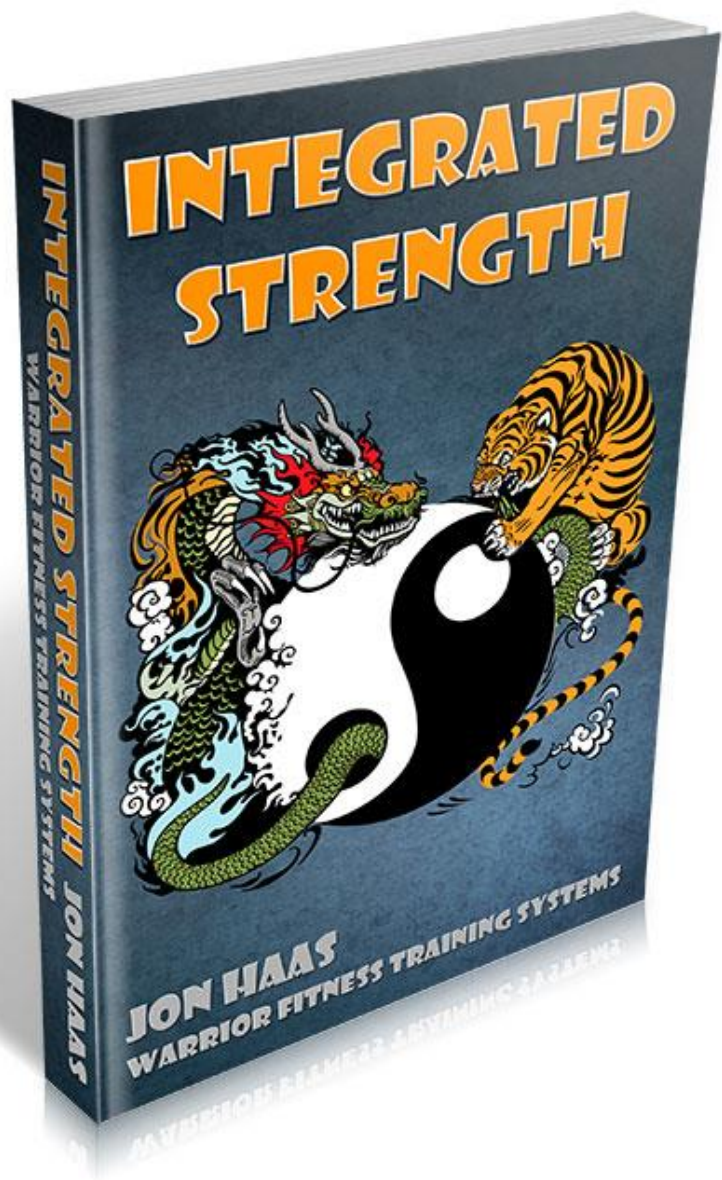


# Integrated Strength Supplement Guide



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### **Disclaimer:**

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only.

You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this e manual is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The author advises readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this e manual, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises in this book are not intended as a substitute for any exercise routine or treatment that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

# **The Integrated Strength Guide to Supplements**

Supplements can be an extremely cloudy area to navigate. Over the years I have experimented with many of the major supplements, and some of the more obscure ones available on the market today.

What I have done in this short guide is cut through the clutter and given you my recommendations for the most effective and safest supplements for building a strong, healthy body.

## **Multivitamins**

### [Men's Multivitamins](#)

## **Individual Nutrients**

[Zinc](#): 15-25 mg post workout or before bed

Zinc blocks aromatase, which is a building block of estrogen. By block aromatase, zinc limits our natural production of estrogen, which positively effects our natural testosterone levels, and by correlation, our body's ability to burn fat and build muscle.

[Vitamin D3](#) : 1,500 to 3,000 IU twice a day

[Fish Oil](#): 2 tablets twice a day

Fish oils are one of the most important supplements you can take, not only for heart health, but also for improved cognitive health as well.

