




FLOLYFE Supplement Guide




Supplements to Help You Achieve Your Goals




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Directions:



- Use this as a “guide” to help you select supplements to help you achieve your fitness & wellness goals.
- Please use code "**COLIN**" at checkout for my own exclusive discount & support FLOLYFE

Category (What is Your Fitness Goal?)	Recommended Product (Tap to Access Link)	Reasoning (Why This Will Help You)	Transparent Labs
For Overall Health & Wellness	<p><u>Multi-Vitamin</u></p>	<p>Transparent Labs Multivitamin is an ultra-potent multivitamin for active men and women. Made with bioavailable forms of key vitamins and chelated minerals, such as Chromax® chromium picolinate, magnesium bisglycinate, and copper chelate, this advanced multivitamin formula ensures your body can properly absorb and utilize these essential micronutrients.</p>	
	<p><u>Prebiotic Greens</u></p>	<p>Part-One is Algae Greens: Each serving of Prebiotic Greens contains 3 grams of ultra-nutrient rich spirulina and 3 grams chlorella to deliver vitamins, minerals, protein, and heavy-metal detoxification. Spirulina and chlorella offer unparalleled nutrition on a gram per gram basis.</p> <p>Part-Two is Prebiotic Fibers: Each serving of prebiotic greens contains 3 grams organic acacia fiber, 3 grams organic green banana flour, and 1 gram organic Jerusalem artichoke fiber which together provide gut-healthy and gluten free soluble, un-soluble, and slow fermenting fibers.</p> <p>This two pronged approach maximizes nutrient utilization by optimizing your often-overlooked microbiome and consequently affecting all aspects of digestion and wellbeing.</p>	
	<p><u>Hydration Electrolyte Formula</u></p>	<p>This electrolyte supplement is not your typical “sports beverage” that’s loaded with cheap sugars, artificial coloring, and artificial sweeteners. Instead, we carefully crafted Transparent Labs Hydrate with a comprehensive profile of bioavailable minerals like taurine to keep you performing at peak capacity for hours on end. These ingredients work synergistically to support optimal hydration status and electrolyte balance, both of which are imperative for sustaining muscle contractility, endurance, recovery, and cell volumization. Best of all, this electrolyte formula is naturally sweetened with stevia and won’t cause stomach cramps or digestive issues like many sugar-laden sports drinks do.</p>	

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For Overall Health & Wellness	<p><u>Gut Health Probiotic</u></p>	<p>Transparent Labs Gut Health Series Probiotic is one of the most comprehensive and robust probiotic supplements on the market, featuring an ultra-potent 100 billion colony-forming units (CFUs) dose in every serving. This probiotic is engineered with 10 clinically studied strains of “friendly” microbial organisms known as probiotics. These specific strains of Lactobacilli, Bifidobacteria, and Streptococci are reputed for their ability to promote a healthy gut microbiome, which is often referred to as the “second brain” by scientists. The gut microbiome is known to play a myriad of roles in our health and longevity by regulating immune response, endocrine balance, digestion, bowel regularity, cognitive function, and even body weight. A recent research review of human studies suggests that balancing the gut microbiota with probiotics has a myriad of potential therapeutic benefits, including: + Promoting healthy immune function + Enhancing nutrient digestion and absorption + Supporting bowel regularity + Improving cognitive function + Encouraging healthy body weight management.</p>	
	<p><u>Joint Support</u></p>	<p>We’ve taken the initiative to create one of the industry’s most comprehensive joint supplements, made exclusively with five of the best clinically-studied ingredients for promoting healthy joint integrity, easing inflammation, and fighting oxidative stress. This innovative joint support formula packs evidence-based doses of patented Curcumin C3 Complex®, FruiteX-B®, Boswellin® Super, UC-II® Collagen, and Bioperine®. By utilizing these standardized and stringently tested ingredients, Transparent Labs Joint Support can help protect, rebuild, and revitalize joints so you can get back to the exercises/activities you love.</p>	
	<p><u>Shroom Stack</u></p>	<p>Medicinal mushrooms are a culinary delicacy in various cultures, but they remain a nutritional oversight in the modern Western diet (likely due to their cost). Needless to say, there’s considerable untapped potential if you don’t regularly consume them. This is why we formulated Transparent Labs Mushroom Stack with organic reishi, lion’s mane, and Cordyceps sinensis — three of the most promising medicinal mushrooms on the planet. The mushrooms in TL Mushroom Stack are packed with bioactive constituents that promote overall health and longevity through diverse mechanisms across multiple body systems, especially the immune, gastrointestinal, and nervous systems. These prized fungal species have an immense and ever-growing body of clinical evidence behind them, reinforcing their use as traditional medicines throughout human history.</p>	

