








Supplement Guide

Supplements to Help You Achieve Your Goals

Directions:

- Pick the Category that best applies to your goals, then **CLICK** the link to access and order each of the suggested supplements, or **see my favorites here > [My Favorites](#)**
- **Please use code "COLIN" at checkout for my own exclusive discount & support FLOLYFE**

Category (What is Your Fitness Goal?)	Recommended Product (Click to Access Link)	Reasoning (Why This Will Help You)	My Personal Favorites
For Everyone! weight loss gaining mass improving health	<u>Protein Bars</u>	Protein-dense snack so you (1) don't eat sh*tty junk food and (2) so you can get close to your daily protein goal!	
	<u>Protein Powder</u>	Make hitting your protein goal easier by introducing 1-2 servings of protein powder to your daily diet.	
	<u>Hydration</u>	Replenish essential electrolytes for proper neuromuscular functioning and enhanced performance in your workouts.	
	<u>Greens</u>	A daily dose of essential vitamins and nutrients	
Weight Loss	<u>Liver</u>	Supports healthy hormone levels, mood, and energy	
	<u>Pre-Workout</u>	Maximize your performance, energy, and focus during your training sessions	
Gain Mass	<u>BCAAs</u>	Support recovery and reduce muscle soreness	
	<u>Creatine</u>	Build muscle and improve performance	