



Supplement Recommendations

Supplement Recommendations

My supplement recommendations are just that, recommendations. Many of these products I have used or use myself. Others come highly recommended from colleagues. In some cases I actually know the owners/creators. You are free to research and purchase your own supplements as well.

I know that it can be overwhelming to shop for supplements in a big store. So to make this easier and less overwhelming for you, I have provided direct links to my recommended products. The products will be delivered to your home and save you that trip to the store. Sphericity is paid a small percentage of the sale.

All of the merchants have a 30 day money back guarantee. You just need to return the empty package.

I have provided some general information about all of the products with links for more information and purchase.

If you have any questions, please feel free to contact me.

The supplements you absolutely must have for the challenge are:

- Protein Powder
- Omega 3 Fish Oil Supplement
- Multivitamin

Optional, but recommended supplements:

- Supergreens
- On the go protein snacks
- Meal replacement bars

Protein Powders

UX3 Protein Powder

UX3 was developed by my good friend and industry guru, John Rowley. John's mission was to create the cleanest, lightest and best tasting protein on the market. With its delicate balance of Enzymatic, Energetic and Endothermic activation nutrients, UX3 floods your body with energy... improves your digestion... and helps your body melt off a little bit of fat throughout day. One of my favorite features of John's product is that it is very light (some protein shakes can feel heavy.)

If you purchase this product, let me know and I will forward you a copy of John's Smoothie Recipe Book.



- All-natural, hormone-free protein
- Made with 100% whey isolate
- Contains essential fatty acids, fiber, vitamins and minerals
- From grass-fed cows
- Non GMO Protein
- rBGH/rBST (Hormone) FREE
- Easy to mix
- Made in the USA

Go to sphericity.com/supplements

When you go to the site, there is a lot of info, so scroll

Biotrust Low Carb Protein Powder

I really like BioTRUST products. They are made with quality ingredients and they taste soooo goood. I actually met the owner Joel. Great guy with super high integrity. He was a high school gym teacher before he developed his first products. Here's some of the skinny on LowCarb by BioTRUST. (5 flavors available)

- Time-Released Four-Protein Blend
- Hormone (rBGH/rBST) Free Proteins
- Only 4g of Net Carbs Per Serving
- Made with Natural Ingredients
- No Artificial Colors, Sweeteners or Flavors
- Non-GMO. Soy & Gluten Free Formula



Protein Sources: Whey protein concentrate at a 25% ratio due to a number of its unique properties, exotic proteins like slow-digesting Micellar Casein (the cream of the crop of all proteins), Whey Protein Isolate, and Milk Protein Concentrate at the same 25% ratio

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Shaklee

Shaklee is another amazing tasting protein powder packed with good stuff. Shaklee offers 3 types of powder. Whey, Soy and Non-Soy. All are non-GMO, Kosher, gluten free, low glycemic, lactose free. No artificial flavors, colors, sweeteners, or preservatives added. Life Energizer includes Omega3 and Probiotics.

Go to sphericity.com/supplements



Designed to:

- Increase your energy
- Help you retain lean muscle and achieve a healthier weight
- Support digestive and immune health
- Support heart and brain health

The Life Energizing Shake comes packed with:

- 24 grams* of protein, including 16 grams of plant-based, non-GMO protein
- Added leucine to help preserve lean muscle and achieve a healthier weight
- A powerful combination of prebiotics and one billion CFU of patented probiotics
- Omega-3 (ALA) to support heart and brain health

Life Energizing Shake contains no artificial flavors, sweeteners or preservatives, is gluten free, lactose free, low glycemic, and Kosher.

Dietary Fats

Option #1 : Natures Bounty

Here is one you can get at Costco made by Nature's Bounty. Here is a pic I grabbed off of Google...



As you can see it has 980mg of EPA/DHA which is over 3x what the typical fish oil supplement has. So now we are only talking 5-6 caps per day –much more do-able. It is also worth noting these caps are “enteric coated.” This means they will not give you “fish burps” which are NASTY.

