

Supplement Recommendations

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What are supplements?

Supplementation may be a recommendation by your coach in order to fill nutritional gaps or to enhance results in ADDITION to basic foundations like a good nutrition and exercise plan. Supplements should NEVER be taken as a replacement for food and exercise, nor should they be taken in an attempt to make the scale change faster. Please discuss any recommendations with your doctor. This is not medical advice.

Who has access to the discount code at Vitamin Shoppe?

All past, present, and future clients have access. To receive a discount, sign up with the link above.

Use EM2586 at checkout.

What supplements are recommended?

This is a generalized list and not comprehensive or exhaustive. For custom recommendations, talk to your coach, as some supplements can disrupt medications.

Creatine
Protein Powder
Bee Products
Beef Liver
Multi-vitamin
Pre-Workout
Vitamin C
Collagen
Electrolytes
Essential Amino Acids
Fulvic Acid
Magnesium Citrate or Glycinate

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Supplements to avoid

BCAAs

Thermogenic products

Fat Burners

Skinny Teas

Detox Teas

Supplements promising quick results, gut detox, etc

Large name brands like Equate, Great Value, Walmart, etc

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Emily Towery Fitness 2023-2024