

DIET FREE WEEKENDS

SUPPLEMENT GUIDE



**The Truth On Which Supplements Make a Difference
and Which Ones are a Waste of Money**

Disclaimer

You must get your physician or dietitian's approval before beginning this nutrition program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with any diet program.

This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace a doctor's advice. Mike Whitfield, Sabrina Whitfield or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits.

The dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

Please discuss all nutritional changes with your physician or a registered dietitian. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

Getting Started with Supplements:

Supplements are NOT a requirement; however, here are a few good Reasons to Use Supplements:

- ✓ Our medicated culture has led our bodies to be depleted of essential nutrients, making people more vulnerable to deficiencies.
- ✓ Our on-the-go living has made for bad eating habits and stress; both of which contribute to improper digestion, making it difficult for our bodies to gain all nutrients needed from food **and a difficulty in burning fat efficiently.**
- ✓ The environment we live in today is vastly different than that of our ancestors with pollutants in our air, water, and food; therefore, our bodies may need more nutrients to detoxify and eliminate these harmful substances.
- ✓ Our food supply today is nutrient depleted due to our current food processing, cooking, preserving, and soil tending tactics.
- ✓ Increased activity levels from a new exercise program or training schedule puts a greater demand on your body for vitamins and minerals, which could increase the probability of you suffering from a deficiency without supplementation.

Quality Matters – Why BioTrust?

Trust is built right in their name. Also, what other company do you know will give you a **1-YEAR money back guarantee!**

BioTrust was founded by two of our friends who wanted to find a solution to help support people's health and ensure their success with their quality of life goals. Their mission is to *empower more than one million individuals world-wide to improve their nutrition, reduce body fat levels, increase performance, and positively transform their health through informative articles, inspiring community, and their all natural line of premium, scientifically-backed nutrition products.*

Their entire team adds to the quality of the products through their backgrounds and certifications. In fact, Dr. Daniel Davis, MD, the lead medical advisor at Biotrust describes it best:

I want to remind you that with BioTrust products at your fingertips, you now have a real, scientific solution to help support your health and ensure your success. And as a medical doctor I can assure you that you have made the RIGHT decision.

As you know, there are literally thousands of supplement and nutrition companies in the world, but there is no doubt that BioTrust is simply the best of the best. For example, each ingredient in our products is backed by real scientific research to substantiate its effectiveness. What's more, BioTrust products undergo a strenuous 7-stage testing process—including using GMP-certified manufacturing—to ensure the highest quality, potency, and purity.

Furthermore, unlike most companies that cut corners, BioTrust products are free from artificial colors, flavors, and preservatives, and they are made with quality, natural ingredients. This way you can feel confident enjoying our products and sharing them with friends and family (like I do).

We would never recommend a product that we do not use ourselves. Our shelves are stocked with their [protein powder](#) and [cookies](#). Our kids even love the cookies and with such good quality ingredients, we feel good giving them this “treat”. I put quotes around treat, because each cookie is chalked full of quality protein and fiber. How many cookies that your kids eat can you say that about? We even take part of the auto-ship program they provide so we never run out.

Supplements:

BioTrust® Low Carb™

The Stevia® Sweetened, Cold-processed, Time-released, Pharmaceutical Grade Protein Supplement

BioTrust Low Carb is the perfect protein to use as a convenient meal or snack on any day of your program, as well as in the recipes in our cookbook. It's made from cold-processed, pharmaceutical grade whey protein, milk protein, and micellar casein (instead of the high-temperature processing that other manufacturers use severely degrading protein quality). It is also a true time-released protein with equal parts of fast and slow digesting protein increased absorption and a steady flow of amino acids to your muscles for up to 8 hours.



Available in Chocolate and Vanilla.

Quantity & Use: Two containers will provide you the ability to have three shakes and one meal from our cookbook containing protein powder per week. We always have at least two containers in our house (one of each flavor) at all times. BioTrust Low Carb® can be used as the protein portion of any meal.

Important Note: Please remember that each shake replaces a meal for only a couple bucks (there aren't many healthy, **nutrient rich** meals out there that cost a couple of dollars), and make the food-cost of each day substantially **cheaper**.

