



FIT AFTER 50

SUPPLEMENT GUIDE

MARK MCILYAR

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FIT AFTER 50 - SUPPLEMENT GUIDE

INTRODUCTION

Supplements won't transform your physique without proper training...

But because you've taken control of your health and life and are training with Fit After 50, you can know that every supplement on this page is going to **amplify your results** even further.

There's no fluff in this guide...

Just proven supplements that'll boost your testosterone levels, help you burn more fat, build muscle, boost energy and so much more.

Check them out!

Always stick with it and never give up on yourself – Mark Mcilyar



One of the best ways to accelerate fat loss and muscle building is to naturally increase your testosterone levels.

One of the fastest ways to do that, is with the help of supplements.

Now, supplements aren't "miracle diet pills" that'll get you lean and ripped without you having to put in any work.

However, when you use them like they're meant to be used (as a supplement), they really can give you some **impressive results...**

The three that I'm going to mention for you today are all one's that I use personally to increase testosterone, burn fat and build muscle – and I highly recommend them to you, too.

These are the best supplements in terms of quality and effectiveness out there:

Anabolic Reload

Here at Live Anabolic, we've sold out of Anabolic Reload several times because men like you are flat-out seeing results.

Our team created Anabolic Reload because, as men age, our testosterone levels decrease. But this supplement is a way to "reload" your testosterone levels so you can start looking and feeling younger, lose belly fat and get ripped abs faster.

There are 6 science-backed ingredients inside Anabolic Reload:



1) Furosap®

There's an anabolic super-herb called Fenugreek that helps boost free testosterone levels.

Free testosterone is the most bioavailable form of testosterone in the body – and while some companies brag

about boosting “total” testosterone, it’s this free testosterone that really counts.

However, we didn’t want to give you plain old fenugreek...



Which is why we found a local company here in the United States with an innovative technology...

that extracts the #1 active anabolic ingredient inside fenugreek called *protodioscin* to increase its absorption.

This way, you can experience fenugreek’s test-boosting benefits almost immediately and enjoy more **energy**, **vigor** and **faster fat loss**.

The innovators call this new potent formula— Furosap®.

It’s like Fenugreek “on steroids” but completely safe, natural, and backed by incredible research.

A study published in the *International Journal of Medical Sciences*...

Took 50 male volunteers who were given Furosap® for 12 weeks. The men were aged 35 to 65 years old.

And the results showed the men who consumed Furosap® **increased free testosterone by a whopping 46% in 90% of men in the study** – meaning 45 of the 50 men taking Furosap® got a nice boost in free testosterone.

Doctors also noted these men gained more mental alertness and improved their mood and sex-drive.

Another recent study published in *Functional Foods In Health and Disease*, measured the effects of Furosap® in a double-blind, placebo-controlled clinical study of 40 men over 12 weeks...

They found, *“Furosap significantly increases lean body mass and fat free mass...”*

Which basically means they maintained muscle and lost

body fat. They also had elevated serum testosterone levels and improved blood flow.

So if you want to up your game in the gym, maintain muscle and build a rock-solid body, while boosting energy and feeling great, this ingredient will be a game-changer.

2) **Withania Somnifera**



New research shows this ancient herb, used in Eastern Medicine to promote youthful vigor, enhance muscle strength and endurance and boost testosterone levels 17%.

And get this...

Our team here at Live Anabolic has found a way to get your hands on the highest concentrated and most bioavailable form of withania somnifera... that took 14 years to develop... and is now the **fastest absorbed**

withania somnifera on the planet.

This anabolic herb was tested and published in the *American Journal of Men's Health* with some **amazing results**.

In a 16-week double-blind, placebo-controlled, cross-over study – which is the gold standard of reliable research...

Scientists tested the effects of withania somnifera on fatigue, vigor, and hormones in overweight men aged 40-70 with mild fatigue.

Half the group was given a placebo...

The other half was given withania somnifera.

After 16 weeks, the group taking withania somnifera **boosted their testosterone almost 20%**.

The participants reported more energy, increased sex-drive and overall improvements in mood and well-being with zero negative side effects.

