



Supplements Simplified

How to choose supplements for your fitness journey.





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Introduction

Welcome to the "Supplement Simplified" guide! When I started my fitness journey in 2017, walking in the grocery store aisle filled with jars and bottles of supplements was both **confusing** and **intimidating**. I didn't know what half of those things were, let alone how they could benefit me. If you're like many of our TNV Method clients, you might feel the same way.

You probably have a busy lifestyle with challenges like **time constraints**, making it hard to prepare nutritious meals or get to the gym regularly. It might also be difficult for you to **stick to a program long enough** to see real results. These hurdles can create a *sense of confusion and frustration*, especially when it comes to understanding what supplements you should be taking.





That's why today, I have put together this guide for you. It's designed to explain the world of supplements and make it accessible for everyone.

We'll break down the **most common supplements** into easy-to-understand terms and focus on three key areas: **general health, mindfulness, and weight loss.**

You'll learn how supplements work in our bodies, why they are important, and how to choose them.

By understanding what each supplement does, when to take it, and why it can be beneficial, you'll be better equipped to make informed decisions. Whether you're looking to fill nutritional gaps, improve mental focus, or give your weight loss efforts a boost, there's likely a supplement that can help.

So let's navigate this supplement landscape **together** and make it a **natural part of your routine rather than a burden.**

General Health Supplements





In the realm of fitness and wellness, it's easy to get swept up in the latest workout trends or diet fads. However, it's crucial not to overlook the foundational elements of general health.

For many of our TNV Method clients juggling busy schedules, ensuring that you're receiving all the essential nutrients can be a considerable challenge. Whether it's **skipping meals due to back-to-back meetings** or opting for fast food because **there's no time to cook**, these lifestyle choices can lead to **nutritional gaps**.

That's where **general health supplements come in**. They are designed to provide your body with the vitamins and minerals that might be missing from your diet. While **supplements are not a replacement for a balanced diet**, they can serve as a valuable addition to help you reach your optimal health.

In this section, we'll delve into some of the most commonly recommended supplements for general health. You'll learn what they are, why they're important, and when it's best to take them. The aim is to give you a **solid starting point** so you can make informed decisions that align with your health goals.



Multivitamins

What: A multivitamin is a supplement that contains a balanced combination of various essential vitamins and minerals. These usually include but are not limited to, vitamins like A, C, D, E, and K, along with minerals like magnesium, calcium, and zinc.

Why: The primary purpose of taking a multivitamin is to fill in nutritional gaps in your diet. When you're juggling a busy lifestyle, it's not always feasible to prepare balanced meals that provide all the nutrients you need. Multivitamins can act as a nutritional safety net, ensuring that your body gets the essential nutrients it needs to function correctly. They are particularly useful for individuals who may have dietary restrictions or cannot consume a wide variety of foods.

When: Multivitamins are generally recommended to be taken once a day. It's advisable to take them with a meal to improve the absorption of fat-soluble vitamins like A, D, E, and K. Always consult your **Health Coach** for tailored advice.

Omega-3 Fatty Acids

What: Omega-3 fatty acids are essential fats that your body cannot produce on its own. They are primarily found in fish such as salmon, mackerel, and sardines, as well as in plant-based sources like flaxseed and chia seeds. Omega-3 supplements commonly come in the form of fish oil or flaxseed oil capsules.

Why: Omega-3s are known for their various health benefits. They play a vital role in heart health by helping to lower blood pressure and cholesterol levels. They also support brain function and may help improve cognitive performance and mood. Additionally, omega-3s have anti-inflammatory properties, making them useful for individuals with conditions like arthritis.

When: Omega-3 supplements are best taken with a meal that includes dietary fats, as this helps improve absorption. The typical dosage ranges from 1 to 2 grams per day, but this can vary depending on individual needs and the specific supplement you're taking. Always consult your **Health Coach** for tailored advice.





Vitamin D

What: Vitamin D is a fat-soluble vitamin that is vital for a range of physiological functions. While it is found naturally in some foods like fatty fish and fortified dairy, it's also produced by your body when your skin is exposed to sunlight. There are two main types of Vitamin D: D2 (ergocalciferol) and D3 (cholecalciferol), with D3 being more effective at raising blood levels of the vitamin.

Why: Vitamin D plays a crucial role in calcium absorption in the gut, which is essential for maintaining healthy bones and teeth. A deficiency in Vitamin D can lead to brittle bone conditions like osteoporosis. Beyond bone health, Vitamin D is also important for immune system function. Some research suggests that adequate levels of Vitamin D can help lower the risk of developing respiratory infections and may even have a role in mental health.

When: Vitamin D supplements are generally taken once a day. It's a fat-soluble vitamin, so taking it with a meal containing fats can improve absorption. The recommended daily allowance (RDA) varies based on age, sex, and life stage, but for most adults, it ranges between 600 to 800 IU. Always consult your **Health Coach for tailored advice.**

Probiotics

What: Probiotics are live microorganisms, usually bacteria or yeast, that provide health benefits when consumed in adequate amounts. They are found in fermented foods like yogurt, kefir, and sauerkraut but can also be taken as supplements. Probiotic supplements often contain a variety of strains, each with its own set of benefits.

