

• KATYA'S SUPPLEMENT GUIDE •



INTRODUCTION

The supplement market is flooded with every product imaginable and they all have their own roles to play in maximizing your workout results.

Unless you've done hours of research already, you might be a bit confused on where to start! It's very important that you know the difference between supplements that work and ones that don't.

You should always remember that supplements don't put in the hard work for you! If you're not killing it in the gym, supplements will not fix laziness.

They are exactly what they say they are; supplements! They should be taken with a good diet and positive mind set.



*xoxo
Katya*



WHAT DOES IT DO?

- Burns stubborn fat cells.
- Boosts metabolism.
- Limits calorie absorption by the body.
- Provides energy.
- Destroys stubborn fat cells.

FLAVORS

Mango is my favorite! It's like a tropical slushie on the beach.

WHEN DO I USE IT?

- First thing in the morning on an empty stomach.
- 20 minutes before training as a pre-workout.

HOW DO I USE IT?

- One scoop first thing in the morning on an empty stomach (1 hour before food. You can also add one scoop of Acetyl L-Carnitine to increase your fat burning potential!).
- One scoop with water 20-30 minutes before your workout - add 1 scoop Acetyl L-Carnitine.

SAFE TO STACK WITH:

PSI Pre-workout, Acetyl L-Carnitine, or Beyond BCAA.

WHY DO I USE IT?

I use it to help increase my weight loss results, improve toning and increase energy levels! It also gives me energy during fasted cardio to maximize my body's fat burning potential.



WHAT DOES IT DO?

- Helps with lean muscle growth and repair post-workout.
- Makes me feel fuller for longer, and can also be used as meal replacement.
- Contains BCAAs for recovery and lean muscle building.
- Gives me a protein hit without the bloating (due to the digestive enzymes in OxyWhey), and helps me meet my daily protein intake.
- Plus! Added bonus of OxyWhey Lean Protein containing fat burning ingredients - making it so much more than just a regular protein!

FLAVORS

Mocha is my favorite, it's like a dessert - the perfect blend of coffee and chocolate.

WHEN DO I USE IT?

- Breakfast shake.
- Meal replacement if I don't have time to eat.
- Bake it into delicious treats for when I get cravings for something sweet!
- Pre-workout: to make sure my body has fuel for the workout and protein levels are optimal in my muscles to reduce the impact of muscle soreness.
- Post-workout: to enhance recovery, promote lean muscle growth and prevent muscle damage.

WHY SHOULD I USE IT?

- Breakfast shake - gives me a high quality protein hit with good fats to make me feel fuller for longer and reduce sugar cravings.
- Meal replacement if I don't have time to eat, especially after workouts.
- To increase my protein intake without eating huge amounts of meat.

HOW DO I USE IT?

- **1 scoop with water at least 1 hour before a workout, immediately after a workout or at any stage throughout the day to help you meet your daily recommended protein intake.**
- **Baking: Use in place of flour and other ingredients to increase protein content.**

SAFE TO STACK WITH:

- Beyond BCAA, Glutamine, CREA-8 or Acetyl-L-Carnitine to maximize recovery.
- OxyShred and Acetyl-L-Carnitine to maximize fat burning.





WHY SHOULD I USE IT?

- To reduce muscle soreness after workouts so that I recover quicker.
- I use it to increase my energy levels during workouts so that I don't feel fatigued and can train harder.
- To maintain my lean muscle while losing weight (it's only 5 calories per scoop!)

HOW DO I USE IT?

Mix 1-2 scoops with water pre-workout, intra-workout, or post-workout.

WHAT DOES IT DO?

- Increase energy levels so I can go harder for longer during training.
- Quicker recovery, reduced fatigue and muscle soreness.
- Maintain muscle while losing weight.
- Muscle cell hydration and increased energy levels.
- Reduce post-workout crashes.
- Increase lean muscle protein synthesis.

FLAVOR

Mango and Paradise Fruits are my 2 favorite flavors - I like mango if I'm drinking it during the day or before training, but paradise fruits for when I'm working out!

WHEN DO I USE IT?