3) Forskolin Root Extract

Next is another anabolic herb called Forskolin, which is the ultimate free-testosterone boosting herb.

This all-natural tropical herb has been tested in the trenches for thousands of years and is shown to boost free testosterone levels in overweight and obese men by 34%.

So you don't have to be in good shape, yet you'll still enjoy a **boost in your male youth hormones**.

Here's how the experiment went down:

30 overweight and obese men were given a forskolin supplement or a placebo for 12 weeks...

And may I remind you there were NO changes to their diet...

Nor did they exercise.

After the 12 weeks, the out of shape men who consumed the forskolin supplement had a significant decline in body fat percentage...

Lean muscle mass increased...

As did free testosterone.



There were no negative side effects either.

4) Vitamin D

According to the *Journal of Clinical Endocrinology and Metabolism*, 75% of American men are deficient in Vitamin D (an important vitamin for testosterone).

So it's no surprise as to why low testosterone is at a record high.

Vitamin D is shown in the studies to **boost free testosterone**. And men who don't get enough vitamin D

are more likely to be overweight or obese.

So if you're struggling with belly fat that won't go away no matter what you try, or you pile on weight easily, chances are you want to get more of this key nutrient that you're likely deficient in.

5) Boron

Boron is a powerful mineral that boosts your free testosterone, increases your lean muscle and even supports joint health – all of which are great benefits for guys our age.

One large 2015 study discovered that taking 6mg of Boron can increase the amount of total testosterone in your body.

Plus, it increases free testosterone by a whopping 25%.

Another 2011 study published in the *Journal of Trace Elements in Medicine and Biology* shows that Boron also reduces estrogen levels in men.

Estrogen is an increasing problem for men.

There are estrogenic chemicals in nearly every necessary hygiene product you have in your house – like your deodorant, toothpaste, body wash, shampoo and even some toilet paper.

However, Boron sets up an “**estrogen defense shield**” in the body that prevents estrogen from waging war on your testosterone levels.

To top it off, boron also boosts vitamin D levels in the body and improves nutrient metabolism.

6) Bioperine® Black Pepper Fruit Extract

Bioperine® Black Pepper Fruit Extract is a special delivery mechanism that you combine with the anabolic herbs, vitamins and minerals in **Anabolic Reload** to turbocharge their effectiveness and give you a big boost in your testosterone.

This way you can feel the surge of energy rushing

throughout your entire body fast, finally melt belly fat, pack on lean muscle and get stronger in your workouts.

You'll also skyrocket your sex-drive and enjoy piston-like stamina to go all night long.

And it only gets better from there because these benefits compound over time, meaning the longer you take it, the better results you'll experience.



The real magic of these ingredients happens when they get into your bloodstream FAST, which is why myself and team have bent over backwards to find a way to add this quick delivery absorption system to **Anabolic Reload.**

Bioperine also acts as a shield around each ingredient to increase the delivery and absorption of these herbs, vitamins and minerals for maximum effect.

This combination of ingredients will quickly, effectively and naturally increase testosterone levels no matter what your age or fitness level right now, and accelerate fat loss and muscle building so you get a head-turning midsection.

[Click here to claim your bottles of Anabolic Reload for the "Fit After 50" Discount Price.](#)



Anabolic Reload P.M.

Anabolic Reload P.M. is another favorite of thousands of men out there because of how it's improving their sleep and life.



The best way to **increase** the amount of testosterone your body produces while you sleep...

Is by taking a handful of ingredients scientifically shown to boost testosterone and help you sleep deeper and longer each night.

That's what **Anabolic Reload P.M.** does.

In fact, Anabolic Reload P.M. boosts testosterone and accelerates recovery even on nights when you can't get a 6, 7, 8 hours of sleep and can only get 4 or 5. Here are the ingredients that make it so effective:

1) VitaCherry®

VitaCherry® is manufactured right here in the U.S and it provides a maximum strength dose of anthocyanins.

Anthocyanins are a compound found in blackcurrants, red pears, and especially, tart cherries. You may have heard that eating tart cherries before bed can help you fall asleep faster, recover your muscles overnight, and get you into a deeper state of sleep.

That's actually 100% true thanks to anthocyanins.