➔ [**Get BioTrust Low Carb at a Discount**](#)

IC-5™

Carbohydrate Management and Insulin/Blood Sugar Control

IC-5 is a unique blend of 5 hard to come by ingredients that together increase insulin sensitivity, manage blood sugar levels, and partition carbohydrates to muscle instead of fat.

The end result is much improved fat loss and body composition while increasing sensitivity for improved carbohydrate tolerance.



Quantity & Use: One bottle will last approximately 4 weeks. Take 2 capsules before breakfast, and again in the afternoon between meals.

→ [**Get BioTrust IC-5 at a Discount Here**](#)

LeptiBurn®

Fat Loss Accelerator and Hormone Support

Leptin is your body's #1 fat burning hormone – it controls literally everything related to weight loss. Improving your body's sensitivity to leptin as well as leptin production while dieting are crucial to optimal fat loss. LeptiBurn® is literally the ONLY scientifically-backed supplement on the market specifically created to increase leptin sensitivity and production while dieting, while accelerating fat loss.



Quantity & Use: One bottle will last 30 days. Take 2 capsules on an empty stomach in the morning, and again in the afternoon.

→ [**Get BioTrust LeptiBurn at a Discount Here**](#)

BCAA Matrix™ **Preserves Calorie-Burning Lean Muscle** **While Dieting, Particularly on Fast Days**

BCAA Matrix™ is a completely revolutionary Branched Chain Amino Acid product that uses 3 forms of BCAAs (free form, ethyl esters, and peptide bonded BCAAs) and 3 different absorption pathways to literally be the most potent, most absorbable Branch Chain Amino Acid product ever created. Because of this, you can use much less than other BCAA products while absorbing more. BCAAs help your body maintain calorie-burning lean muscle as you lose fat to ensure your metabolism stays high, you avoid rebound weight gain, and you look your best.



Quantity & Use: This helps during fasts. Two bottles will last approximately 30 days. Take 4 capsules directly before a workout and 4 capsules before bed. On fasting days, take another 4 capsules mid-fast. *If your workout is mid-fast, then take the other 4 capsules in the morning.*

➔ **Get BioTrust BCAA Matrix™ at a Discount**

AbsorbMax™ With GlutenGuard™! Improves Digestion, Reduces Gastrointestinal Distress, and Combats Food Intolerances that Slow and Stall Fat Loss

AbsorbMax™ is a comprehensive blend of 16 unique digestive enzymes that allow you to fully break down and absorb the nutrients contained in any and every food you eat, including GlutenGuard™, a dynamic duo of 2 unique enzymes that has been shown in very recent research to be unmatched in its ability to fully digest gluten! AbsorbMax™ also combats food intolerances that have been shown in numerous studies to slow and stall fat loss.



Quantity & Use: Take 1 capsule with every meal and let science do the rest!

→ [**Learn More about AbsorbMax™ Here**](#)

Pro-X10™ **Advanced Microencapsulated Probiotic** **Blend (now with Actazin!)**

Pro-X10™ is a premium probiotic formula designed to support optimal GI health and function while reducing bowel inflammation. Through patented microencapsulated Technology, Pro-X10™ is able to deliver up to 10 times more live probiotic bacteria to your intestine than other inferior products. Pro-X10™ also contains the breakthrough nutrient Actazin™ (from the kiwi fruit), to assist in the regeneration of gluten-damaged intestinal lining cells.



Quantity & Use: This is a product we definitely have on autoship as you do NOT want to run out! One bottle will last approximately 2 weeks. Take 1 capsule before breakfast and 1 capsule before dinner.

