, you **NEED** to pack on slabs of lean, powerful, ripped mass...

Well, if your **HGH** and **TESTOSTERONE** are too low, you can forget gaining muscle and maintaining it.

If you've been struggling to finally pack on muscle, or if you've hit a plateau that you can't break through no matter what you do in the gym, the **SCIENTIFIC BREAKTHROUGH** you've been waiting for is here.



Creatine Supplement Facts

Serving Size 1 Scoop (7g), Servings Per Container 30

	Amount Per Serving	% Daily Value
Creatine monohydrate	5g	†
† Daily Value not established.		

Other ingredients: Citric acid, natural fruit punch flavor, beet root juice, sucralose.

Test Boost Supplement Facts

Serving Size 3 Capsules, Servings Per Container 30

	Amount Per Serving	% Daily Value
Ashwagandha root extract (KSM-66®)	600mg	†
Tribulus terrestris fruit	500mg	†
Eleuthero root	200mg	†
Epimedium grandiflorum whole plant	160mg	†
Hawthorn berry	40mg	†
Eurycoma longifolia root	20mg	†
American ginseng root	20mg	†
Cordyceps mycelium extract	20mg	†

† Daily Value not established.

Other ingredients: Gelatin, microcrystalline cellulose, silicon dioxide, magnesium stearate.

HGH Boost Supplement Facts

Serving Size 2 Capsules, Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxine hydrochloride)	20mg	1176%
Tribulus terrestris fruit	250mg	†
L-leucine	150mg	†
L-arginine hydrochloride	150mg	†
L-glutamine	140mg	†
L-lysine hydrochloride	90mg	†
Gamma-aminobutyric acid	75mg	†
L-isoleucine	60mg	†
L-valine	55mg	†
L-ornithine hydrochloride	25mg	†
Colostrum	25mg	†
Glycine	10mg	†

† Daily Value not established.

Other ingredients: Gelatin, microcrystalline cellulose, silicon dioxide, magnesium stearate. Contains milk.

TEST BOOST

OPEN THE FLOODGATES ON YOUR BODY'S #1 MUSCLE BUILDING HORMONE.

Guys, trying to gain muscle or get lean with low testosterone levels is flat-out impossible.



In the old days, Testosterone boosters were little more than powerless powders and wishful thinking.

Then **TEST BOOST HIT THE MARKET.**

TEST BOOST IS PACKED WITH 8-POTENT TESTOSTERONE AND LIBIDO BOOSTING AGENTS, AND CAN HELP YOU:

- 1 Increase Your Lean Muscle Mass
- 2 Boost Strength Levels
- 3 Burn Body Fat Faster
- 4 Rev Up Your Libido
- 5 Recover Rapidly from Your Workouts

HOW?

TRIBULUS TERRESTRIS, EURYCOMA LONGIFOLIA, Cordyceps Mushrooms, and Panax **QUINQUEFOLIUS** work synergistically to **BOOST TESTOSTERONE LEVELS** while KSM-66 helps squash the testosterone-killer, Cortisol.

Isn't it time you enjoyed easy muscle building and fat burning?

You can when you ramp up your body's most important **MUSCLE BUILDING HORMONE**, and keep your system awash in the King of the Male Hormones - the Mighty Testosterone.



Perfect workouts... perfect diet... meaningless without the **KING OF THE MUSCLE BUILDERS, TESTOSTERONE.**

Supplement Facts

Serving Size 3 Capsules, Servings Per Container 30

	Amount Per Serving	% Daily Value
Ashwagandha root extract (KSM-66®)	600mg	†
Tribulus terrestris fruit	500mg	†
Eleuthero root	200mg	†
Epimedium grandiflorum whole plant	160mg	†
Hawthorn berry	40mg	†
Eurycoma longifolia root	20mg	†
American ginseng root	20mg	†
Cordyceps mycelium extract	20mg	†

† Daily Value not established.

Other ingredients: Gelatin, microcrystalline cellulose, silicon dioxide, magnesium stearate.

HGH BOOST

IF YOUR BODY IS LACKING IN GROWTH HORMONE, YOU CAN FORGET HAVING A LEAN, POWERFUL PHYSIQUE.

HGH BOOST is ideal for men and women who want to naturally raise the hormone most responsible for giving them their dream body in record time.



Doesn't matter if you're a man or woman, hardcore athlete or someone looking to burn off that spare tire while toning and strengthening your body, if you are deficient in HGH (human growth hormone) you will suffer from:

- | | |
|--|-------------------------------|
| 1 Muscle Loss | 4 Diminishing Strength |
| 2 Unexplained Physical & Mental Fatigue | 5 Stiff, Sore Joints |
| 3 Fat Gain (Especially Belly Fat) | 6 Mental Fog |
| | 7 Lack of Motivation |

The good news is that when you naturally replenish your growth hormone levels with HGH BOOST, you completely flip the script and turn your body into a lean muscle building, **FAT BURNING MACHINE**.