VitaCherry is 15x more potent in anthocyanins than the leading tart cherry powder on the market.

It's safe, clinically supported and will help you wake up feeling more rested and recovered to **crush your workouts** the next day.

Plus, because the anthocyanins inside VitaCherry® help reduce inflammation, you'll feel more of the "good" from working out and less of the "bad"— like joint aches and

soreness that lasts for days at a time.

The anthocyanins inside VitaCherry® can help you wake up with the intense kind of **rock hard erections** you remember as a teenager, too – which doctors all agree is actually a very healthy sign.

Now the catch is the company that makes this special formula doesn't sell it directly to the public.

Instead, only a select group of supplement manufacturers are able to get access to VitaCherry® and we're one of them at Live Anabolic.

2) Tribulus Terrestris

We also added 750 mg of tribulus terrestris with 95% total saponins inside Anabolic Reload P.M.

I'll explain the 95% total saponins in just a sec because saponins are vitally important to get the t-boosting effects of tribulus terrestris.

Tribulus terrestris is a small leafy plant that's been shown to increase testosterone levels and **DHT** (which is arguably a more potent natural androgen than testosterone).

Plus, researchers call tribulus terrestris *“an effective aphrodisiac that supports sex-drive and sexual performance in men.”*



And while this is an exciting natural herb that can benefit your manhood in several different ways...

We didn't add just any old Tribulus Terrestris that you would find on Amazon or on the shelves of your local supplement shop...

See, research shows it's the saponins inside tribulus terrestris that are what's believed to be responsible for all of its major benefits.

Most supplement companies with tribulus terrestris only contain 45% saponins or less to save a couple of bucks...

We refused to settle for anything less than the most potent form of tribulus terrestris... with **95% saponins**, inside of **Anabolic Reload P.M.** so you can really feel the difference in your energy, performance, and manhood faster than you expected.

3) Maca

Maca is a world-famous aphrodesiac that's been shown to boost sex-drive regardless of how much testosterone one has (high or low)... and works even if someone deals with anxiety or depression.

Basically, this Peruvian root, in it's clinically-effective dose, bypasses most obstacles, and gives men of all ages a noticeable **libido boost**.

But the sexual superpowers of maca are not the only reason we added it to Anabolic Reload P.M.

Maca has also been shown to increase workout performance so you can get the most out of training programs like Fit After 50.

Maca also improves blood flow, which you (and her) will notice almost immediately when you wake up or before bed.

Plus, maca naturally **boosts your mood** and puts you in a better frame of mind, so you can wake up motivated, energized, and ready to tackle the day and get more done.

4) ZMA Deep Sleep Complex

Next up is a potent deep sleep ZMA complex which is 10.5 mg of Vitamin B6, 450 mg of magnesium and 30 mg of zinc.



Research from the University of North Carolina, Texas A&M University, and the University of Texas, show men

deficient in vitamin B6, magnesium, and zinc, produce less testosterone and growth hormone which are key for building muscle mass, staying lean and recovering from tough workout sessions.

One 8-week study in 27 football players showed taking a ZMA supplement daily significantly increased muscle strength, functional power, testosterone and IGF-1 levels.

Plus, individually, both zinc and magnesium have been shown to reduce muscle fatigue and either raise testosterone levels or prevent a fall in testosterone due to exercise.

Maybe even more exciting...

Zinc and magnesium have been shown in tandem, to increase relaxation, improve sleep quality and help folks fall asleep faster so you can get deep, quality, anabolic sleep, that can help boost testosterone levels and growth hormone and increase muscle recovery and muscle building overnight.

Studies also show when you take vitamin B6, zinc and magnesium before bed, it may help with weight loss.

In a 1-month study in 60 obese people, those taking 30 mg of zinc daily lost significantly more body weight than those taking a placebo. Plus, magnesium and vitamin B6 have been shown to reduce bloating and water retention which can also help take some inches off the gut as well.

5) Bioperine®

Having a delivery system to get these ingredients into your bloodstream FAST instead of getting burnt up in your stomach acid like most other supplements is important.