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For Overall Health & Wellness	<p align="center"><u>Krill Oil</u></p>	<p>CoreSeries Krill Oil is an elite health supplement extracted exclusively from an Antarctic krill species (Euphausia Superba) rich in the long-chain omega-3 fatty acids EPA and DHA. Krill oil is attached to phospholipids, instead of triglycerides (like in fish oil), permitting them to be better recognized by the body and gentler on the stomach, allowing for better assimilation into the cells. When compared to fish oil, krill oil research has been found to: enhance glucose metabolism in your liver, promote lipid metabolism, help to regulate the mitochondrial respiratory chain, and decrease cholesterol synthesis, whereas fish oil does not.</p>	
	<p align="center"><u>Magnesium Bisglycinate</u></p>	<p>Supplementing with the mineral Magnesium is more than just wishful thinking, it's likely the most underrated supplement in the vitamin and mineral industry. Magnesium isn't a 'the more the merrier' type supplement like protein. Instead, it's a case of proactively staving off deficiency of this mineral.</p> <p>A deficiency which an estimated 80% of Americans are subject to and don't even know it. Got a bad diet? Taking magnesium daily should be your strategy.</p> <p>Going through an intense boot camp? Taking magnesium for this period should be your tactic.</p>	
	<p align="center"><u>Sleep Aid & Recovery</u></p>	<p>Sleep is essential for health, longevity, and performance. In fact, sleep is when the body does the majority of its muscle building and recovery. If you want to maximize your results in the gym, you need quality sleep each and every night, which is precisely what Transparent Labs Sleep Aid helps you achieve.</p> <p>This non-habit-forming sleep aid features clinical doses of proven ingredients, such as VitaCherry®, L-theanine, bioavailable minerals, L-glycine, rutaecarpine, and melatonin. This formula is designed with synergy in mind, allowing you to repair, recover, and grow while you're catching some Z's. Best of all, Transparent Labs Sleep Aid won't leave you feeling groggy or "hungover" the next morning.</p>	

