



# EAFIT SUPPLEMENT GUIDE

By: Elizabeth Aylor



# ARE SUPPLEMENTS NECESSARY?!

I am a huge believer in bio individuality, meaning that we are all unique! What works for one person might not work for another and that there is no one-size-fits all approach when it comes to diet and supplementation.

As a holistic nutrition consultant I have very high standards when it comes to putting things into my body, which is why I choose the premier supplement line in the industry.

Not everyone manages to eat a healthy diet rich in high quality protein, fruits, vegetables, nuts/seeds. Supplements are not a substitute for eating a balanced diet, but instead meant to bridge the gap in our diets and provide the body with missing nutrients for optimal health.

I created a supplement guide and broke down my favorite supplements to support the body based off of different alignments. In today's world it's hard but not impossible to get all the nutrients your body needs to help you reach your goals. This is where high quality supplementation can help you in continuing to move towards your goals.

For Free Shipping on all 1st Phorm Supplements, click the **DIRECT LINK**. If you aren't sure what you need, I can help! Send me a email [elizabethaylorfitness@gmail.com](mailto:elizabethaylorfitness@gmail.com)

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# PRODUCT DISCLOSURE

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This book/guide is for general informational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical exam, cure, treatment, diagnosis, and prescription or recommendation. It does not create a nutritionist-client relationship between Elizabeth and you. You should not make any change in your health regime or diet before first consulting a physician and obtaining a medical exam, diagnosis and recommendation. Always seek the advice of a physician, Nutritionist or other qualified health provider with any questions you may have regarding a medical condition. Elizabeth Aylor Fitness LLC. is not liable or responsible for any advice, course of treatment, diagnosis or any other information, services or product you obtain through this book or site. The materials and Content contained in “Elizabeth Aylor Fitness Supplement Guide” are for general health improvement recommendations only and are not intended to be a substitute for professional medical advice, diagnosis or treatment. All specific medical questions should be presented to your own healthcare professional.

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## SUPPLEMENT GUIDE

# FOUNDATIONS

IT DOESN'T MATTER IF YOUR GOAL IS FAT-LOSS, BUILDING MUSCLE OR OVERALL HEALTH. THESE ARE THE 4 FOUNDATIONS TO FEEL YOUR BEST ALL YEAR LONG!

### OPTI GREENS

The greens have been game changer when it comes to my digestion and bloating! It can help promote gut health and a strong gut microbiome to allow you to properly digest food, balance pH levels in the body, and more efficiently utilize nutrient uptake

**FREE SHIPPING**

### OPTI REDS

The reds contain antioxidants to fight free radicals in the body, boost immune system and increase blood circulation.

**FREE SHIPPING**

### FULL MEGA

Omega-3 fatty acids are extremely important when it comes to fighting inflammation, promoting brain health, balancing hormones, improving bone and joint health and they even premature aging

**FREE SHIPPING**

### MICRO FACTOR

Instead of having 20 different supplements to take, this pack has everything all in 1 easy daily pack. It contains antioxidants, multivitamin, probiotic, CoQ10, EFA, and fruits & veggies.

**FREE SHIPPING**

## SUPPLEMENT GUIDE

# WEIGHT LOSS

REMEMBER: THERE IS NO MAJIC PILL  
WHEN IT COMES TO TRANSFORMING YOUR  
BODY! NUTRITION AND RECOVERY COME  
FIRST AND SUPPLEMENTS BRIDGE THE  
GAPS

### 1 DB GODDESS/OVERDRIVE FAST PACK

This pack helps speed up and maximize the fat loss you will see from helps he efforts you're putting in by giving your body what it needs to most effectively burn fat and lose weight

**FREE SHIPPING**

### LEVEL 1 OR VEGAN POWER PRO

My favorite Low temperature processed protein to help support your fitness goals.

**FREE SHIPPING**

### CORE 21

I call this my nighttime fat burner but its not a fat burner. Sleep is the most important factor when it comes to fatloss. This product helps lower cortisol levels and help you fall asleep and stay asleep.

**FREE SHIPPING**

### L CARNITINE

L-Carnitine is an amino acid derivative that plays a key role in transporting fatty acids to your cells to be burned as energy. This blend contains Fucoxanthin a powerful antioxidant that prevents fat storage and induces fat loss.

**FREE SHIPPING**

## SUPPLEMENT GUIDE

# BUILD MUSCLE

### POST WORKOUT STACK

The best post workout shake to Optimize Your Gains!  
Dont skip your post workout recovery

**FREE SHIPPING**

### CREATINE

Creatine is a naturally occurring organic acids that is stored in our muscle cells. Supplementing with creatine has been shown to help improve recovery time, promote lean body mass, maximize cellular energy production and increase your strength and power during your training session.

**FREE SHIPPING**

### LEVEL 1 PROTEIN OR VEGAN POWER PRO

My favorite Low temperature processed protein to help support your fitness goals.