Why: The primary function of probiotics is to support a healthy gut microbiome. A balanced microbiome can improve digestion, help in nutrient absorption, and even boost your immune system. Probiotics are especially beneficial for people who have been on antibiotics, which can disrupt the natural balance of gut bacteria. They may also provide relief from digestive issues like irritable bowel syndrome (IBS), constipation, and diarrhea.

When: Probiotic supplements can be taken at various times, depending on the specific product and what it's being used for. Some are best taken on an empty stomach, while others should be taken with food to improve survivability through the digestive tract. Always follow the instructions on the supplement label or consult your **Health Coach for tailored advice.**



Mindfulness Supplements





L-Theanine

What: L-Theanine is an amino acid commonly found in tea leaves. It's often used in supplement form for its calming effects.

Why: L-Theanine is known to promote relaxation without causing drowsiness. It can also improve focus and attention, making it popular among people who are looking to reduce stress but stay alert. Some studies suggest that it works by influencing brain wave patterns and neurotransmitters like serotonin and dopamine.

When: L-Theanine can be taken as needed, depending on your specific requirements. It usually starts working within 30-40 minutes and can last for 8-10 hours. The typical dose ranges from 100 to 200 mg per serving. Always consult your **Health Coach** for **personalized dosage recommendations**.

Ashwagandha

What: Ashwagandha is a herbal supplement derived from the roots of the *Withania somnifera* plant. It's a staple in traditional Ayurvedic medicine.

Why: Ashwagandha is known for its adaptogenic properties, meaning it helps the body adapt to stress. It can reduce cortisol levels, improve concentration, and even enhance endurance. It's also been studied for its potential to improve sleep quality and reduce anxiety.

When: Ashwagandha is generally best taken in the morning or early afternoon as it can boost energy levels. Dosages typically range from 300-500 mg per day. Always follow the instructions on the supplement label or consult your **Health Coach** for **tailored advice**.



Rhodiola Rosea

What: Rhodiola Rosea is a plant extract that belongs to the adaptogen family, similar to Ashwagandha.

Why: Rhodiola is primarily known for its ability to reduce fatigue and improve focus. It's often used by people experiencing burnout or those looking to enhance mental performance. Some studies suggest it may also have mood-balancing effects.

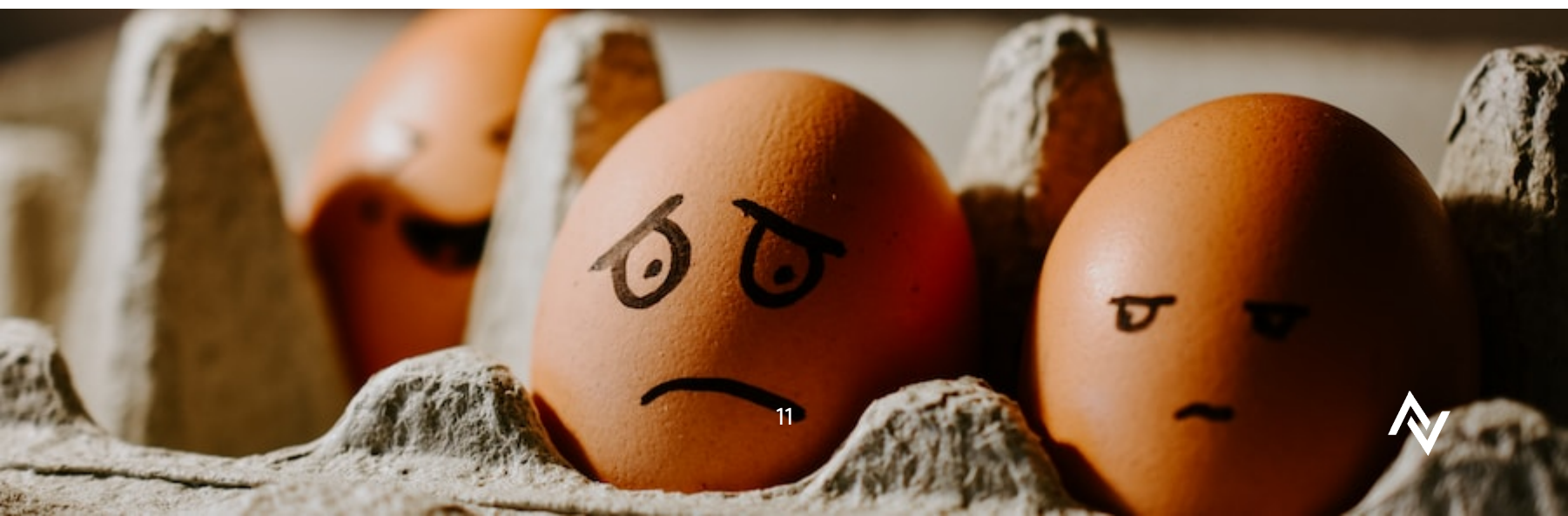
When: Rhodiola is best taken in the morning or early afternoon to align with its energizing effects. Typical dosages range from 200-600 mg per day. Always consult your **Health Coach** for personalized dosage recommendations.

