

# **ABS BLUEPRINT**

## **Special Report #1**



## **“The Supplement Short List”**

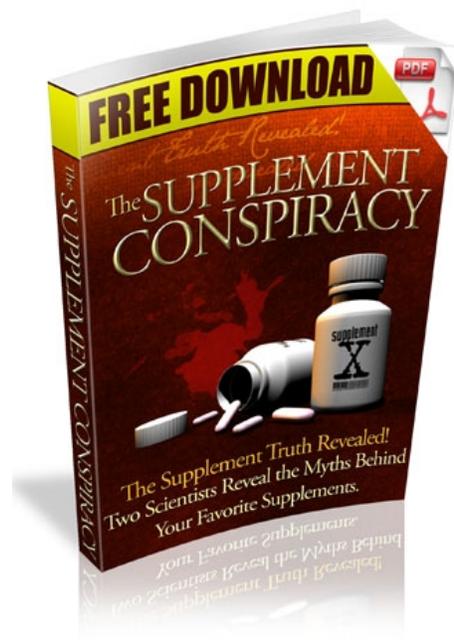
**-by Rusty Moore**

Instead of writing a report on why you should take certain supplements or avoid supplements, I simply want to tell you what supplements I take and why.

...but first I need to point this out.

**You do NOT need to take supplements if you eat right!**

The funny thing is just a few years back, I wrote a report called the “Supplement Conspiracy” and it was all about not needing supplements.



I interviewed Brad Pilon and John Barban who were both heads of R&D and developed supplements for a couple of large supplement companies. They agreed that most of the stuff on the market was overly hyped and not needed.

**I dropped every supplement I was taking 3 years ago.**

I had dropped just about all supplements from my diet a year

before I wrote Supplement Conspiracy. This report simply made me feel good about my decision. I was supplement free from around January of 2008 to January of 2010.

## **I wound up getting sick 5 times in that 2 year period!**

Before I quit taking supplements, my main thing was a meal replacement shake called Myoplex. I would typically drink one per day most of the year...and 2 per day when trying to get exceptionally lean.

I drank this stuff pretty darn consistently for 10 years. During that time I rarely got sick.



I'm not saying that Myoplex was magical...it simply had a good deal of daily recommended vitamins that I was probably missing when eating regular food.

## **I began taking a multivitamin a little over a year ago.**

Since I was getting sick I knew something was off...

I began taking a multivitamin recommended by body weight fitness “guru” Ryan Murdock. It has now been about a year

and I have been 100% “sickness free” during that time.



[Ryan Murdock is one of the coolest guys in fitness.]

I told myself I would continue to take this multivitamin until I got sick. Looks like I'm going to be taking this for a while!

**Martin Berkhan of Lean Gains got me interested in BCAA's**

I like the idea of training in a fasted state...it maximizes your body's ability to burn fat for fuel and boost HGH levels. If you eat before you train, your body releases insulin.

When insulin is high, HGH cannot be released. You want HGH levels high because that is your body's natural fat burning hormone.

The only problem with training in a fasted state is that there is a chance that your body might burn a bit of muscle for fuel.

BCAA's are a great way to ensure no muscle loss. I began taking 10 grams 30 minutes before training and 5 grams immediately after training. It has made a difference.

## **Brought back protein shakes to get lean with less effort.**

I follow the “Eat Stop Eat” diet year-round. So 1-2 times per week I will fast until dinner. This has made it pretty darn easy to get lean while enjoying great food.



...but on those 5-6 days per week where I'm eating 3 regular meals, I find that I'm getting a little more lean by drinking a protein shake as soon as I wake up in the morning. This was one of those little tips from Tim Ferriss's 4-Hour Body that really did make a difference.

I still believe you can get lean and skip breakfast. This is mainly a tool to use if you reach a sticking point.

I was at a sticking point, so reintroducing the morning protein shake helped me lose those tough last few pounds again...sharpening up the abs.

## **I finally gave in to the Omega 3 craze.**

Since I run a fitness blog online, I do a lot of reading about

various supplements, workout programs, etc. Everywhere I turn I found articles about the health benefits of omega 3 supplements.

I also put up a post on Fitness Black Book about omega 3 fish oil supplements vs krill oil supplements. After reading the research I figured it had too many health benefits to avoid.