HGH IS DIRECTLY TIED TO:

- | |
|---|
| 8 ACCELERATING LIPOLYSIS
fat burning and the breakdown of free fatty acids |
| 9 INCREASING STRENGTH
getting stronger with low HGH will only lead to frustration |
| 10 GAINING LEAN MUSCLE
without adequate HGH levels, gaining and maintaining lean muscle is impossible |
| 11 STOPPING BELLY FAT GAIN
slam the breaks on undesired increases in unhealthy central body fat |

HGH IS ESSENTIAL to every aspect of building the body you've always wanted

Supplement Facts

Serving Size 2 Capsules, Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxine hydrochloride)	20mg	1176%
Tribulus terrestris fruit	250mg	†
L-leucine	150mg	†
L-arginine hydrochloride	150mg	†
L-glutamine	140mg	†
L-lysine hydrochloride	90mg	†
Gamma-aminobutyric acid	75mg	†
L-isoleucine	60mg	†
L-valine	55mg	†
L-ornithine hydrochloride	25mg	†
Colostrum	25mg	†
Glycine	10mg	†

† Daily Value not established.

Other ingredients: Gelatin, microcrystalline cellulose, silicon dioxide, magnesium stearate. Contains milk.



PROTEIN

FAT LOSS... MUSCLE GAIN... SUPERIOR
ATHLETIC PERFORMANCE... ALL
DEMAND ONE ESSENTIAL NUTRIENT

If you want an enormous boost, give PROTEIN a try
and you'll instantly see (and taste) the difference.



SCULPTnation

Doesn't matter if you're a bodybuilder, Crossfitter, man or woman looking to lose fat, tone up, and get your dream body... if your body isn't supplied the highly-absorbable, **HIGH QUALITY PROTEIN** it needs, you'll never reach your goals.

WHAT HAPPENS WHEN YOU FEED YOUR SYSTEM PROTEIN?

- 1** Faster Recovery From Your Workouts
- 2** Increased Lean Mass
- 3** Superior Strength
- 4** Faster Fat Burning
- 5** Rapid Body Transformation
- 6** Feel Full Longer While Dieting
- 7** Stimulate Anabolic Hormones

PROTEIN is a Non-GMO, **90% WHEY PROTEIN ISOLATE** that packs a whopping 3-grams of lean-muscle-making Leucine per serving

Why not use the cheap protein you see at the big box stores or those gunky ready-to-drink protein shakes?

Simple - those "protein" supplements are made with bottom-of-the-barrel protein that has terrible absorption.

Sculpt Nation's PROTEIN is highly-digestible and sports a tremendously high Bioavailability. This means **YOUR BODY ABSORBS** and puts **MORE PROTEIN** and essential amino acids to use **WITH EVERY SERVING.**

Protein Vanilla Supplement Facts

Serving Size 1 Scoop (31g), Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	110	
Total Fat	1g	1%*
Cholesterol	20mg	7%
Total Carbohydrate	1g	<1%*
Protein	25g	50%*
Calcium	135mg	10%
Phosphorus	50mg	4%
Magnesium	10mg	2%
Sodium	30mg	1%
Potassium	80mg	2%

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Whey protein isolate, whey protein concentrate, natural flavors, acesulfame potassium, anti-foam.
Contains milk.

Protein Chocolate Supplement Facts

Serving Size 1 Scoop (31g), Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	120	
Total Fat	1g	1%*
Cholesterol	20mg	7%
Total Carbohydrate	2g	<1%*
Protein	25g	50%*
Calcium	135mg	10%
Phosphorus	60mg	5%
Magnesium	10mg	2%
Sodium	30mg	1%
Potassium	130mg	3%

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Whey protein isolate, whey protein concentrate, cocoa powder, natural flavors, acesulfame potassium, anti-foam.
Contains milk.

BCAAS

NEVER SUFFER THROUGH POST WORKOUT
MUSCLE LOSS, SLOW RECOVERY,
OR PAINFUL SORENESS AGAIN.

No bloating. No energy crash. Just a delicious,
steady flow, of the BCAAS your body needs



IF YOU LET YOUR BODY REMAIN DEFICIENT
IN THE ESSENTIAL AMINO ACIDS
IT NEEDS TO REBUILD YOUR MUSCLE FIBERS,
YOU'RE GOING TO SUFFER THOUGH

- 1 Excessive Soreness
- 2 Muscle Loss DURING and POST Workout
- 3 Delayed Recovery Between Sets
- 4 Slow Recovery Between Workouts
- 5 Poor Muscular Endurance

YOU CAN'T RUN A HIGH-HORSE POWERED ENGINE WITHOUT GASOLINE

When you work out hard without **BCAA** support, that's exactly what you're doing - pushing your engine without the fuel it needs to run optimally.

However, when you fuel your body with the specific blend of **BCAAS** your muscles need to grow bigger, stronger, and more explosive.

Oh, and if you're trying to burn fat, **BCAAS** are the perfect solution. They supply your body with the protein it needs to protect your lean mass without excess calories. This lets you **DROP FAT** without losing precious **LEAN MUSCLE**.

BCAAs are perfect for both men and women who want to dramatically improve performance and rapidly achieve their **BEST BODY EVER**.

