

SUPPLEMENT GUIDE



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DISCLAIMER

The most important “supplements” you can take in no particular order:

- ☑ Adequate & consistent sleep
- ☑ Adequate and consistent protein intake
- ☑ Adequate & consistent activity
- ☑ Adequate & consistent resistance training
- ☑ Consuming nutrient dense whole foods

You can drastically improve your health & performance by checking off these boxes and getting into an ideal body weight range ASAP.

Health is not achieved with a pill.

Some of these supplements, I would personally consider necessary for optimal health, but most are completely optional. Ekkovision is an excellent brand, with rigorous 3rd party testing and several proprietary products. That said - they are not the only brand with these standards. Feel free to shop around.

At ekkovision.com, you can use my discount code “**MMFit**” for an additional 15% off supplements or clothing.

PLEASE SEND ME A MESSAGE WITH ANY Q’S!!



= Highly Recommended!

VITAMINS, MINERALS, AND ESSENTIAL NUTRIENTS

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Multi Vitamin - Energy is not the only purpose for consuming food. Food also contains vital nutrients and minerals that our body needs for optimal health. It is extremely difficult to get all of these nutrients at the recommended doses through daily food intake. It is even more difficult when you are in a dieted state and food is scarce. Nutrient deficiency can lead to negative health outcomes such as hair loss, low energy levels, and other physical conditions. This multivitamin contains adequate doses of key vitamins and minerals that you may be missing in your diet. I highly recommend you take a multivitamin like it on a daily basis.



Magnesium - Magnesium is an essential mineral that functions as an electrolyte in the body. It is very common for a traditional diet to be deficient, and so I HIGHLY recommend supplementing. Adequate Magnesium intake can improve sleep, reduce stress, improve heart health, bone health, blood sugar regulation and a lot more.

Omega 3: Omega 3 fatty acids are essential fats that the body cannot produce on its own, meaning you must get them through your diet or supplementation. They are primarily found in fatty fish and are critical for supporting heart health, reducing inflammation, and maintaining cognitive function. It is very unlikely that you will reach an optimal dose through diet alone. Supplementing with high-quality fish oil is a great way to ensure you are getting adequate doses of EPA and DHA, which are the most beneficial forms of Omega 3s. This is especially helpful for those who train hard, as it can assist in joint health and overall recovery.



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Vitamin D3 + K2: Vitamin D3 is a critical hormone-like vitamin that supports bone health, immune function, and mood regulation. While your body can produce it through sun exposure, many people are deficient due to indoor lifestyles or geographic location, making supplementation a wise choice for maintaining optimal health. Pairing D3 with Vitamin K2 is essential because they work synergistically; while D3 helps your body absorb calcium, K2 ensures that the calcium is directed to your bones and teeth rather than accumulating in your arteries. This combination is a powerful tool for supporting long-term cardiovascular and skeletal health.



Fiber Supplement: Fiber is a type of carbohydrate that your body cannot digest, and it plays a vital role in digestive health, blood sugar regulation, and satiety. While the best way to get fiber is through nutrient-dense whole foods like fruits, vegetables, and whole grains, many people find it difficult to hit the recommended daily intake, especially when food is scarce during a diet.

Ekkolyte: Electrolytes (sodium, potassium, and magnesium) are critical for hydration, nerve function, muscle contraction, and recovery. During hard training, you lose electrolytes via sweat and replenishing them is critical, especially when you are dieting. This supplement also adds essential minerals to aid fluid balance, reduce cramps, and promote recovery.



PERFORMANCE

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Pre Workout - Pre workout is a class of supplements that contain ingredients that are designed to boost performance, energy, and pump in the gym. Pre workout is not a necessary supplement but I personally never lift without it. I love the boost in energy and mental sharpness that it gives me. I feel extremely focused on my goals for the lift and who doesn't love a great pump?



One thing you will want to watch with pre workout is that many of them contain high doses of caffeine. If you are training in the evening, this can impact your sleep quality, which is not ideal. Ekkovision supplements also offer stimulant free pre workout called "Satori 5.0" for those of you watching your caffeine intake.

My personal favorite is Dethroner - it is the most loaded formula I have ever seen and has everything you need for pump & performance.



Creatine is one of the most well researched and effective supplements for strength, performance, and overall health. Creatine helps regenerate ATP which is your cells main energy source. Creatine isn't just for muscles, your brain uses ATP, too. Promising research has shown potential improvements in memory, mental fatigue, and brain processing speed. This is especially true for sleep deprived individuals and older adults.

Creatine occurs naturally in meat, but only at about 1 gram per pound. 5-15 grams a day is a good dose for most people. If you are serious about muscle building or performance, you should be taking this supplement. If you experience brain fog, or low energy levels, you should be taking this supplement.

Ekkovision has some great flavors, too! My favorite is raspberry watermelon.

OTHER FAVORITES

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Protein: Adequate protein intake is of course very important, but generally speaking I get most of my protein through whole food sources like lean meat, eggs, dairy, etc. With that said, I still use Ekkovision protein almost every day in either a smoothie, oatmeal, or yogurt bowl. Protein powder is very versatile, and serves as a dessert substitute for me. My favorite is the Berry Cheesecake, or Tiramisu.

EAAS: *Essential Amino Acids (EAAs)* - EAAs are the fundamental building blocks of protein that your body cannot produce on its own. While you can get these from a diet high in quality protein, supplementing with EAAs can be beneficial for assisting in muscle recovery. This is especially useful for those who go for long periods of time between meals or are training in a fasted state.



Delta Sleep - Sleep is critically important to improving your health and improving your quality of life. Sleep supplements are not always necessary, but can be quite helpful in establishing your sleeping routine, or on a case by case basis when you are having a hard time getting to sleep. This particular product contains critical vitamins and minerals including magnesium and zinc. It also contains several of the most well researched natural compounds to help you relax and fall asleep. These include ashwagandha, GABA, L-Theanine, and valerian root. Many supplements contain high doses of melatonin, which I would try to avoid. Melatonin is effective, but you don't need much of it. This particular supplement has a very low dose of melatonin, or you can get melatonin-free, which is rare on the market. If you need help getting to sleep, I highly recommend this.