Which is why myself and the team at Live Anabolic have bent over backwards to find a way to add a unique delivery absorption system to **Anabolic Reload P.M.** called Bioperine®.

Just 5 mg of this all-natural patented black pepper extract acts as a shield around each ingredient inside Anabolic Reload P.M. to increase the delivery and absorption of

these herbs, flavonoids, vitamins and minerals for maximum effect.

Plus, Bioperine® awakens their active ingredients and makes them more **bioavailable** in your body for an even greater effect so you get the most out of each **test-enhancing, recovery-accelerating, erection-boosting** ingredient faster than you'd likely expect.

It's this combination of ingredients, along with Bioperine®, that gets the job done effectively.

[Click here to claim your bottles of Anabolic Reload P.M. for the Fit After 50 Discount Price.](#)



Anabolic Shred

To help you specifically lose body fat and reveal a ripped body FASTER along with your Fit After 50 program is by using our natural, stimulant-free fat-burning supplement, **Anabolic Shred**.

The ingredients inside Anabolic Shred have been shown in studies to help shred fat around the gut, lose inches on the love handles, and chisel up in other areas of your body.

We created Anabolic Shred to help men even if they don't exercise – so imagine how powerful of an effect it'll have when you pair it with the Fit After 50 workout and nutrition program.

In fact, Anabolic Shred will help ensure that the carbs you



eat during the carb-cycling protocol (and especially on your “reward meals”) will ensure those carbs go to work towards making you leaner instead of storing on the body.

Here are the ingredients in Anabolic Shred that make it so powerful:

1) **R-Alpha Lipoic Acid**

R-Alpha Lipoic Acid is actually an **antioxidant** that’s already made in the body...

But as you get older, your body produces less R-Alpha Lipoic Acid.

Because of that, it’s more difficult for your body to use the glucose you get from carbs as energy.

Think about when you were a kid...

You had so much vitality and energy, and could eat all the food you wanted without gaining weight or feeling sluggish after.

Your body was **completely energized** after cake, ice

cream, and cookies to the point you were bouncing off the walls.

That's because back then your body produced more alpha lipoic acid... and was better able to shuttle the glucose from carbs into your cells to be used as energy.

But as you've gotten older...

Your body produces LESS alpha lipoic acid, so glucose is not being transported to your cells as quickly or efficiently as it could be.

As a result, your body produces insulin to help move it along, which can actually cause fat storage, especially around the waist.

It also causes low energy levels, **lack of motivation** or focus, and **intense cravings**, which is why carbs have made you **feel slow and tired**.

Now while R-alpha lipoic acid will help your body utilize glucose for energy more efficiently, what you may love

most is how this powerful antioxidant actually helps burn fat.

2) Chromium Polynicotinate + Niacin



Now you've likely heard of chromium before...

It's a trace mineral that helps shuttle glucose into muscle cells.

A trace mineral basically means it's something that's needed in very small amounts.

Chromium is also known as a "Glucose Tolerance Factor" because it improves your body's tolerance of glucose.

Here's an example of how that works with eating carbs:

When you take chromium alongside consuming carbs

the chromium allows your body to utilize those carbohydrates by shuttling them right into the muscle where they can be used for energy and ultimately help you push harder in the gym and possibly even hit some personal bests...

As we get older, our bodies become less tolerant of glucose.

So without something like chromium, it's possible that for some folks... the glucose may just sit there floating in the bloodstream... and then be transported by insulin to the liver and other cells to be **stored as fat**.

But simply taking chromium can help utilize carbohydrates more efficiently... delivering glucose straight into the muscle and allowing your body to use that glucose later when it's actually needed like when you're pushing the weights or doing cardio or whatever fun activities or hobbies you can think of.

Now, as good as chromium polynicotinate is by itself — it works even better when paired with Niacin, which is

why we added it into our **Anabolic Shred** formula.

The combination of these two, amplify the effects of chromium polynicotinate so your body can utilize carbs better and get more results out of your workouts or just have more energy for your favorite hobbies or other fun activities, prevent unwanted fat storage in your cells, burn more body fat and FASTER than you expected, and simply be in better shape, fit well in your clothes, and feel all around like a better version of yourself in every way.