That's right... **IF YOU DON'T FEED YOUR BODY** the amino acid complex it needs, you can actually **LOSE MUSCLE!**

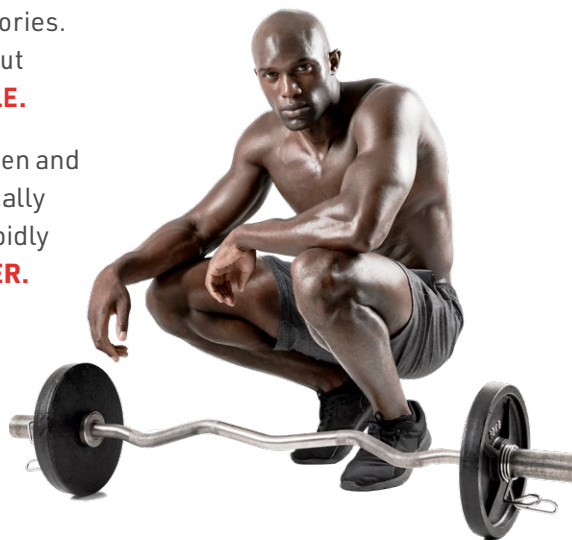
Supplement Facts

Serving Size 1 Scoop (7g), Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	20	
Calcium	24mg	2%
InstAminos™ Blend	4.5g	†
L-leucine		
L-isoleucine		
L-valine		
Mineral complex (Aquamin™)	200mg	†

† Daily Value not established.

Other ingredients: Citric acid, natural fruit punch flavor, beet root juice, sucralose.



CREATINE

RAPID MUSCLE REFUEL FOR ENHANCED
ENDURANCE, GREATER STRENGTH,
AND MORE LEAN MUSCLE MASS.

Gaining strength, packing on lean muscle, and building bulletproof muscular endurance have never been easier... or tasted better.



WANT TO TAKE YOUR PHYSIQUE, AND YOUR PERFORMANCE, TO AN ELITE LEVEL?

To achieve those goals, you have to **BUILD SUPER STRENGTH**, stockpile lean, powerful muscle mass, and **RECOVER RAPIDLY** between your workouts.

Guess what... if you let your muscle cells burn out, desperate for the fuel they need to perform optimally, you'll never reach your goals.

When you work out hard, **YOUR MUSCLES NEED TO BE FED** a constant stream of adenosine triphosphate (ATP)

Without it, your muscles will seize up and flat-out fail.

LUCKILY, CREATINE IS HERE TO HELP YOU:

- 1** Rapidly Replenish ATP and PhosphoCreatine Levels During Workouts
- 2** Amplify Lean Mass Gains
- 3** Increase Strength
- 4** Enhance Muscular Endurance
- 5** Build Ballistic Power
- 6** Faster Recovery Between Workouts

Supplement Facts

Serving Size 1 Scoop (7g), Servings Per Container 30

	Amount Per Serving	% Daily Value
Creatine monohydrate	5g	†
† Daily Value not established.		

Other ingredients: Citric acid, natural fruit punch flavor, beet root juice, sucralose.



GREENS

ONE SIP AND YOU'LL BE HOOKED.

Finally, a SuperNutrient That Improves Your Performance, Your Physique, AND Your Health... That Doesn't Taste Like Liquid Grass Clippings

GREENS is here to completely revolutionize your physical and mental performance while helping you transform your physique while you help support your skin, joints, and overall health.

HOW CAN ONE SUPPLEMENT DO ALL OF THIS? EASY.

- 1 GREENS CONTAINS HIGHLY ABSORBABLE COLLAGEN**
not only does Collagen help strengthen your joints and improve GUT health, some plastic surgeons call it a "modern day miracle" because of how dramatically it can improve your skin
- 2 TURMERIC ROOT HELPS PROTECT YOUR BODY FROM EXCESS, EVERY-DAY INFLAMMATION** scientists are now linking inflammation to joint pain and weight gain - especially in your midsection
- 3 ASHWAGANDHA ROOT ACTS AS A POWERFUL ADAPTOGEN** maintain healthy blood sugar levels, detoxify, and could even help you lose fat
- 4 PRECISION BLEND OF GREENS, INCLUDING SPIRULINA, GOTU KOLA, BARLEY GRASS, ACEROLA, AMLA + MORE** strengthen your immune system, fight oxidative stress, and alkalize your body's internal environment



GREENS isn't just the only superfood supplement featuring this incredible mix of Collagen, Spirulina, and Turmeric on the market - **IT'S ALSO THE MOST DELICIOUS.**

Supplement Facts

Serving Size 1 Scoop (7g), Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrate	2g	1%*
Dietary Fiber	1g	4%*
Protein	1g	
Vitamin C	30mg	33%
Iron	1mg	6%
Potassium	40mg	1%
Green Balance Alkalinizing Blend™	2.5g	†
Betta Berries™ Antioxidant Blend	1g	†
Adaptogenic Blend	487mg	†
Turmeric root, ashwagandha root, reishi fruitingbody, rhodiola root		
Collagen	2.5g	†
Lactobacillus sporanges (?? Billion CFUs)	80mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Natural flavor, malic acid, citric acid, calcium silicate, silicon dioxide, and sucralose.

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