- Pre-workout: You can have your BCAAs 20-30 mins before your workout to increase energy levels and hydrate your muscles.
- Intra-workout: sip throughout your workout to increase performance, reduce lactic acid build up and delay fatigue.
- Post-workout: to enhance recovery, promote lean muscle protein synthesis and reduce muscle soreness.
- Throughout the day: as a tasty drink in place of sodas and other high calorie drinks!



SAFE TO STACK WITH:

- OxyWhey Lean Protein for recovery.
- PSI, RP Max, Acetyl-L-Carnitine or OxyShred to help you perform at your peak.



WHAT DOES IT DO?

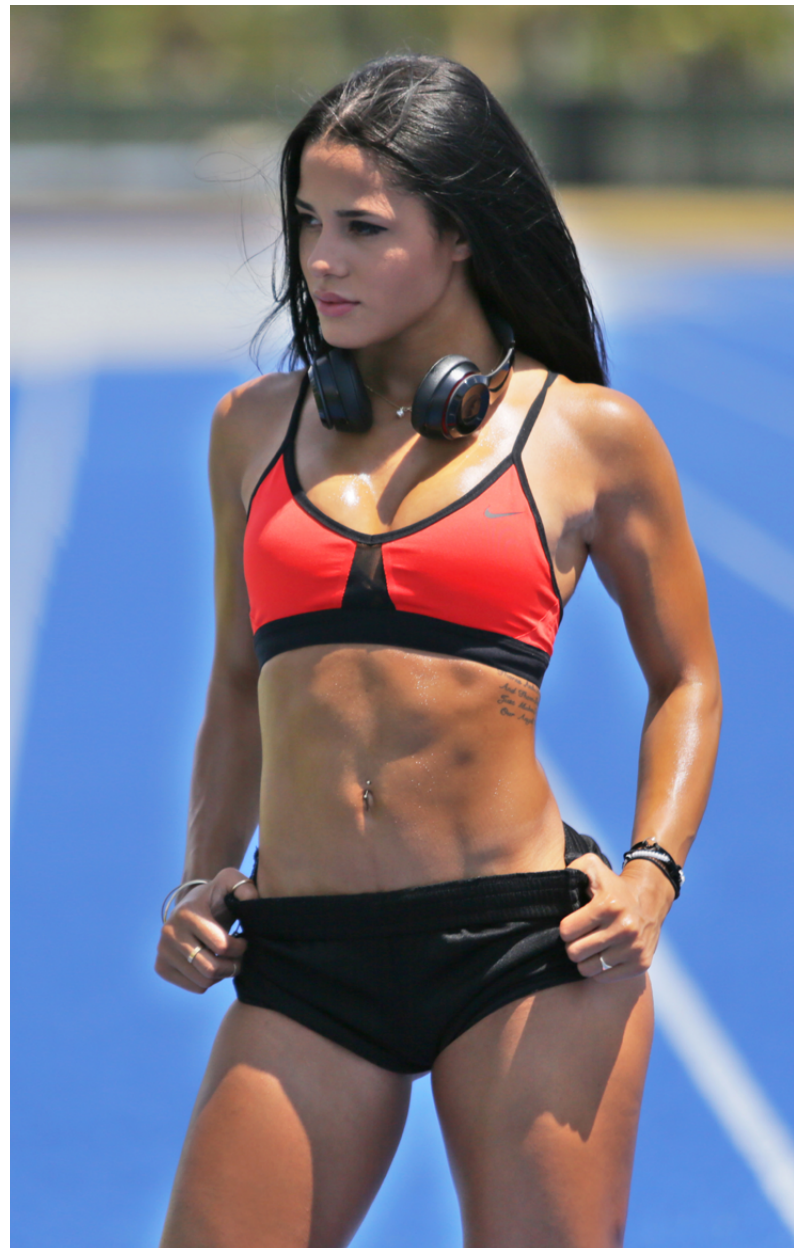
- Fat burner and fat transporter.
- Increases energy and reduces fatigue.
- Improves focus throughout the day and during workouts.
- Helps with quicker recovery after training.

WHEN DO I USE IT?

- First thing in the morning: to mobilize fat, transport it into muscle cells and burn it for energy.
- Pre-workout: consume 20-30 mins before your workout to increase energy levels and improve endurance.