3) ForsLean®

Coleus Forskohlii is an Ayurvedic herb that some doctors call the “granddaddy” of them all when it comes to increasing cAMP levels – a powerful fat burning mechanism that exists in the body.

In fact, researchers from Michigan State University and the University of California Berkeley call Coleus Forskohlii a powerful “cAMP Booster”...

Because it's one of the only ingredients in the world that's shown to naturally increase cAMP levels.

And because of Coleus Forskohlii's positive effects on cAMP levels, you experience a waterfall of benefits that sound like the next steroid or something, but are totally safe, legal and natural.

But after doing some research...

I found Coleus Forskohlii has very limited bioavailability on it's own – which like I said before, basically means it doesn't get absorbed into the bloodstream as fast or efficiently to experience really noticeable results.

So I investigated an ultra-potent form of Coleus Forskohlii that is more easily absorbed in the body called ForsLean®.

I was surprised to find ForsLean® has won numerous awards for it's innovation in providing a fast-acting and powerful form of Coleus Forskohlii that's literally second to none.

In one randomized, double-blind, placebo-controlled study performed at the University of Kansas, 15 overweight and obese men were given 250 mg of ForsLean® twice a day for 12 weeks, while the other group of 15 men were unknowingly given a placebo.

The researchers reported the men who consumed ForsLean® twice a day had “favorable changes in body composition by significantly decreasing body fat percentage and fat mass”.

Additionally, the ForsLean® administered group saw a change in bone mass compared to the placebo group with a “trend toward a significant increase for lean body mass”.

The study also confirmed serum free testosterone levels were significantly increased in the ForsLean® group compared with the placebo group.

Now it’s important to note these men did not change their diet, they didn’t start an exercise regimen.

These were everyday guys who were overweight or obese and simply added ForsLean® to their daily routine twice a day and decreased body fat mass, increased lean muscle, and boosted testosterone.

And research shows these effects come from the herb's ability to increase cAMP levels.

4) Longjack

Longjack is an ancient herb that's known as an "ergogenic aid," which basically means it enhances energy utilization by boosting energy production,



improving energy control and maximizing energy efficiency.

The reason it works so well as a natural energy booster is because longjack increases cellular energy by improv-

ing cAMP signals. Plus, thanks to cAMP, studies also show longjack increases testosterone.

One study published in the *Journal of the International Society of Sports Nutrition* tested the effects of longjack in a group of 63 subjects...

Half the group was given longjack and the other half was given a placebo.

Researchers found the longjack group **lowered cortisol levels by 16%... and boosted testosterone levels by 37%.**

The reason it works so well is because longjack specifically increases the most bioavailable form of testosterone in the body, "free testosterone."

One study from the University of Malaya tested the effects of longjack on a group of trained men for 8-weeks.

What they found was the longjack group had a greater loss of body fat percentage than the placebo group,

gained more muscle strength than the placebo group, and the longjack group added almost 2 inches to their arms compared to the placebo group that didn't gain any muscle.

5) Bioperine®

We've gone into detail on this one a few times already.

This ingredient increases delivery and absorption of the herbs, vitamins and minerals for the maximum effect.

Bioperine awakens the active ingredients in Anabolic Shred and makes them even more potent and bioavailable in the body, which is key to losing belly fat and showing off a ripped midsection over the course of the Fit After 50 program.

The reason we've added it into all three of these supplements is because of how helpful it truly is to make sure these ingredients work in your favor quickly and for the long haul.

This combination of ingredients will help you get the fastest results from the Fit After 50 program.

Claim your supply of Anabolic Shred for the Fit After 50 Discount by clicking [here](#).



How To Take The Anabolic Stack

So there you have it, man – the Ultimate (natural) Anabolic Stack.

One more time, the three supplements are:

1. Anabolic Reload
2. Anabolic Reload P.M.
3. Anabolic Shred

For the best results take:

- One serving of Anabolic Reload in the morning
- One serving of Anabolic Reload P.M. at night
- One serving of Anabolic Shred before each complex carb meal or “reward meal”

You’ll be blown away by the results when you follow the Fit After 50 program and combine one or all of the supplements of this stack into the mix.