

SUPPLEMENT RECOMMENDATIONS

This list is not exhaustive but should give you a good starting point for some of the companies I use!

Discount Codes for money off:

My Protein - EMMAFIT

Efectiv Nutrition - VICTORIA10

Ghost Lifestyle - KJFIT

SUPPS	WEBSITE LINKS
Omega 3	https://www.myprotein.com/sports-nutrition/omega-3-plus-softgels/10615610.html https://www.smartsupps.co.uk/products/supplement-needs-omega-3-90-capsules?_pos=1&_sid=eec3d0ee1&_ss=r https://www.myprotein.com/sports-nutrition/vegan-omega-3-softgels/11447800.html
Vitamin D	https://www.myprotein.com/sports-nutrition/vitamin-d3-elite/11243165.html
Multi Vitamin	https://www.myprotein.com/sports-nutrition/vegan-a-z-multivitamin-capsules/11802977.html
Vitamin C	https://www.myprotein.com/sports-nutrition/vitamin-c-plus-tablets/10575249.html https://www.tesco.com/groceries/en-GB/products/252479807
ZMA	https://www.myprotein.com/sports-nutrition/zma-capsules/10529452.html https://www.smartsupps.co.uk/collections/vitamin-minerals/products/applied-nutrition-zma-pro
Creatine	https://www.myprotein.com/sports-nutrition/creatine-monohydrate-tablets/10575029.html https://www.myprotein.com/sports-nutrition/creatine-monohydrate-powder/10530050.html
B-12	https://www.smartsupps.co.uk/products/supplement-needs-vitamin-b-complex?_pos=1&_sid=572619e02&_ss=r https://www.myprotein.com/sports-nutrition/vegan-vitamin-b12/12071144.html
Vitamin Gummies	https://www.myprotein.com/all-offers/gummies.list
Efectiv Nutrition Whey Protein	https://efectivnutrition.com/collections/protein/products/testefectiv-whey-protein-2kg?variant=40727454515363
Efectiv Nutrition Isolate Protein	https://efectivnutrition.com/collections/protein/products/efectiv-nutrition-whey-protein-isolate-908g?variant=33236739424394
Efectiv Nutrition Casein Protein	https://efectivnutrition.com/collections/protein/products/efectiv-nutrition-100-micellar-casein-908g-double-chocolate?variant=33236197638282
Ghost Whey Protein	https://uk.ghostlifestyle.com/products/whey?variant=33942155231291
Ghost Vegan Protein	https://uk.ghostlifestyle.com/products/ghost%C2%AE-vegan?variant=20822709731387
Shreddy Vegan Protein	https://shreddy.com/collections/vegan-protein-powder
MP Clear Whey Protein	https://www.myprotein.com/sports-nutrition/clear-whey-isolate/12081395.html
MP Clear Vegan Protein	https://www.myprotein.com/sports-nutrition/clear-vegan-protein/12360400.html
MP Whey Protein	https://www.myprotein.com/sports-nutrition/impact-whey-protein/10530943.html

