

**RUDY MAWER'S
20 DAY HOLLYWOOD REBOOT**

20 DAY SUPPLEMENT ROUTINE

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SUPPLEMENT DISCLAIMER

All supplements listed are for example and educational purpose only. As with any dietary advice or exercise program you should consult with a dietician and your medical advisor before continuing.

Several supplements may have negative and serious side effects if dosed incorrectly or taken when you have a medical contraindication (you're taking pharmaceutical drugs).

Avoid supplements and consult with a doctor if you have any chronic health issue such as diabetes (either type), hypertension, high cholesterol, pre-existing heart conditions, etc.

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Almost no workout or diet program is complete without suggesting a few supplements. Supplements are amazing tools to help you boost productivity and even expedite your progress if you use them correctly.

The problem with the extreme availability of just about any supplement is that supplement companies have used your fascination with weight loss, and lack of supplement knowledge, to convince you that supplements are the be-all and end-all for changing your body composition. This is an issue because it's simply not true.

Even as an owner of a supplement company, I want you to know that you don't need to take supplements to succeed. Really, you need a strong training program, a sound nutritional approach, and consistency to find success and doing so can be done without supplementation.

But the reality is, supplements can help if used correctly, alongside a strong training and nutrition program. Fortunately, the 20-Day Reboot provides both, so using supplements will only help you.

Lastly, there are tons of different supplements on the market that all claim to help you rapidly change your body. The problem here is that a good majority of supplements on the market have never been vetted or researched, meaning few know if the supplements work or not.

Mostly, without proper knowledge of how supplements work and of course, which supplements are best, you could end up throwing away hundreds, if not thousands of dollars.

In the 20-Day Reboot, I wanted to accompany the amazing training and nutrition plan with some of my favorite and most efficacious supplements currently on the market.

Of course, these supplements are suggestions and are not essential requirements for success. What I've done is provided you with some information about each of the suggested supplements, as well as what their primary use is and lastly, when best to take them. I recommend reading through this section of the 20-Day Reboot and making an informed decision about which supplements (if any) you should be taking to achieve your best self yet.

Let's dive into the supplements suggested for the 20-Day Reboot.

WHEY OR PLANT-BASED PROTEIN

The use of whey or a plant-based alternative protein drink is always recommended and this 20-Day Reboot is no different.

Whey protein specifically is a perfect addition to any sound exercise and nutrition program, simply because it provides you with an easy way to dramatically increase protein intake, which can be advantageous for weight loss.

In addition, whey protein is one of the most bioavailable forms of protein on the planet, meaning it's extremely beneficial for your body and metabolism.

Consuming whey also ensures that you keep protein intake high, especially important during any period with such a drastic reduction of calories. Without using whey, it's possible that your body could attempt to compensate for the reduction of calories by reducing your muscle mass and definition, which is something no one wants.

Lastly, whey has been shown to be effective for reducing cravings. In some research, when people used whey in between meals and just prior to meals, those individuals ate significantly fewer calories and reported less hunger. That's a winning combination for fat loss in my book.

If you're unable to use whey for one reason or another, I do recommend that you consider using a plant-based protein such as pea protein. Pea protein is one of the better plant-based protein options and should be used in place of whey whenever suggested.

CAPLABS GREEN TEA & CAFFEINE

Green tea is one of the more popular fat loss supplements currently on the market, mostly because it works. Specifically, green tea contains an antioxidant known as EGCG, which seems to be an effective ingredient for improving fat loss.



Fascinatingly enough, green tea supplements, which are rich in EGCG, also contain small amounts of caffeine. But when external caffeine is used alongside of green tea, that's when both supplements really begin to shine.

See, caffeine and green tea stimulate the release of hormones known as catecholamines. These hormones like epinephrine are released in response by the adrenal glands and dock onto fat cell receptors to release their contents for metabolism.

What's even crazier is that EGCG seems to help ensure this process continues. Normally, there are enzymes that work to degrade these catecholamines, but not when EGCG is around. This antioxidant actually inhibits these enzymes from working, meaning you're burning fat for a long time.

