

The Four Hour Body Vitamins and Supplements Cheat Sheet



Each of these recommendations has received the **highest rating** when compared to others in its class on the **Natural Medicines Database**.

Supplements marked with (*) have no ranking available on The Natural Medicines Database

The Four Horsemen of Fat-Loss: PAGG

Policosanol: 20–25 mg (View Monograph)

Alpha Lipoic Acid : 100–300 mg (I take 300 mg with each meal, but some people experience acid reflux symptoms with even 100 mg)

Green Tea Flavanols (decaffeinated with at least 325 mg EGCG): 325 mg

Garlic Extract : at least 200 mg (I routinely use 650+ mg)

Daily PAGG intake is timed before meals and bed, which produces a schedule like this: (AGG is simply PAGG minus policosanol)

- Prior to breakfast: AGG
- Prior to lunch: AGG
- Prior to dinner: AGG
- Prior to bed: PAG (omit the green tea extract)

This dosing schedule is followed six days a week. Take one day off each week and one week off every two months.

You can also purchase this as a Combo Through Pareto Nutrition [Here](#) (not ranked on the Natural Medicines Database)

Geek to Freak

Morning:

- **N.O.-Xplode*** (2 scoops),
- **Slo-Niacin** (or timed-release niacinamide, 500 mg) Each meal
- **Chromemate** (chromium polynicotinate, not picolinate, 200 mcg)
- **Alpha Lipoic Acid** (200 mg)

Pre-workout:

- **BodyQUICK*** (2 capsules 30 mins. prior)

Post-workout:

- Micellean (30g micellar **Casein Protein**)

Prior to bed:

- **Policosanol (23 mg) (View Monograph)**
- **Chromemate** (200 mcg)
- **Alpha Lipoic Acid** (200 mg)
- **Slo-Niacin** (500 mg)

Occam's Prescriptions

Cissus Quadrangularis: 2,400 mg three times per day

Alpa-Lipoid Acid: 300mg, 30 minutes before each whole food meal

L-Glutamine:

- Consume 80 grams during the first five days of Occam's Protocol:
- **10 grams every 2 hours** on the dot until 80-gram quota is reached
- After the Initial five day loading period:
- **10-30 grams post workout** will speed repair and help prevent soreness

Creatinine Monohydrate: For 28 days:

- Consume 3.5 grams upon waking
- Consume 3.5 grams before bed
- *if you use powder, mix in 5-6 grams total as losing one to two grams in solution is hard to avoid.*

4 Hour Life Recommendations

Omega 3 Fatty Acids:

Nordic Naturals Arctic Cod Liver Oil

(I personally am taking the lemon flavor liquid) Nordic Naturals makes the best and purest around. The liquid form is better and a more effective way to take your Omega 3's but a bit difficult to stomach.

Nordic Naturals Pro Omega

Honestly if you can't stomach the arctic cod liver oil this is the next best things. No odor, amazing flavor and a great EPA/DHA ratio.

DO NOT BUY YOUR OMEGA 3'S FROM THE PHARMACY OR COSTCO.

They tend to be rancid (which is why they smell fishy) I would also recommend **Carlson**. They are high quality.

Vitamin D3:

Liquid Vitamin D-3

Vitamin D is vital to proper immune function, which is pivotally important in disease prevention, but many people are deficient in it. Vitamin D not only strengthens our defenses but also prevents some autoimmune disorders. Recently it has been shown to offer strong protection against some of the most common and dangerous types of cancers, including those of the breast, prostate, pancreas and colon. Some research indicates that it may reduce risk of these cancers by 50 percent or more. We have long known that vitamin D builds bone strength, reducing the risk of osteoporosis and hip fractures in the elderly.

Slow Carbohydrate Diet: The MPC Stack

Magnesium: [Magnesium Citrate](#) is more easily absorbed and more bioavailable than magnesium oxide.

The recommended dietary allowance, or RDA, for magnesium is 400 mg per day for men, 310 mg per day for women and 350 mg per day for women who are pregnant.

[\(View Monograph\)](#)

Potassium: The goal for the average “Slow Carbohydrate Dieter” for preventing low levels of potassium is [20 mEq is typically taken daily](#). This can also be through [dietary sources](#).

[\(View Monograph\)](#)

Calcium: 500mg twice daily. It’s also beneficial to **combine calcium with vitamin D** as your body requires this vitamin for optimal calcium absorption.

[\(View Monograph\)](#)

Other Considerations

Coenzyme Q10

Consider taking this in Combo with your Omega 3. I would suggest [Nordic Naturals Pro Omega with CoQ10](#) as an easy to take one dose alternative.

This list will be growing and evolving. Check back soon for an updated list. <http://www.4hourlife.com/>