WHY SHOULD I USE IT?

- Help with weight loss and toning to limit calorie absorption.
- Transport fat into muscle cells to be broken down for energy.
- Maximize the effectiveness of OxyShred.
- Energy for fasted cardio to maximize fat burning potential.
- Quicker recovery during AND after training.



HOW DO I USE IT?

Mix 1-2 scoops with water, or combine with other EHP Labs products.

SAFE TO STACK WITH:

- OxyShred to maximize fat burning.
- Beyond BCAA, OxyShred, PSI or RP Max to help you perform at your peak for longer.



WHAT DOES IT DO?

- Boosts immunity and gut health.
- Provide an acid buffer during training.
- Promotes lean muscle protein synthesis.
- Helps to reduce muscle soreness.
- Enhance recovery after training.

WHEN DO I USE IT?

- Intra-workout: to maintain Glutamine levels in your muscles during intense training sessions and reduce lactic acid build up to improve endurance.
- Post-workout: to replenish Glutamine levels in your muscles to maximize recovery, remove metabolites and reduce muscle soreness.

WHY SHOULD I USE IT?

- Reduce muscle soreness from training for a quicker recovery.
- Perform at my peak for longer.
- Boost my immunity so I don't get sick.

HOW DO I USE IT?

Mix 1 scoop with water 1-3 times daily, or combine with other EHP Labs products.



SAFE TO STACK WITH:

- Beyond BCAA or Acetyl-L-Carnitine to maximize performance.
- OxyWhey, Beyond BCAA or Acetyl-L-Carnitine to maximize recovery.



WHAT DOES IT DO?

- Increases endurance
- Improves strength and power
- Helps with faster recovery from a big workout
- EHP Labs CREA-8 has no cheap fillers and so does not cause bloating!

WHEN DO I USE IT?

Post-workout: consume 1 scoop with water.

WHY SHOULD I USE IT?

To hydrate my muscle cells and improve energy so I can train harder for longer to build lean muscle and lose unwanted body fat!

HOW DO I USE IT?

Creatine requires a 1 week loading phase for maximum effectiveness. This means you should take it in higher doses for the first week to optimize levels in your muscles so that you can perform and recover at your best.

LOADING PHASE: consume 2 scoops with water both pre- and post-workout for 1 week.

REGULAR USE: consume 1 scoop post-workout with water, Beyond BCAA or OxyWhey for recovery.



SAFE TO STACK WITH:

Beyond BCAA, PSI, RP Max or Acetyl-L-Carnitine to maximize performance.



WHAT DOES IT DO?

- Provides optimal central nervous system and adrenal gland stimulation to trigger a positive homeostatic energy release.
- Improved cognitive ability.
- Muscular and cardiovascular endurance.
- Contains thermogenic ingredients to help with weight loss.

FLAVOR

Mango Cooler is my favorite all the way.

WHEN DO I USE IT?