To learn more about the fat burning power of green tea, here's a link:

<https://caplabs.com/shop/green-tea-egcg/>

WHEN TO TAKE GREEN TEA & CAFFEINE

Green Tea and Caffeine are both stimulatory. I recommend only using these ingredients early in the day alongside any other stimulants that you typically ingest (such as coffee). Keep in mind that ingestion later in the day could cause sleeplessness.

CAPLABS BLOOD SUGAR SUPPORT



In later phases, we begin to reincorporate carbs back into the plan, strategically to avoid any accidental weight gain, but to also improve performance. During those weeks, I'm also going to be prescribing the use of Blood Sugar Support around the same times that you're consuming carbs.

Blood sugar support contains some of the best ingredients possible for helping your body control swings in blood sugar. If you didn't already know, carbohydrates are metabolized to sugar once ingested, and if you consume a large dose at once, your blood sugar can skyrocket.

Blood sugar support was formulated specifically for these moments. Ingredients like cinnamon, bitter melon and chromium work synergistically to slow the entrance of sugar into your blood, while also improving the sensitivity of your tissues to insulin. Combined with an awesome workout program, using this supplement will help ensure that the carbs you do consume will get put to good use.

Mostly, Blood Sugar Support will be saved for phases 3 & 4, since carb intake will be drastically increased. However, know that you're more than welcome to use it as you see fit.

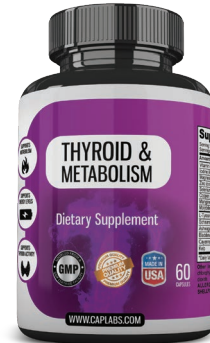
If you're interested in leveraging the benefits of this supplement, here's a link for purchase: <https://caplabs.com/shop/blood-sugar-support>

WHEN TO USE BLOOD SUGAR SUPPORT

Throughout the 20-Day Reboot, you want to use Blood Sugar Support just before having any carb heavy meal. This will really help during phase 3 and 4 when carbohydrate intake increases. But I still recommend using it later in the day with larger meals.

CAPLABS **THYROID & METABOLISM** SUPPORT

As we age and diet, our metabolism begins to slow, which, in part, is due to underactive thyroid hormones. I understand that you've probably heard of this issue before, but I want to explain why it's so serious and how to fix it.



When you're restricting calories severely, the body needs to respond in order to help you survive. Since the body responds to calorie restriction by burning off stored fat, it eventually adapts, reducing this ability to burn off fat.

As you diet, your body becomes more efficient, meaning it reduces the amount of calories you expend during any given activity. That might seem wild, but it's how the body avoids consuming itself over time. The body literally slows down to help save anything it still has available.

Short of abandoning the diet all together, there is little you can do, unless you're practicing period refeeds and diet breaks. But that's where CAPLABS Thyroid and Metabolism comes in.

Thyroid and Metabolism was formulated specifically to help support your thyroid hormone output and overall metabolism while dieting aggressively, which is why it's such a good fit for the 20-Day Reboot.

Here's a link to learn more about this great supplement option:

<https://caplabs.com/shop/thyroid-metabolism/>

WHEN TO USE THYROID & METABOLISM

Since you want support throughout the whole program, I recommend using Thyroid & Metabolism support daily, early in the day along with a meal. This will help ensure that your metabolism is running high throughout the day and throughout the program.

CAPLABS OMEGA 3 FISH OIL



Even though your main focus during this plan is fat loss and rebooting your metabolism, you still need to have an approach to continue ensuring both brain and heart health. That's where my recommendation to use CAPLABS Omega 3 Fish oil comes in.

Unfortunately, a good majority of diets in the western world are filled with inflammatory Omega 6 fatty acids. This can lead to complications, obesity and a malfunctioning immune system, which can damage cells throughout the body.

Omega 3 Fish Oils help to combat these issues from the source. As Omega 3s are rich in EPA and DHA, these molecules help to ensure long-lasting brain health.