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Building Muscle Mass & Recovery	<p align="center"><u>Grass-Fed Weigh Protein Isolate</u></p>	<p>Transparent Labs Whey Protein Isolate is sourced from pure grass-fed, grass finished American dairy cattle. Our protein is the cleanest in the world, certified by Labdoor with a score of 99.5 out of 100. It contains one of the industry's highest protein-by-weight ratios at 82% (28g of protein in every scoop). Made from naturally fed, hormone-free whey and clean of artificial sweeteners, food dyes, gluten, and preservatives. Transparent Labs Grass-Fed Whey Protein Isolate is unblended and makes the perfect protein for those who want to support recovery and muscle growth, while promoting overall health and longevity.</p>	
	<p align="center"><u>Grass Fed Protein Bars</u></p>	<p>Get a clean and tasty source of energy and recovery with Protein+ Bars! Traditional protein/energy bars neglect the key macronutrients needed to fuel and recover. Protein+ provides these with real food ingredients. Get 15 grams of grass-fed protein, 23 grams of whole food carbs, and 16 grams of healthy fats without any artificial fillers</p>	
	<p align="center"><u>Organic Vegan Protein</u></p>	<p>Active individuals on a plant-based diet are liable to undercreating protein, which can hamper performance and muscle recovery. Transparent Labs Organic Vegan protein powder is formulated with organic pea protein isolate and rice protein to help make sure that's not the case. By providing 24 grams of complete plant-based protein in every serving, Transparent Labs Organic Vegan Protein powder has become a staple for many vegan gym-goers, athletes, and bodybuilders alike. The complete essential amino acid profile and biocompatibility of rice and pea protein make Organic Vegan the ideal alternative to whey and casein protein. Even better, it contains absolutely no GMOs, soy protein, added sugar, or artificial junk.</p>	
	<p align="center"><u>Creatine HMB</u></p>	<p>Creatine Monohydrate is the most widely researched fitness supplement in existence, with proven benefits for athletic performance and muscle development. Studies have shown that combining Creatine Monohydrate and HMB results in significantly higher lean body mass and strength gains compared to supplementation with creatine alone. Our formula contains zero artificial sweeteners, colored dyes, unnecessary fillers, or harmful additives.</p>	
	<p align="center"><u>Mass Gainer Protein</u></p>	<p>ProteinSeries MASS GAINER offers one of the purest, and most effective, muscle-building and weight-gaining formulas available. Packed with everything you need to increase your lean muscle mass, MASS GAINER provides 53 grams of protein (derived from 100% Grass-Fed Whey Concentrate), 750 calories, and 109 grams of clean, natural, and effective carbohydrate sources per serving.</p>	

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Vitality & Fat + Weight Loss	<p><u>Lean Pre-Workout</u></p>	<p>LEAN was developed for a single purpose: to be the most exceptional cutting pre-workout supplement, ever.</p> <p>Lean contains citrulline malate, beta-alanine, and betaine—as well as a potent fat burning and thyroid support complex including acetyl-L-carnitine, chromium picolinate, and zinc—perfect for those looking to target stubborn fat, while simultaneously preventing lean muscle loss.</p> <p>There's a reason PreSeries LEAN comes in jumbo-sized jugs! Each serving contains 21 active ingredients synergistically designed to provide a high-intensity pre-workout experience, while focusing systematically on fat loss and additional energy expenditure.</p>	
	<p><u>Stim-Free Pre-Workout</u></p>	<p>PreSeries STIM-FREE was developed to be the most exceptional "stimulant-free" pre-workout supplement available. With key ingredients like citrulline malate, beta-alanine, betaine, and taurine all included at clinically effective dosages, PreSeries STIM-FREE is highly recommended for anyone intolerant to stimulants/caffeine and are looking to "cycle off". With 100% formula transparency PreSeries STIM-FREE is recommended for serious athletes and bodybuilders (men and women) who demand a high-intensity pre-workout experience. There's a reason why PreSeries STIM-FREE comes in a jumbo-sized jug! Each serving exceeds 23 grams per scoop (largest of the entire PreSeries) and includes 13 active ingredients designed to increase nitric oxide to the muscles, enhance focus and endurance, and gain lean muscle mass.</p>	
	<p><u>Vitality Hormone Support</u></p>	<p>Set the foundation for lean muscle gains, fat burning, strength, libido, confidence, and overall vitality with clinical doses of proven ingredients, such as LJ100® Eurycoma longifolia extract, KSM-66® organic ashwagandha extract, PrimaVie® shilajit extract, L-OptiZinc®, and BioPerine®. These premium ingredients work synergistically to protect Leydig cells that comprise the testicles, reduce aromatase activity, and augment luteinizing hormone (LH) and follicle-stimulating hormone (FSH) which govern testosterone production and fertility. In turn, TL Vitality primes the body for optimal well-being and athletic performance by encouraging balanced ratios of testosterone to cortisol and testosterone to estradiol.</p>	