GABA (Gamma-Aminobutyric Acid)

What: GABA is a neurotransmitter that plays a crucial role in calming the nervous system.

Why: Supplementing with GABA can help reduce anxiety and improve sleep quality. It works by inhibiting the activity of neurons, leading to a calming effect. It's often used by people who have trouble falling asleep or those looking to reduce symptoms of anxiety.

When: GABA can be taken as needed, often before bed to aid sleep or during the day to alleviate stress. Doses typically range from 500-1000 mg. Always follow the instructions on the supplement label or consult your **Health Coach** for tailored advice.



Weight Loss Supplements





Green Tea Extract

What: Green Tea Extract is a concentrated form of green tea that is available in supplement form. It contains bioactive compounds like catechins and caffeine, which are believed to be responsible for its weight loss effects.

Why: Green Tea Extract has been studied for its ability to boost metabolism and increase fat burning. The catechins it contains are thought to work synergistically with caffeine to enhance fat oxidation. Additionally, some studies suggest that Green Tea Extract can help regulate blood sugar levels, thereby reducing food cravings.

When: Green Tea Extract is often taken in the morning or before exercise to take advantage of its metabolism-boosting effects. The typical dosage ranges from 250-500 mg per day. Always consult your **Health Coach** for personalized dosage recommendations.

Caffeine

What: Caffeine is a natural stimulant most commonly found in coffee, tea, and various energy drinks. It's also available in pill or powder form as a supplement.

Why: Caffeine is known for its ability to increase metabolic rate, thereby facilitating weight loss. It can also enhance physical performance by increasing adrenaline levels, making it easier to exert yourself during workouts. Additionally, caffeine can help you stay alert and focused, which can be beneficial for maintaining a consistent exercise regimen.

When: Caffeine is typically taken in the morning or before exercise. The standard dosage varies from person to person but is generally between 100-200 mg. It's crucial to be cautious with caffeine, especially if you're sensitive to stimulants, as it can cause side effects like insomnia, nervousness, and a rapid heart rate. Always follow the instructions on the supplement label or consult your **Health Coach** for tailored advice.





Why expert guidance matters



We get it. You walk into a health store intent on buying a supplement to improve your well-being, and suddenly you're paralyzed by the endless rows of jars and bottles.

Each label screams a promise: "Boost Your Immunity!", "Shed Pounds Fast!", or "Unlock Limitless Energy!" You pick up one, then another, reading the fine print and trying to decipher the scientific jargon.

Overwhelmed and confused, you leave the store empty-handed, still unsure about what your body truly needs. Sound familiar?

This common scenario is **precisely why** professional guidance is not just beneficial, but often essential. Without expert advice, the world of supplements can feel like a maze with no clear exit.





Navigate Your Wellness Journey Confidently with TNV Method

1. **Customized Just For You:** Tailored supplement advice based on your specific health profile and goals.
2. **Cut Through the Noise:** Focused, evidence-based recommendations from trained coaches to help you make informed choices.
3. **Long-Term Focus:** Plans designed for sustainable progress, emphasizing habits you can maintain over time.
4. **More Than Physical:** Psychologist-led coaching to address the mental and emotional barriers to your fitness journey.
5. **We're With You, Every Step:** Continuous tracking and adjustments to your plan to keep you on the path to achieving your health and wellness goals.

Stop Guessing! Let's Talk & take control together

Unlock Personalized Guidance with a FREE 20-Minute Results Strategy Call

Ever felt stuck in your health journey, unsure of the next steps? You're not alone, and we're here to help. Book a **FREE 20-Minute Results Strategy Call** with a TNV Method coach and kickstart your path to wellness.

What Happens During the Call?

1. Get to Know You

Our coach will ask targeted questions to understand your unique challenges and goals.

2. Expert Advice

Receive personalized guidance tailored to help you achieve your health objectives.

3. Resource Sharing

We provide you with the tools and resources you need to stay on course.

Why Trust TNV Method Coaches?

Our coaches are not just seasoned professionals; they're individuals trained by Tanvi in her unique methods. Passionate about making a tangible difference in your life, they bring years of hands-on expertise to the table. Their commitment goes beyond generic advice; they provide actionable steps designed to lead you to real, lasting results.

Your Journey, Your Success

The 20-minute strategy call isn't just another consultation; it's your first step towards a healthier, happier you. It's an opportunity to tap into expert knowledge that's personalized just for you.

Ready to Transform Your Life?

Don't leave your health to chance. Secure your **FREE 20-Minute Results Strategy Call** today and take the first step in your personalized health journey.

Book Your Call Now

[Results Strategy Session](#)

