

Isagenix & Body Building Supplements – *David Gilks*

Q. Sarah Maxwell

Two new cleansers are very concerned about their body building during the 30 days. They are taking more than 20 vitamins & items such as creatine, tribulus, Amino complex, CoQ-10, Glucosamine, Ginseng, Arginine, etc. They are willing to cease these items while cleansing but would like some evidence as to why they should. I am assuming David Gilks, you are not on these items. These boys are very inspired by you so I have forwarded your files to them but anything you have to say on these products would be taken as gospel. Thanks for the help as this is not my expertise...

A. David Gilks

The biggest problem is that many of the supplements on the market don't contain the quality they profess on the label. Cheap forms of zinc, calcium, biotin, vitamin c etc., tend to make up most vitamins that are sold. Minerals needed by the body are very specific as well, and trace minerals are what is really missing, which are also missing from most supplements. The other issue is synergy, the novice alchemy that most athletes are guilty of, tends to drop numerous products into their system based on the marketing claims, not real science. The Isagenix product line looks after the following synergistic vitamin and mineral formulation specifically designed to work fill in the nutritional deficits, which means no guess work. Ionix Supreme will replace of the ginseng and the co-enzyme Q10 is found in our ageless essentials at an 80% higher quality than normal store brands.

The only thing we need to focus on is the following;

- Ensure adequate protein to sustain a positive nitrogen balance. I weigh 214 lbs (97kgs) and take in 235 -250 grams of protein daily, over 50% from IsaLean Pro (a combination of **1.5 scoops IsaLean with 1 scoop IsaPro**). So look to get 1.5 grams per pound (or 2.5 grams per kilo BW).
- Take 60-120mL Ionix Supreme daily (2-4 ounces – 2-4 times the standard dose) at breakfast and pre workout to support the stressors of training. It is a crucial part of supporting the immune system and nervous system which gets taxed out from training.
- The cleanse will reduce body fat levels & allow the body to recover more rapidly due to better high functioning cells. This is an important step.
- The Ageless Actives works to enhance the efficacy of the program, as it is a no-comprise product.
- Creatine (monohydrate) is fine to take in combination with the Isagenix system. I use 5 grams daily post training for 8 week cycles with 2 wks off.



Again, as I stated, most supplements on the market when tested have little or no potency and no Clinical evaluation though they claim there is. They use the cheaper version of everything to provide the best profit margins which also allow them to make their claims. So unfortunately, though we have the best intent, most of the stuff out there is garbage and not worth the money. The reason I stopped using 'everything else' is that I want to invest my money where it is actually going to do the most good. I do not spend my money on anything else other high quality creatine monohydrate. In the 25 years or so of using supplements this is the first time I have found anything as complete as the Isagenix system.

David Gilks, age 48, is a Competitive Natural Body Builder. His impressive accomplishments include: First Place Master 2012, First Place Heavy Weight 2013. He brings to the call over 20 years of personal training experience, is a Chartered Herbalist and NLP Mind Set Coach(Neuro Linguistic Programmings)

FOR THE WEIGHTLIFTERS: ~ David Gilks ~

The Isagenix products support all cellular functions by providing all the micro nutrients the body is generally lacking to sustain optimal health & performance. The system also assist in the removal of toxic particulates that get stored in our fatty tissue, impairing metabolic function, creating inflammation & disrupting genetic expression of our cells. The organic Whey is one of the few 'alkalising' proteins available & supports the anabolic state we are all looking for. The whole system is very alkalising, which is crucial for optimal health, anabolism & with every metabolic function the body goes through every second. Most enzymes function in an alkaline state, & if you are constantly placing your body in an acidic state, do not expect your body to respond. Trust the system, keep it simple & enjoy the benefits.

3 Supplements every Athlete Needs:

<http://www.isagenixhealth.net/three-supplements-every-athlete-needs/>