**FREE SHIPPING**

### MEGAWATT NATURAL

MegaWatt include electrolytes, B vitamins and nootropic ingredients that help increase mental focus and so you're going harder in each training session. This is my go to when I am having one of those crazy days and need the extra boost. this isn't your normal pre workout.

**FREE SHIPPING**

### BCAA

Branch chain amino Acids are comprised of 3 out of the 20 amino acids in the body. These 3 amino acids are the main ones that drive protein synthesis and aid in muscle recovery. Supplementing with BCAAs has been shown to help keep your body anabolic during training sessions or in between meals when you're on able to get in protein

**FREE SHIPPING**

## SUPPLEMENT GUIDE

# GUT HEALTH

### OPTI GREENS

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**FREE SHIPPING**

### GI ADVANTAGE

My ALL TIME FAVORIATE supplement to heal the gut. It is a blend of zinc and herbs to reduce inflammation of the mucus membranes, and you are able to soothe the stomach lining and support tissue, so it can regenerate

**FREE SHIPPING**

### DIGESTIVE ENZYMES

Digestive enzymes help aid in digestion assisting in the breakdown of nutrients in your food and making sure you are not only absorbing them but also assimilate them. I take 2 digestive enzyme with every meal

**FREE SHIPPING**

### PROBIOTIC

Probiotics help introduce friendly bacteria in the gut that can be compromised from antibiotics, stress, pathogen's, inflammation and food allergies. When you dont have enough of the good guys and the bad bacteria take over you can get digestive issues. This is my go to Probiotic

**FREE SHIPPING**

### COLLAGEN-UNFLAVORED

The dermaval is key!

**FREE SHIPPING**

## SUPPLEMENT GUIDE

# HORMONES AND STRESS

### HARMONY

For all my girls asking for my favorite supplement for hormones, this is it! This is a blend of vitex and other herbs to lower cortisol, balance hormones and increase energy even if you are going into menopause.

**FREE SHIPPING**

### ADRENAL RESTORE

The adrenals are responsible for 50 different hormones in the body. In a chronic state of stress your adrenal hormones shift and excess cortisol begins to be released into the system. This blend helps to support your adrenals and lower stress.

**FREE SHIPPING**

### CORE 21

I call this my nighttime fat burner but its not a fat burner. Sleep is the most important factor when it comes to fatloss. This product helps lower cortisol levels and help you fall asleep and stay asleep.

**FREE SHIPPING**

### MAGNESIUM

50% of individuals are deficient in magnesium! Magnesium is involved in hundreds of body function and vital for overall health. Taking a magnesium blend in the evening because of the relaxing and calming effect it can have on your mind and body.

**FREE SHIPPING**

### PRENATAL PLUS

Your perfect prenatal vitamin for pre, during or post pregnancy. It contains all the key vitamins for the needs of you and your baby to support their health and development

**FREE SHIPPING**



## SUPPLEMENT GUIDE

# ENERGY AND HYDRATION

### PROJECT 1

Contains a comprehensive blend of 9 ingredients to give you incredible focus without crash. This pre workout is perfect if you are looking to build muscle and love the tingling affect of Beta-Alanine,

**FREE SHIPPING**

### MEGA WATT NATURAL

This is MY go to when I have having one of those crazy days and need the extra boost. this isn't your normal pre workout. MegaWatt include electrolytes, B vitamins and nootropic ingredients that help increase mental focus and so you're going harder in each training session

**FREE SHIPPING**

### HYDRATION STICKS

Strawberry is the best! These hydration sticks contain key minerals that can get depleted due to intense activity, fasting, stress, and even low carb/keto diets.

**FREE SHIPPING**

## SUPPLEMENT GUIDE

If you ever order make sure to enter my  
Giveaway thru the link below to be entered  
in my monthly Supplement Giveaway

A woman with long brown hair, wearing a black tank top and shorts, is smiling and holding two black dumbbells in a gym setting. A blue rectangular box is overlaid on the image, containing the text 'ENTER MY SUPPLEMENT GIVEAWAY'. The background shows gym equipment and a dark ceiling with lights.

ENTER MY  
SUPPLEMENT  
GIVEAWAY

# EDUCATIONAL VIDEOS

**COMPLETE GUIDE: HOW TO HEAL LEAKY GUT AND GET RID OF DIGESTIVE ISSUES FOR GOOD!**

[WATCH HERE](#)

**COMPLETE GUIDE: HOW TO GET YOUR PERIOD BACK AND BALANCE YOUR HORMONES!**

[WATCH HERE](#)

**HOW TO MAKE THE PERFECT LOW SUGAR SMOOTHIE BOWL + RECIPES**

[WATCH HERE](#)

**HEALTHY FOOD SWAPS**

[WATCH HERE](#)

**EASY PROTEIN HOT CHOCOLATE | UNDER 65 CALORIES. SUGAR FREE. DAIRY FREE.**

[WATCH HERE](#)



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