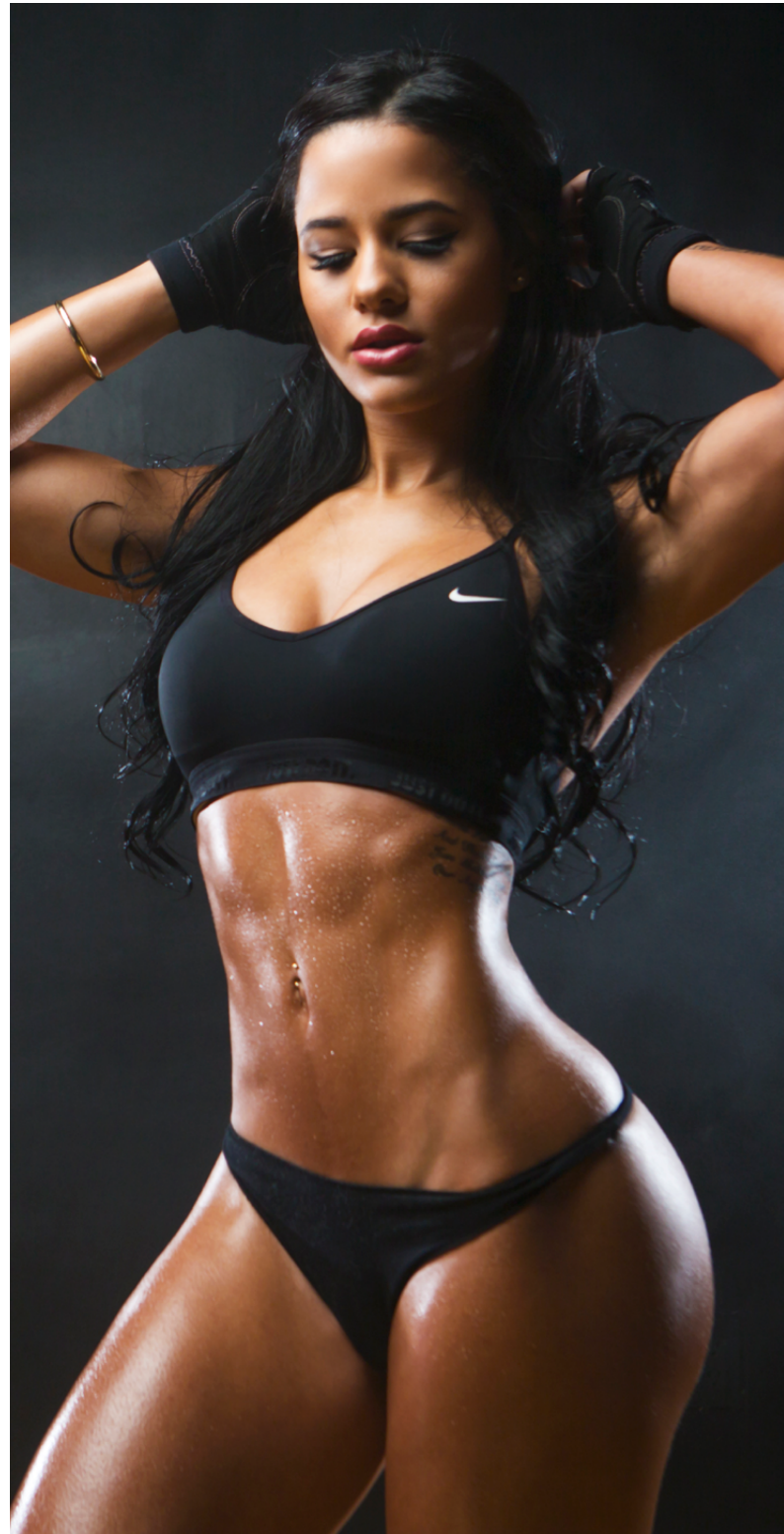
Pre-workout or before other physical activity.

WHY SHOULD I USE IT?

Improves energy levels, focus and recovery during my workout to help me get "in the zone" for an intense, productive workout.

HOW DO I USE IT?

1 scoop with water 15-20 mins before your workout. Test your tolerance the first time with ½ scoop! Avoid eating anything or consuming protein shakes for 1 hour after using RP Max.



SAFE TO STACK WITH:

PSI, Beyond BCAA, or Acetyl-L-Carnitine to maximize performance.



WHAT DOES IT DO?

- Promotes vasodilation, enhances nutrient and oxygen delivery to working muscle and improves muscle cell hydration and volumization.
- Help you perform better while also exercising harder and longer.
- Acid buffer to reduce muscular fatigue and enhance metabolite removal.
- Enhanced focus to push you through your workout

FLAVORS

Kiwi strawberry is my favorite because it tastes sweet without the calorie pricetag.

WHEN DO I USE IT?

- Pre-workout or before other physical activity such as sports.
- For workouts in the evening.

WHY SHOULD I USE IT?

- I use it for evening workouts as it doesn't contain any stimulants so that I can sleep at night.
- Improves energy levels, focus and recovery during my workout.
- Helps me get "in the zone" for an intense, productive workout.



HOW DO I USE IT?

1 scoop with water 20-30 minutes before your workout.

STACK SAFE WITH:

RP Max, OxyShred, Beyond BCAA, or Acetyl-L-Carnitine to maximize performance.