Option #2 New Chapter Wholemega Fish Oil Supplement

OMEGAS FOR HOLISTIC HEALTH

- Whole Food**
Wholemega™ Whole Fish Oil offers a whole-food alternative to fractionated, highly processed and high-heat purified fish oils.
- Extra-Virgin Process**
Pressed in a proprietary process similar to fine olive oil, Wholemega preserves **natural antioxidants and Vitamin D3** that can be removed in other fish oils during processing.
- Clinical Results**
Human clinical trials have shown Wholemega **helps retain healthy triglyceride levels** and promotes other studied heart health markers.*
- Fresh & Wildly Pure™**
Naturally pure Wholemega utilizes 100% Wild Alaskan Salmon—from fisheries cited as worldwide models of sustainability.
- 3 Servings of Salmon**
Experts recommend getting healthy Omegas from fish 2-3 times a week. One week¹ of Wholemega provides the same amount of whole Omega fatty acids as three servings of Wild Alaskan Salmon.

1=3
1 Week of Wholemega¹ Delivers the Omegas of 3 Servings of Wild Alaskan Salmon

1.2 gram daily serving of Wholemega fish oil
© 2016 New Chapter, Inc.

This is a really economical option that you can buy on Amazon.

Option #3

[OmegaKrill5X by BioTrust](#)

I really like this one because it comes from krill. This increases the bioavailability so much that you actually need to take LESS per day. Each tiny capsule is the equivalent of 2.5g or EPA/DHA. OmegaKrill 5X contains Fish (Anchovy, Sardine), Crustacean shellfish (Krill), and soy. This product is manufactured in a facility that also processes milk, egg, tree nuts, peanuts and wheat. Independent laboratory testing ensures potency and purity. GMP quality assured. No sugar, artificial sweeteners, flavors, colors or preservatives added. It's also Gluten-Free and non-GMO



It is wild caught and pharmaceutical grade. This is a top-notch source of essential fats. This is a 30 day supply.

FINAL NOTE: Vegetable sources of EFAs (ie Flax Oil) are a vastly inferior to fish oils and are not the same thing at all. While they might have their own benefits, they do not come close to what fish oil sources have to offer so stick with the marine based oils.

Go to sphericity.com/supplements to order

Multi-Vitamins

Shaklee Vita-Lea® (Good)

High potency multivitamin and multi mineral

This is a great basic multi vitamin.

Each serving of Vita-Lea delivers 100% or more of the Daily Value of all vitamins, including twice the Daily Value of vitamins C, D, and E—plus beta-carotene for safely increasing antioxidant protection.* Based on 7 clinical studies.

Available in customized formulas based on the needs of men, women, and adults over 50 (with and without Vitamin K).



Go to sphericity.com/supplements to order

Shaklee Vitalizer (Better)

I love this product because it is so easy to remember to take, and the pills are easy to swallow.

Vitalizer™ is supplementation made simple. This clinically supported solution packs advanced nutrition into a convenient, go-anywhere Vita-Strip™.

Vitalizer provides vitamins, minerals, antioxidants, omega-3 fatty acids, and healthy probiotics -- using a patented delivery system specially designed to enhance absorption of key nutrients in your body.

Based on 12 clinical studies and a first-of-its-kind Landmark Study Custom formulas created specifically for today's healthy active man, woman and adults over 50



Go to sphericity.com/supplements to order

Shaklee Vitalife (Best)

This is the “Mac Daddy” Supplement strip!

Smaller, easier to swallow OmegaGuard Plus

150% more Lutein and 213% more Zeaxanthin to support optimal eye health.

Shaklee Life-Strip

Every serving of Shaklee Life is the culmination of years of research and quality testing to guarantee every **Life-Strip** delivers pure and potent vitamins, minerals, omega-3 fatty acids, polyphenols, antioxidants and phytonutrients to **help create the foundation for a longer, healthier life.***

This comprehensive nutrition system contains:

Vivix® Liquigels for Cellular Health; Healthy Aging*

Contains an all natural blend of a broad spectrum of polyphenols, backed by five patents, with key ingredients shown in laboratory studies to protect and repair DNA and combat free radicals.