This can be especially important when combined with a calorically restrictive diet.

Additionally, it's considered that regular supplementation of fish oil can potentially help improve insulin sensitivity for individuals who may be resistant. This can help your body utilize nutrients better, and prevent unwanted weight gain.

Interested in learning more about fish oil? Here's a link to get started:

<https://caplabs.com/shop/omega-3-fish-oil/>

WHEN TO TAKE OMEGA 3 FISH OIL

I recommend that you use CAPLABS Omega 3 Fish oil at least once daily, alongside a full meal. Keep in mind that “fish burps” are a possibility, but taking alongside food often mitigates this issue.

CAPLABS 30 BILLION PROBIOTIC BLEND

One of the coolest new trends in research is the idea that our gut flora or gut microbiome plays a significant role in not only our digestion, but even our brain health. In fact, it's thought that "bad" gut bacteria may be a major player in obesity, insulin resistance and even issues like depression and anxiety.



Additionally, having healthy gut bacteria can help not only with digestion but also how your body uses nutrients. This could be meaningful for weight loss and also performance in the gym.

To get a head start on a better gut microbiome, here's a link to learn more: <https://caplabs.com/shop/30-billion-probiotic-blend/>

WHEN TO TAKE 30 BILLION PROBIOTIC BLEND

Throughout the 20-Day Reboot and beyond, I recommend using this Probiotic blend at least once a day, alongside food. Time of day is largely irrelevant with this supplement. However, know that regular and consistent use is the best way to ensure that this supplement is effective.

20 DAY HOLLYWOOD EXCLUSIVE SUPPLEMENT BUNDLE



Accelerate your results and get all the supplements you need in one place with this exclusive bundle from Rudy's supplement company, CAPLABS.

Safe in the knowledge these supplements have been crafted with care and based on indepth scientific research, they will help accelerate the results you get while supporting your bodies immune system, fat burning efforts and recovery during the intense 20 day plan!

Here's an recap of what you get and why Rudy recommends it:

1x Thyroid & Metabolism: This supplement supports your metabolism which dictates how many calories you burn or how much fat you lose. As you are going on an intense diet, I highly recommend this so you don't 'burn' out your metabolism or lower your metabolic rate which can make it harder to lose weight after any intense diet.

1x Omega 3 Fish Oil: Omega 3 fish oil is one of the worlds most popular supplements. This healthy fat has tons of health benefits, helps with carbohydrate metabolism, brain health, joint health and more. This is a fundamental supplement everyone should be taking, year round! My Omega 3 is properly dosed to contain a high amount of EPA and DHEA based on dozens of scientific studies.

1x Blood Sugar Support: As the name suggests, this helps control blood sugar levels which is key for fat loss, energy and health. This supplement can help with how you digest and handle your carbohydrates, so you store less as fat and use them efficiently for energy and recovery!

1x BCAA: This is a vital part of the 20 day plan during the fasting phase, but, to also help you retain and grow muscle during those intense workouts! Due to the intense nature of this plan, I highly recommend you use BCAA to maintain performance and recovery!

1x Green Tea EGCG: Green tea is one of my favorite fat loss supplements in the world! It helps you access stored stubborn fat so you can burn it off, while elevating your metabolism so you burn more fat and also at the same time reducing hunger! That's a powerful combo for anyone with a fat loss goal!

1x 30 Billion Probiotic Blend: This probiotic blend is another staple supplement for your gut health, which plays a key role in basically everything you do. From sleep, weight loss, carbohydrate and fat metabolism, muscle growth, energy and performance, your gut health impacts it all. By adding this into your regime you will improve your foundation so everything else runs more efficiently!

Normally, this stack would cost over \$250, but, I'm virtually giving it away at \$125 including FREE shipping in the USA (\$15 international) to ensure you maximize your results!

Best of all, most of this will last far beyond the 20 days, so you will still have a good supply after the 20 day ends to continuing using this powerful stack!

Order that here:

<https://www.rudymawer.com/handsome-checkout/20-day-hollywood-reboot-supplement-bundle/>



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