Actually, studies have shown that there is no real “limit” to omega-3 fatty acids. So adding a high quality supplement is a great idea.

### **Fat Burning Stack – take before meals**

- [Garlic extract](#): 200 mg
- [Green Tea flavanols](#) (decaf with at least 325 mgEGCG): 325 mg
- [Alpha-Lipoic Acid](#) (ALA): 100-300mg

### [Vitamin C](#)

Take 1,000 mg of vitamin C after a workout to limit the release of cortisol. Cortisol is a hormone that makes the body burn muscle and store fat. C helps you return to an anabolic state

### [Protein Power](#)

Utilize as meal replacement or post workout drink.

### [Amazing Grass Organic Greens Supplement](#)

Get up to 12 servings of fruits and vegetables in just one serving

- Made from 75 whole food sourced ingredients in their natural form
- Contains probiotics and enzymes for optimal nutrient absorption and digestion
- Carefully formulated by doctors and nutritionists to deliver essential nutrients
- 10+ years of research to develop an easy to mix powder with naturally sweet taste

### BCAAs

Take 15 to 30 minutes prior to working out to minimize muscle breakdown.

### Creatine

Creatine Monohydrate powder is taken from the compound Creatine, which is essential in the process of sending energy directly to muscle. It is naturally produced by the body in organs such as the liver, pancreas and kidneys, and it can be found in areas as diverse as the brain, heart and all muscle tissue.

## **Recommended Herbs and Herbal Formulas**

### Pine Pollen

Pine Pollen may be one of the most potent and powerful herbs or foods available today. It is the male spore of the pine tree and has been used for thousands of years.

### [Hercules Pre-workout Formula](#)

Not only will Hercules Pre-Workout Formula help fire up your workouts but you'll likely discover lots of side effects...beneficial ones. These herbs increase antioxidant capabilities, help with sex in many ways, modulate the immune system, support anti-gaining and so much more.

### [Titan Post Workout Formula](#)

The two versions of Hercules Pre-Workout Formula have been quite successful in helping people become stronger and more enduring. Titan delivers many of the same benefits as well as unique ones, **designed to help you best recover from your workouts.**

It is a combination of four amazing herbs from across the world, suma, maral root, shilajit and mucuna.

### [Athlete's Bundle](#)

Increased Energy to Workout, Better Recovery and Ability to Adapt, Hormonal Support & Greater Strength and Endurance.

Herbs can help to improve your workouts in a number of ways. This special bundle offer is designed to help you with them all! Regardless of what sort of training, workouts or sports you do, these herbs can help you to do it.

## Men's Hormone Package

All in one package for building testosterone and reducing estrogen levels in the body, specifically formulated for men.

## Tongkat Ali

In English, this translates *Ali's Walking Stick*. And they weren't talking about an actual stick from a tree! It reminds me of that scene from Austin Powers 3 where Mini Me is described as a **tripod**...

Other names for this powerful root include **Longjack, Eurycoma Longifolia and Malaysian Ginseng**. In Vietnamese it is known as Cay ba binh which means **"The Tree that Cures a Hundred Diseases"**.

## Thor's Hammer

For men to have top performance it comes down to a number of factors, not just a single one. Sadly, few people know this and thus may fail in overcoming "the scourge of men". Basically it comes down to these four physiological factors:

- 1) Testosterone must be sufficiently high and freely available for sexual arousal and libido.
- 2) Dopamine, the neurotransmitter, lies at the heart of creating desire and is equally crucial for libido.
- 3) Blood Flow and Nitric Oxide causing vasodilation and thus an erection.
- 4) Phosphodiesterase type 5, or PDE5 for short, an enzyme, must be low enough that the erection doesn't go away

(through its break down of cGMP, thus reducing vasodilation).

This formula was created to give you five of the most powerful sexual herbs out there directed at the four actions listed above.