

Fat Loss Supplement Guide – for Women

Choosing nutritional supplements can be tough. There's so much information available, and much of it is published by people who are biased in one direction or another. That's why we have 3 PhDs on staff — to make sense of the mountains of supplement information available, legitimate or otherwise.

At Precision Nutrition, we translate high quality research into simple recommendations our clients can use to lose body fat. So when it comes to supplements, we've reduced years of research into 4 simple supplement recommendations that you can use right away.

The following 4 supplements are the ones we recommend specifically to our fat loss clients. These products can reliably help in a fat loss program, while still being safe to use regularly.



Genuine
Health
(o3mega)

1. Fish Oil

You may have heard a lot about Omega-3's. And fish oil is the key source. There's a ton of very positive research on fish oil supplementation, it's been shown to be great for fat loss, and it's even been shown to improve mood and motivation. Here are some tips for getting the most out of your fish oil.

CHOOSE THE RIGHT PRODUCT

Not all omega 3-rich foods are created equal. So, even though flax seeds and flax seed oils are high in omega 3 fats, you can't substitute these foods in place of fish oils. Further, not all fish oils are the same. For example, liver oils (like cod liver oil) aren't the kind you should be using. No, to get the benefits we discuss above, you'll want to choose omega 3 rich fish oils from the brands recommended below.

CHOOSE THE RIGHT DOSE

Our clients start out by using 1 gram of fish oil per percent body fat they have. So, if they're 10% body fat, they use 10 grams of fish oil. If they're 20% body fat, they use 20 grams of fish oil. And so on, up to a maximum dose of 30 grams per day. We follow this protocol for 14 days.

Then, we cut the dose in half. So, if a client starts out taking 10 grams for 2 weeks, they cut the dose down to 5 grams after that. If they start out taking 20 grams for 2 weeks, they cut the dose down to 10 grams after that. This latter dose (1/2 gram per percent body fat) can be followed indefinitely.

CHOOSE LIQUID OVER CAPSULES

We also make it easy on our clients by recommending liquid fish oil supplements (vs. the capsules). Liquid supplements are higher in purity, rarely cause the "fish burps" that are common with fish oil capsules, and make it much easier to get the recommended dose.

For example, each tablespoon of liquid fish oil contains 15 grams of fish oil. So, would you rather take 1 tablespoon of fish oil in a day or swallow a whopping 15 capsules? If you're anything like most of our clients, forget the capsules and go with the liquid.

CHOOSE REPUTABLE BRANDS

Our favorite liquid fish oil brands are the following:

- Carlson Labs (Very Finest Fish Oil)
- Genuine Health (o3mega)
- Nordic Naturals (Ultimate Omega)



Genuine Health (multi+)

2. Multivitamins

As you've probably heard, the modern diet often leads to small deficiencies of certain vitamins and minerals. These deficiencies can slow your metabolism and impair your ability to burn fat – among other things. And a good multivitamin can help fix that. Here are a few tips for choosing a good one for you.

CHOOSE THE RIGHT PRODUCT

Like with most supplements on the market, choosing a multi-vitamin can be confusing. So many companies, so many products; it can be overwhelming. So, to keep it simple, here's our advice. Any multi-vitamin is better than none. Even drugstore brands like Centrum represent a step in the right direction if you're not supplementing right now.

CHOOSE THE RIGHT DOSE

It's important not to overdose on vitamins as some of them (particularly the fat-soluble vitamins A, D, E, K) can build up to toxic levels. That's why you should stick with the recommendations on the label of the brand you choose.

CHOOSE REPUTABLE BRANDS

Our favorite multivitamin brands are the following:

- Genuine Health (multi+)
- Platinum Naturals (active X)



Genuine Health (vegan proteins+; contains only plant-based protein)

3. Protein Powder

Protein powder's not entirely necessary if you get enough protein from the foods you eat, like lean meats, chicken and fish. But since most people are crunched for time, they find themselves eating too little protein. That's why adding some quick high-quality protein can be really, really helpful. So here are some tips for getting the most out of your protein supplementation.

CHOOSE THE RIGHT PRODUCT

Protein powder has come a long way since the early days of chalky whey protein. Nowadays, protein powders are extracted from all types of food sources – dairy, eggs, soy, and a host of plant sources like hemp, pea kernels, certain seeds and more. Plus, many of these options actually taste good.

So, whether you're lactose intolerant, allergic to milk, or choose to follow a plant-based diet, you can pick the right product for your unique needs. The key, however, is to choose simple products, without too many additional ingredients. The brands below will help you get on the right track.

CHOOSE THE RIGHT DOSE

As mentioned above, protein powders aren't necessary as we can meet our daily protein needs from whole food sources. However, for those of us crunched for time, protein supplements can come in handy.

The key is to not replace too much of those whole food sources with powders. That's why we ask our clients to limit their protein powder to a maximum of 4 scoops (about 80 grams) per day.

CHOOSE REPUTABLE BRANDS

Our favorite protein brands for fat loss are:

- Biotest (Metabolic Drive; contains milk protein)
- Cytosport (Muscle Milk Light; contains milk protein)
- Genuine Health (vegan proteins+; contains only plant-based protein)
- Vega (Sport Performance Protein; contains only plant-based protein)



Genuine Health
(greens+)

4. Greens

If you get enough veggies, a greens supplement might not be entirely necessary. But most people simply don't eat enough vegetables, and are missing out on the micronutrients they contain — many of which help you lose fat either directly or indirectly. And a greens supplement can come in handy here. Here are some tips for choosing the right product.

CHOOSE THE RIGHT PRODUCT

There are hundreds of greens products on the market. However, very few have been studied for their effects on the body. One product, however, is different. It's called greens+ and it's been shown (in a handful of studies) to increase the antioxidant status of the body, improve pH, lower stress hormones, and more.

We'll, be honest. When we see that a product has been tested repeatedly in a research environment, we get excited. So we're definitely excited about greens+ and its potential impact on fat loss as well as overall healthy.

CHOOSE THE RIGHT DOSE

Using label recommendations, stick with 1-2 servings a day.

CHOOSE REPUTABLE BRANDS

Our favorite greens brands for fat loss are:

- Biotest (Superfood)
- Genuine Health (greens+)
- Progressive Nutritional Therapies (Veggie Greens)

So there you have it, our 4 supplements for long-term, sustainable fat loss. A lot of thought and a lot of research have gone into these recommendations. These supplements are what I use personally. And they're also what I have our clients use. Nothing more.

So if you have a question about a supplement that we didn't talk about in this guide, just know that we've been doing this a long time and have seen it all. If it's not one of those 4 — fish oil, multivitamin, protein powder, greens supplement — then I don't use it regularly, and neither do our clients.

And we produce more dramatic fat loss stories than probably anyone else, anywhere else.