➔ [**Learn More about Pro-X10™ Here**](#)

BellyTrim XP™

Designer Fats That Burn Belly Fat™

- Advanced Waist-Slimming Fatty Acid Complex
- Mobilizes Belly Fat to be Burned as Fuel†
- Diminishes Inflammation Responsible for Fat Accumulation†
- Up to 60% Better Absorption with Patented BioPerine®†



Using your body fat for energy is a difficult process. The unique 50/50 blend of CLA fatty acids has been shown to increase the number of mitochondria (calorie burning power plants) in muscle cells. This helps your muscles burn more fat as fuel. † The “good” fats in BellyTrim XP™ have also been shown to have a potent anti-inflammatory effect. Research has shown that the fatty acids found in BellyTrim XP™ battle inflammation, a major contributor to weight gain.† BellyTrim XP™ also contains the potent and unique Pomegranate Seed Oil (PSO). PSO inhibits the conversion of dietary fat into the specific type of fat that can be stored as belly fat, thus decreasing the likelihood of fat deposition. BellyTrim XP™ is further enhanced by the addition of the patented black pepper extract BioPerine®, which has been shown to increase the absorption of fat burning nutrients by up to 60%.

Quantity & Use: One bottle will last approximately 30 days. Take 2 capsules with breakfast, and again 2 capsules with dinner. Then let science do the rest!

➔ [Learn More about BellyTrim XP Here](#)

OmegaKrill 5X™ Pure and Potent Fish and Krill Oil Combo™

- Equivalent to 2,300mg of EPA and DHA per Day†
- 3x More DHA than Standard Fish Oil
- 1.5mg Natural Astaxanthin Antioxidant Equivalent per day†
- Wild-Harvested, Pharmaceutical Grade Fish Oil
- No Rancidity or “fish burps,” as the patented delivery matrix ensures optimal freshness and protects delicate fish oils as they pass through the stomach.



OmegaKrill 5X™ combines the potent antioxidant power of Antarctic Krill Oil with the purest EPA/DHA-rich fish oil from wild, cold-water sources – all wrapped in the patented VESIsorb delivery enhancement system – to provide you with the most complete, pure, and potent omega-3 supplement available. With a high DHA-toEPA ratio, it maximizes health benefits and supports brain function.

Quantity & Use: One bottle will last approximately 2-3 weeks depending on your weight. You want to take 2-3 capsules twice daily.

➔ [Learn More about OmegaKrill 5X Here](#)

BioTrust™ Protein Cookies Outrageously Delicious & Amazingly Healthy!

- ✓ 12 Grams of Time-Released Protein per Cookie
- ✓ Proteins are Certified Hormone & Antibiotic Free
- ✓ 100% All Natural—No Artificial Sweeteners or Colors
- ✓ Free from Gluten, Soy Protein, Trans Fat, and non-GMO
- ✓ 6g of Fiber per Cookie
- ✓ Chewy Chocolate Chip or Frosted Oatmeal Raisin



BioTrust™ Protein Cookies each contain 12 grams of our famous equal-part blend of the highest quality fast and slow acting protein, including Micellar Casein, the Rolls Royce of protein supplements. Yep, that's the same time-released blend utilized in our award-winning BioTrust Low Carb™ Protein Shakes. By the way, 12 grams of protein per cookie is more than you will find even in a double extra-large hardboiled egg or even a tall glass of milk. Furthermore, the protein in BioTrust Protein Cookies is sourced from cows not treated with the dangerous growth hormones rBGH and rBST. Like you, we want to avoid putting synthetic, unnatural hormones into our bodies whenever possible.

Quantity & Use: Depending on how often you snack on these as they ARE addicting. We recommend getting the 6 boxes as it's the BEST deal!

➔ [Learn More about BioTrust™ Protein Cookies Here](#)

BioTrust™ Protein Bars **Guilt Free, Convenient & Delicious** **Nutrition**

- ✓ 20 Grams of Organic Protein
- ✓ Certified Organic
- ✓ Free From Wheat, Soy, Trans Fat and Gluten, Non GMO
- ✓ Rich in Dark Chocolate Antioxidants
- ✓ 14g of Fiber Per Bar

Each BioTrust Organic Protein Bar is a large, ultra-convenient, and completely balanced meal that boasts an ideal blend of low-glycemic organic carbohydrates and an array of healthy fats to compliment the 20 grams of organic protein contained in each bar.

➔ [**Learn More about BioTrust™ Protein Bars Here**](#)