OmegaGuard® Plus for Heart Health; Brain Health* 1,000 mg of pure, ultra-concentrated DHA/EPA omega-3 fatty acids sustainably sourced from wild fish from pure Alaskan waters, formulated to eliminate fishy aftertaste. **Now even smaller!**

Advanced Multivitamin for Complete Nutrition; Bone and Joint Health* Dissolves in less than 30 minutes in the stomach and is designed to enhance absorption of folic acid from the patented microcoating; includes heart-healthy CoQ10* and vitamin E.

B+C Complex for Immune Health; Energy* Shown in a clinical study to provide up to 198% greater absorption of B vitamins over 12 hours.

This is the seemingly most expensive option from Shaklee BUT, it comes with the Omega 3, so you don't have to buy that separately.



Go to sphericity.com/supplements to order

Greens

These powders are used to add into your super food shakes
In the meal plan. I also put them in lots of things I cook and
bake. It's a great way to get your kids their greens without
them knowing too!!!

Organifi Greens



The page that the below link will take you to gives you three options. All are priced for auto renewing shipments. This option saves you \$ on a single bottle. If you choose not to continue, you can just cancel. They also have a 100% empty bottle guarantee.

Once you place your order for a single canister, you will be prompted with upsell products. There are 2-3 offers I believe. You can just click on No Thanks. If you want to read about the other products, that's great...they are good products. But for the purposes of this challenge, we will only be incorporating the greens.

If after 30 days you want a refund:

Contact the Organifi team by **calling 760-487-8587** Monday through Friday between the hours of **9:00am and 5:00pm** Eastern Standard Time. Be sure to save the empty canister to ship back.

This product is really popular, so order right away so you have it as soon as possible.

Go to sphericity.com/supplements to order

sphericity llc
The Happy Body Method llc

Athletic Greens: The Cadillac of Greens Drinks.

Athletic Greens is a very popular green drink that incorporates a comprehensive, A to Z list of quality ingredients

This product tastes very good, includes probiotic as well as other superfoods not found in many other greens drinks such as papaya, biliberry and beet.

The down side if any to Athletic Greens is that it is pricey. The best thing to do to buy it is the same as Organify.

They too have a loyalty offer that is a subscription based service where they ship you 30 servings of Athletic Greens at the discounted price every month. You can cancel the service at ANY time calling their customer happiness team on 1-888-609-4889

[Go to \[sphericity.com/supplements\]\(https://sphericity.com/supplements\) to order](https://sphericity.com/supplements)



sphericity llc
The Happy Body Method llc

Protein Bars/Snacks

BioTRUST Protein Cookies

Outrageously Delicious & Amazingly Healthy! I was so happy the day I discovered these cookies. WOW!!

- 12 Grams of Time-Released Protein Per Cookie
- Proteins are Certified Hormone & Antibiotic Free
- Made with Natural Ingredients
- No Artificial Sweeteners, Colors or Preservatives Added
- Free from Wheat, Trans Fat and Gluten; Non-GMO
- A Good Source of Fiber
- Two flavors: Chocolate Chip, Oatmeal Raisin

Go to sphericality.com/supplements to order

Nutrition Facts

Serving Size: 1 Cookie (46g)
Servings Per Container: 12 Cookies

Amount Per Serving

Calories 150 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

 Saturated Fat 4g **20%**

 Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 60mg **3%**

Total Carbohydrate 16g **5%**

 Dietary Fiber 5g **20%**

 Sugars 6g

Protein 12g

Vitamin A 4% • Vitamin C 0%

Calcium 20% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



BioTRUST™
Protein Cookies

*Chewy
Chocolate
Chip*
Gluten Free

Honest Nutrition for Your Ultimate Body™

INGREDIENTS: BioTrust™ Time-Released Protein Matrix (milk protein concentrate, whey protein concentrate, ultrafiltered micellar casein), dark chocolate chips (cane sugar, cocoa butter, soy lecithin [non-GMO source]), isomalto-oligosaccharide (natural prebiotic fiber), unsalted butter (from rBGH-free milk source), vegetable glycerin, tapioca syrup, purified water, hydrolyzed collagen, potato starch, honey, natural flavors, organic whole eggs, natural vanilla extract, brown cane sugar, NuVous™ (natural sweetener), caramel, organic coconut butter, Erylite® Stevia, potassium sorbate, baking soda, sea salt.

