



FOUNDATION SUPPLEMENTS FOR HEALTH AND FAT LOSS

Supplement	Purpose	Dosage	Additional Notes
HCL or Digest Force	Breakdown and assimilate nutrients from food	As per the HCL acid test	Contact me if you'd like me to send you a free HCL acid test
Multi-Vitamin	Increase total micronutrient intake, improve energy and ability to handle stress		
Fish Oil	Reduce inflammation, improve essential omega 3 to omega 6 ratio, reduce body fat, improve cognition	1 gram per % body fat for 4 weeks, then 6-10 grams per day	Rotate fish oil blends, so every time you finish a bottle switch to a new blend
Uber Mag	Aid recovery, reduce spasms/cramps/muscle fatigue, assist in stress management and improve sleep quality. Great for insomnia.	2 with dinner, 2 after dinner	May take more if can't sleep. Do not take in the morning; relaxant.
Uber Zinc	Ensure proper function of other minerals and nutrients; balance hormones; aid in HCL production	1 per day	
Proflora	Restore and maintain healthy gut bacteria, strengthen immune system, aid in digestion and fat loss	2 after meals	
Methylator	B6, B9 and B12 – assist in methylation, which is part of daily detoxification and particularly relevant to estrogen metabolism. Crucial for cognition.	1 per day	Must take this if you can smell your pee after eating asparagus; indicates poor methylator gene
Mega D	Vitamin D aids in bone density, metabolism and many functions	2-5 caps, twice a	



	of ideal health. Most people are low.	week	
Primal Greens or Reds	Add nutrients and antioxidants with these organic red or green food powders. May help lower cortisol.	1 teaspoon, 2-3 times a day	Rotate between red and green for variety
Protein powder	Aids in post workout recovery and fat loss	20-30 grams, with water	May be used as a back-up breakfast or meal on occasion

FAT LOSS SPECIFIC

Supplement	Purpose	Dosage	Additional Notes
Fiber	Binds to toxins being excreted from fat cells, and helps remove them from your body	2 rounded teaspoons in water, morning and night	Build up dosage gradually. Diet should also be high in fiber from veggies, nuts and seeds etc.
Carnitine	Improves aerobic capacity; burns fat fast!	2-3 grams on an empty stomach first thing, same before training	Stimulant; do not take at night
Glutamine	Lines digestive system, improves immunity, improves growth hormone production and therefore fat loss	10-80 grams per day, regularly through day with water	High dosage (80g) for 10 days to speed up fat loss if desired. Maintenance 20-40 grams; split through day.
Green Tea	Antioxidant, increases metabolism and fat loss	2, 3 times a day	Would need to drink 5+ cups of organic green tea per day for same effect



DIGESTIVE SUPPORT

Supplement	Purpose	Dosage	Additional Notes
HCL or Digest Force	See line 1 of foundation supplements	As per HCL test	
Omnizyme	Digestive enzyme; helps break down food	2 in between meals	
Glutamine	See fat loss supplements	See fat loss section	
Hepatoforce	Helps digest fats	2, 3 times per day	
Uber GI	Supports gastro-intestinal function; may help with constipation, bloating etc	½ teaspoon, twice a day	

WORKOUT SUPPORT

Supplement	Purpose	Dosage	Additional Notes
Glutamine	See fat loss section	5-10 grams before, during and after training	
Vitamin C	Antioxidant, helps detox cortisol from your body post workout, strengthens immune system	1 before and after training	
Vitamin E	Antioxidant and good fat	As above	
BCAAs	Branch Chain Amino Acids, aid in workout performance and recovery as well as fat loss	5-10 before, during and after training	May be used post workout as an emergency protein source



			instead of a shake (20 grams)
Beta-alanine	Aids in workout performance; contains creatine	Increase by 1 each time until you get tingles, then cut back 1 for future workouts	
Mag glycinate	Magnesium glycinate, aids in post workout recovery and cortisol reduction	1-2 after training	
Whey protein	See foundation supplement section		
Glycine	Helps lower cortisol; detoxes your liver	1 rounded teaspoon	
Primal greens or reds	See foundation section		

SLEEP SUPPORT

Supplement	Purpose	Dosage	Notes
Ubermag	Restores magnesium levels, which are depleted through exercise and stress. Low magnesium is linked to insomnia and anxiety, and also makes it harder to get lean.	2 with dinner, 2 after dinner	This is my all-time favourite supplement! It has a blend of 4 chelates, meaning it works through your whole body.
Phosphatidil Serine	Lowers cortisol fast. Great for when you're wired at night or just crazy busy.	1-7 with/after dinner	No more than 24 total capsules in a week – you only need this on your 'crazy' days.
Uber Inositol T	Aids in focus during the day, helps you to relax and wind down at night	Start with ¼ teaspoon and work	



		up until you find the dose that works best for you. Too much will wire you up a little.	
Taurine	An amino acid that helps with relaxation and recovery	3-6 grams with or after dinner	
Melatonin	Your body's 'off-ramp'. Great if your body clock is out of whack; also excellent for jet lag.	1 after dinner	Daily for no more than 8 weeks
Serenity	A lower dose of melatonin	2 with the last 2 meals of the day	Switch to this after using melatonin for 8 weeks to restore switch patterns.
Wind Down	Helps you to manage stressful situations; has an immediate effect on anxiety	Chew 1 tablet as needed	



GENERAL NOTES

- Please note that fat loss support is less effective if not used on a foundation of basic health and fat loss supplements, as mentioned above. This table has been created in order of (typical) priority.
- Supplement introduction is best done 1-2 at a time. Allow at least 4-7 days before introducing a new supplement, so that you can assess how each supplement is working for you.
- Supplement quality is crucial, and for this reason I recommend only Poliquin supplements as you know. He has formulated these supplements personally, going so far as to travel until he finds the exact active ingredient or plant he needs in order to create the highest quality products.
- Supplements purchased over the counter really are of extremely inferior quality, often containing no active ingredients, and in many cases testing high for unsafe levels of metals and other toxins.
- Some Australian practitioner brands are great quality, but they are not formulated for hormonal re-balance as are the Poliquin supplements, and – given that cost will be roughly the same as the imports – should be taken with caution.
- The majority of these supplements can be found on the Poliquin website, (<http://us.cpoliquin.com/?Click=71>) - just enter the supplement name in the search box on the right. If you prefer to save on shipping, I bulk order Poliquin supplements regularly and can post you what you need from within Australia.
- Woman Incredible Whey Protein is my recommended source of organic, grass-fed protein. Read more about that [here](#). Please note that due to customs regulations it is not recommended to order protein, or any food-based supplement, from overseas. You risk losing your entire order.



- I also now stock high-grade Woman Incredible Glutamine, which you can read about [here](#).
- All supplements are taken with food, unless otherwise stated
- Sleep supplements are not necessarily needed daily, aside from (arguably) magnesium. They can be used as and when you feel they are needed; that's the way I do it.
- Unless specifically stated, these are all supplements that can be taken day in and day out; they don't need to be cycled. I haven't included hormone protocols in this document as they are highly individualized and related to your Biosignature. Hormone protocol supplements often do need to be cycled so please don't take them without personalized advice.