

Cheat Your Way Thin Supplementation Guide

As you've seen throughout the program manual, I've recommended the use of several fundamental/foundation supplements that I believe everyone should be using to maximize results and overall health.

These are food-based and nutrient-based supplements (protein, carbohydrate, essential fatty acids, essential vitamins/minerals/antioxidants), NOT bogus fat burners or quick-fix supplements making outrageous claims.

The fact is, you only need the most basic, fundamental supplements to be extremely successful with any weight loss program and need not spend hundreds of dollars on "pills" that fail to deliver.

The supplements I recommend are from Prograde Nutrition® and are available at www.ProgradeStore.com

Best part, I like to work out special deals for my customers, so I got on the phone with Prograde and "convinced" them to give you 15% off your first order. Pretty cool, huh? Just use the coupon code **cheat15** at checkout (all lowercase, no spaces) and get 15% off your entire order.

Why do I recommend Prograde®? Simple:

- First and foremost, they are the brand of supplements that I personally use. If I don't use and believe it to be beneficial to ME, I don't recommend it to my customers. Period.

- The supplements are of the highest quality and you get exactly what the labels says (they are a certified GMP [Good Manufacturing Practices] “A” rated manufacturer; the highest possible certification for quality control). This is a MAJOR problem with other brands, and one of the major reasons I am so comfortable recommending Prograde®.
- 100% Organic, again, extremely high quality
- Most importantly, they are an honest, stand-up company that only produces the “foundation” supplements that truly make a difference - the exact supplements I recommend - and nothing more. They don’t try to get over on consumers by putting together a bunch of B.S. products with the many “quick-fix” claims that you often see.

The specific supplements I recommend for use with the Cheat Your Way Thin program are:

- **VGF 25+® for men/women (multi-nutrient for men/women)** – VGF 25+ is MUCH more than a multi-vitamin as it’s made directly from more than 25 whole vegetables, greens and fruits (thus the name).
- **EFA Icon® (extremely pure, potent essential fatty acids)** – Fish oil (omega-3 fatty acid) is the number one supplement that I believe everyone should be taking for fat loss and overall health, no matter who you are, across the board. To name just a few of the fat burning and health benefits these “wonder” fats possess, omega-3 fatty acids have been shown to decrease the risk for developing heart disease and cancer, decrease blood pressure, improve liver and kidney function, reduce joint pain, improve vision, improve diabetic conditions, decrease occurrences and intensities of migraine headaches, **increase circulating levels of leptin**, reduce stress, and increase metabolic rate. If you are not using

fish oil, make it a point to start supplementing with it right away. As for EFA icon, it has several benefits over conventional fish oil in that it is the most absorbed form of fish oil, highly potent and high quality without any toxins such as trace mercury. Not only does this carry the quality benefit, but because of its high potency, you don't have to worry about choking down large quantities of big "horse pill", low-quality fish oil. In fact, just 2 small pills are the equivalent of TEN large standard fish oil capsules and only a total of a ½ gram of fat.

- **Prograde Workout® (pre/post workout recovery beverage)** - ideal formulation of fast acting proteins and carbohydrates to support stimulate lean muscle mass and recovery. You can use this on any day, including low-carb days, just substitute it for your next schedule meal.
- **Prograde Protein® (low-carb, pharmaceutical grade protein supplement)** – Prograde Protein is the perfect solution for the last meal of the day. It's made from cold-processed, pharmaceutical grade whey (instead of the high-temperature processing that other manufacturers use, severely degrading protein quality), and contains the full spectrum of amino acids (including a hefty dose of branch chain amino acids) to promote the retention of your hard-earned calorie-burning lean muscle tissue.
- **Prograde Organic Cravers® (meal replacement bars)** – Cravers® are quite honestly the best tasting meal replacement bars on the planet, and I'm not even exaggerating (AND they're 100% organic). In reality, most meal replacement bars are barely "tolerable". With Cravers®, I actually *look forward* to having one of these every single day—they're that good..

One thing to realize is that the protein powder, pre/post workout beverage, and protein bars are all FOOD -- while the cost adds up a bit, you are

substituting them for MEALS and they average only a couple bucks each (there aren't many meals out there that only cost a couple bucks).

This is how I actually SAVE money on groceries each month (the regular use of Prograde Protein®, Workout®, and Cravers® typically cuts my “food” cost by one third each month, easily), and when you use them, you'll do the same.

One last very important thing - they also offer a very convenient shipped-right to your door monthly program (this is what I do) in which you get **free shipping** and a huge discount on bulk orders.

Basically, they send you a month's supply each month of the supplements you choose (so you never have to worry about reordering or running out), give you a huge discount, and then hook you up with FREE shipping on top of it.

I told you; they're a great company. I don't know of **any** other company that does this and I've been using this service for quite some time and love it.

How to Order and Get 15% OFF Everything!

==> www.ProgradeStore.com

Here's the really cool part – since I have an “in” with the owners of Prograde (Jayson and Jim are good friends of mine, and Jayson even provided the meal plans in the Deluxe edition of this very program), EVERYTHING is 15% off for my customers. Just enter the coupon code **cheat15** (all lowercase, no spaces) once your order is finalized and you'll receive 15% off your first order.

Again, realize that utilizing meal replacements is going to cut your grocery bill and SAVE you money. That's in addition to adding major convenience to your nutrition plan.

Enjoy the decreased monthly bills and remember to use your special Cheat Your Way Thin discount code for even more savings!

[Click HERE to start your order](#)

(be sure to use the code cheat15 to save 15%!)

Looking out for ya!

Your friend,

A handwritten signature in black ink, appearing to read "Joel Marion". The signature is fluid and cursive, with the first name "Joel" and last name "Marion" clearly distinguishable.

Joel Marion, CISSN, NSCA-CPT

Men's Fitness Training Advisory Team

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