

# Supplementation

## Health, Joints & Wellness

### \*Fish Oil

Adding omega-3 fatty acids helps promote healthy cholesterol levels and joints, and supports bone density and serotonin levels.

### \*Glucosamine, Chondroitin, and MSM

Supports healthy joints. If I do not take this and fish oil, I have lingering pain and stiffness in my shoulders and knees.

### \*Vitamin D3

Supports the heart, bones, teeth, and immune system. Since we stay mostly inside, we do not get enough sunlight which can lead to lingering fatigue, regardless of sleep quality. This helps tremendously.

### \*NAC (N-Acetyl-Cysteine)

Aids with detoxification and offers free radical protection by helping to produce more of the antioxidant glutathione.

### Turmeric

Provides joint support by improving immune response and boosting antioxidant enzymes like glutathione. Works well with fish oil.

### Biotin

Supports healthy skin, teeth, and hair.

### Greens + Multi

Daily multivitamin and greens supplement so I don't have to prepare tons of green vegetables with my meals. Keeps meal prep simpler.

### Melatonin

Natural sleep aid that helps you fall asleep without grogginess.

## Performance & Muscle Building

### Whey Protein

Protein is used for muscle repair and growth. Typically, unless you enjoy protein shakes or your lifestyle makes it hard to meet your daily protein goal using whole food sources, whey protein isn't necessary.

### \*BCAAs

Branch chain amino acids (BCAAs) assist with muscle recovery and help you maintain muscle mass when losing weight, paired with proper diet.

### \*Creatine

Increases your levels of ATP, which helps you lift more weight and gain strength over time. The effects of creatine highly complement those of beta alanine.

### \*Beta Alanine

Increases your levels of carnosine, which acts as a buffer against lactic acid buildup when lifting. This allows you to lift heavier weight for more reps and sustain cardio for longer without fatigue.

### Pre-Workout

Pre-workouts typically contain stimulants to power you through tough training sessions. Many also contain creatine or beta alanine.

My favorite pre is Ruckus, but I also like the [Alpha & Omega Stack](#). By switching between pre-workouts with different types of stimulants, you prevent yourself from developing a tolerance. If you want a cheaper energy boost, drink a cup of black coffee instead.

### Pump Enhancer

Elevates nitric oxide production, which leads to bigger pumps in the gym, as well as improved energy levels, hydration, and recovery.

## Fat Loss

### \*[Yohimbine](#)

Inhibits alpha receptors, which causes you to lose more fat where your body tends to store it the most. I take yohimbine whenever I'm cutting to assist with weight reduction in areas that typically hold more fat, like the love handles, lower abs, and lower lats. Best results when taken before fasted cardio.

### [Fat Burner](#)

Most fat burners contain stimulants/caffeine to reduce appetite and increase energy during a caloric deficit. Drop Factor is moderately dosed with 250mg of caffeine and yields a thermogenic effect while decreasing fat storage and supporting hormone levels through the other ingredients. Drop Factor also contains yohimbine, listed above.

### **Why are there only two supplements listed for fat loss?**

Because fat loss doesn't come in pill form. Fat loss comes from being disciplined with your diet, training with intensity, and using the two supplements above as a **tool** for cutting. You can't simply take these two supplements and start losing weight. It doesn't work that way.

## Why Choose Tiger Fitness?

I'm affiliated with [TigerFitness.com](#) and have personally used their products since 2013. I love their supplements and team!

Tiger Fitness & MTS Nutrition have excellent service and quality:

- Most orders in the continental US are a 1 to 2 day ship.
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You can also find [thousands of free articles on Tiger Fitness](#) to support your training and diet.

If you make a purchase after using any of the links above, I may receive a small commission at no additional charge to you.

As always, consult your primary care physician before taking any new supplement.

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**The supplements marked with an asterisk are my favorites.  
They help the most with my sense of well-being, joint health, and performance in the gym.**