**I still take 200mg caffeine before each workout.**



[Diva Espresso...the best coffee in Seattle in my opinion.]

I'm a BIG fan of a "Tall Iced Americano" before working out.

...but there is a supplement that I like a little better.

Prograde came out with a natural diet pill in 2011. I wasn't interested in taking a diet pill, but after reading the ingredients...it looked like it would be a great pre-workout fat burning supplement.

...this stuff really gets you energized above and beyond just taking 200mg caffeine. This is a good one to give you energy to push a little harder than normal on HIIT and cardio.

The only downside is that you will sweat quite a bit more than normal. This can be a good thing if you are trying to drop water retention before going on vacation.

**I also take creatine every once in a while.**

I really only take this before vacations...maybe 1-2 times per year for 3-4 weeks at a time. I don't have a favorite brand when it comes to creatine.



**PAGG Stack...Will possibly try in a month or two.**

If you follow Tim Ferriss and have read 4-Hour Body...He recommends 4 supplements taken together for weight loss. He calls it "PAGG". There is a company that put it all together in the exact ratios that Tim suggests here: [The PAGG Stack](#)

# *My Supplement “Short List”*

Going from a supplement junkie...to cold turkey...I am now somewhere in the middle. Here are the exact supplements that I take today.

## **No need to take all of these supplements!**

...and if you do chose to take these various supplements you really don't need to take the same brands that I do. There are a ton of companies that make good supplements, so shop around and do some research.

### **Multivitamin:** [VGF 25+](#)

My criteria is a "Whole Food" vitamin NOT a synthetic vitamin. This is a vitamin made from 25 vegetables. There are quite a few good whole food vitamins on the market. I like this brand simply because they are GMP Rated...meaning that you actually get what is printed on the bottle. Any quality whole food vitamin will do that is from a reputable company.

### **Omega 3 Supplement:** [EFA Icon](#)

This is simply a good Essential Fatty Acid supplement, made from Krill Oil instead of Fish Oil. Krill Oil has been proven to be more effective than Fish Oil...with less chance of mercury contaminants. I simply take 2-4 capsules per day. I don't mega dose this stuff like some fitness experts recommend. I make my girlfriend take this, because after my research I'm convinced this drastically reduces chances of chronic disease. This isn't an inexpensive product, so if you are a price shopper...then it



wouldn't hurt to shop around a bit.

### **Meal Replacement Powder:** [Prograde Lean](#)

So, I used to be a HUGE fan of Myoplex Original. I love the flavor and I have achieved great results using the product. In fact, I just ordered a box of 20 last week...but it may be my last box. Both Myoplex and Muscle Milk have been found to contain contaminants in a consumer reports study. Again...any good meal replacement powder will work...just research the company a bit before ordering or buying in a health food store. I will take Prograde Lean going forward, because they run a tight manufacturing facility.

### **BCAA's:** [MRM Reload](#) and [Prograde BCAA](#)

Why two different BCAA brands. I take MRM Reload powder and mix in water before training. I take 5 grams of BCAA's immediately after training. I prefer to take them in capsules, since I can throw a small bottle in my gym bag. As soon as I get back to the locker room, I take down the capsules without having to mix anything. Any good BCAA powder and BCAA capsules will suffice. These are just my favorites.

### **Pre-Workout Caffeine:** Seattle Coffee or [Prograde Metabolism](#)

This supplement was designed as a fat loss pill, and has 200mg caffeine mixed with several other natural synergistic nutrients. I use it as a “pre-workout” fat loss maximizing supplement...and take this 30 minutes before training with my BCAA powder.

All I can say is...try this. The recommended dose is 3 capsules two times per day, but I just use the 3 capsule serving size only

right before training on my workout days. There are 180 Capsules...or 60 total servings in each bottle. Since I only take a serving 30 minutes before training and I train 5 times per week...each bottle lasts me about 3 months (cheaper than even cheap coffee).

### **If money is an issue.**

There have been many times in my life where money has been tight. If money is an issue, I'd probably just recommend a good multivitamin made from whole foods and possibly some pre-workout caffeine.



**Thanks for spending your time reading this!**

-Rusty Moore

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