12g
of Quality Protein
Per Cookie
100%
All-Natural!

To Reorder Visit

BioTrust.com or Call **1-800-766-5086**

Developed by and Manufactured for:

BioTRUST™
NUTRITION
Austin, TX 78701
1-800-766-5086

ALLERGEN INFORMATION:

CONTAINS: MILK, EGG, TREE NUT (COCONUT BUTTER) AND SOY (LECITHIN). THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES WHEAT AND PEANUT PRODUCTS.

ITEM 1030 REV 2



BioTRUST Protein Bars

Guilt Free, Convenient & Delicious Nutrition

- 20 Grams of Organic Protein
- Certified Organic
- Free From Wheat, Soy, Trans Fat and Gluten; Non GMO
- 14g of Fiber Per Bar

Go to sphericity.com/supplements to order










Nutrition Facts	
Serving Size: 1 Bar (75g)	
Servings Per Container: 9	
Amount Per Serving	
Calories 290	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 40mg	2%
Total Carbohydrate 30g	10%
Dietary Fiber 14g	56%
Sugars 16g	
Protein 20g	
Vitamin A 2%	Vitamin C 2%
Calcium 10%	Iron 30%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

In today's busy, fast-paced world, eating on the go is a way of life. Unfortunately, it often results in folks resorting to the unhealthy convenience of heavily processed, trans-fat laden "fast food", full of health-derailing and body-fat-storing ingredients.

Problem Solved: BioTrust™ Organic Protein Bars

No longer do you have to sacrifice health for convenience. Instead, at BioTrust™ we've put together one of the most healthy and delicious "fast food" options you'll ever come across – a Certified Organic meal replacement bar that is as pleasing to your taste buds as it is to your waistline, and your health!

Complete with 20g of high quality organic protein and 14g of fiber per bar, you'll enjoy every delicious, guilt-free bite. BioTrust™ Organic Protein Bars – Your Fast Food Nutrition Solution™!

Quality Guarantee: Independent laboratory testing ensures potency and purity. No artificial sweeteners, flavors, colors or preservatives added. Gluten-Free.

Guilt-Free, Convenient & Delicious Nutrition!

INGREDIENTS: BioTrust™ Organic Protein Blend (Organic Rice Protein, Organic Whey Protein, Organic Pea Protein), Organic Almond Butter, Organic Inulin, Organic Honey, Organic Dark Chocolate Chips (Organic Evaporated Cane Juice, Organic Cocoa Butter, Organic Chocolate Liquor, Organic Vanilla), Organic Dates, Natural Almond Flavor, Organic Stevia.

CONTAINS: Milk, tree nuts (almonds). This product is manufactured in a facility that also processes peanuts, wheat and soy.

20g

of Quality Protein
Per Bar

Made with Natural
Ingredients

To Reorder Visit BioTrust.com or Call **1-800-766-5086**

Developed by and Manufactured for:

BioTRUST

NUTRITION

Austin, TX 78701
1-800-766-5086
Certified Organic by Ecocert SA



MIX
Paper from
responsible sources
FSC® C013636



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ITEM 1037 REV 2

Shaklee Meal Replacement Protein Bars

I LOVE LOVE these meal replacement bars. So tasty and satisfying. My personal favorite is the peanut butter and chocolate chip.

- 18 - 20 grams of hunger-fighting protein
- 6 - 7 grams of fiber
- Powered by Leucine®
- Non-GMO soy protein
- Gluten free
- No artificial flavors, colors, sweeteners or preservatives added

Go to sphericity.com/supplements to order



Shaklee 180 Snack Bars

I LOVE LOVE these snack bars. So tasty and satisfying All of the flavors are excellent.

- 9 - 10 grams of hunger fighting protein
- Powered by Leucine®
- Non-GMO soy protein
- No artificial flavors, sweeteners, or preservatives added
- Gluten free, 99% lactose free

Go to sphericity.com/supplements to order

