

# Fat Loss Supplement Guide

**Choosing nutritional supplements can be tough. There's plenty information available, and much of it is published by people who are biased one direction or another.**

At Chicago Fit Performance, we translate high quality research into simple recommendations our clients can use to lose body fat. So when it comes to supplements, we've reduced years of research into 4 simple supplement recommendations that you can use right away.

The 4 supplements below are the ones we recommend specifically to our fat loss clients. These products can reliably help in a fat loss program, while still being safe to use regularly.

## 1. Protein Powder



Dairy protein sourced from  
\*Cheerful Cows\* not treated with  
hormones or routine antibiotics.

Protein powder's not entirely necessary if you get enough protein from the foods you eat, like lean meats, chicken and fish. But since most people are crunched for time, they find themselves eating too little protein. That's why adding some quick high-quality protein can be really, really helpful. So here are some tips for getting the most out of your protein supplementation.

### Choose the right product

Protein powder has come a long way since the early days of chalky whey protein. Nowadays, protein powders are extracted from all types of food sources – dairy, eggs and a host of plant sources like hemp, pea kernels, certain seeds and more. Plus, many of these options actually taste good. So, whether you're lactose intolerant or choose to follow a plant-based diet, you can pick the right product for your needs. The key, however, is to choose products, without too many additional ingredients. The whey protein is the most popular of all therefore there are 3 main things you want in a whey protein powder:

- Milk from grass fed cows
- Undenatured
- No artificial ingredients, sweeteners and coloring

## Choose the right dose

As mentioned above, protein powders aren't necessary as we can meet our daily protein needs from whole food sources. However, for those of us crunched for time, protein supplements can come in handy. The key is to not replace too much of those whole food sources with powders. That's why we ask our clients to limit their protein powder to a maximum of 3 scoops (about 60 grams) per day.

## Choose reputable brands

We use the products below with our clients and don't hesitate to say that they come from reputable company and taste great. If you're going to use a protein supplement, 30g/day is a good amount while 60g/day should represent an upper limit of supplemental protein intake. Of course, protein supplements should never be used as one's exclusive protein source.

Our favorite protein brands for fat loss are:

- [IsaPro](#) (contains whey protein from grass fed cows)
- [IsaLean Shake](#) (meal replacement, contains whey protein from grass fed cows)
- [IsaLean Dairy Free](#) (contains only plant-based protein)
- [Proteins+](#) (whey protein)

## 2. Fish Oil



You may have heard a lot about Omega-3's. And fish oil is the key source. There's a ton of very positive research on fish oil supplementation, it's been shown to be great for fat loss, and it's even been shown to improve mood and motivation. Fish oil is rich in DHA and EPA, two powerful fats responsible for things like: increased metabolic rate, improved fat burning, and reducing our risk for a host of diseases (cardiovascular disease, cancer, and diabetes). Here are some tips for getting the most out of your fish oil.

## Choose the right product

Not all omega 3-rich foods are created equal. So, even though flax seeds and flax seed oils are high in omega 3 fats, you can't substitute these foods in place of fish oils. Further, not all fish oils are the same. For example, liver oils (like cod liver oil) aren't the kind you should be using. No, to get the benefits we discuss above, you'll want to choose omega 3 rich fish oils from the brands recommended below.

## Choose the right dose

I recommend starting out by using 1 gram of fish oil per percent body fat you have. So, if you are 10% body fat, they use 10 grams of fish oil. If you are 20% body fat, they use 20 grams of fish oil, and so on, up to a maximum dose of 30 grams per day. We follow this protocol for 14 days. Then, you should cut the dose in half. So, if you start out taking 10 grams for 2 weeks, they cut the dose down to 5 grams after that. If you start out taking 20 grams for 2 weeks, then cut the dose down to 10 grams after that. This latter dose (1/2 gram per percent body fat) can be followed indefinitely.

## Chose reputable brands

Our favorite fish oil brands for fat loss are:

- [IsaOmega](#)
- [OmegaSuperb](#)

## 3. Multivitamins



As you've probably heard, the modern diet often leads to small deficiencies of certain vitamins and minerals. These deficiencies can slow your metabolism and impair your ability to burn fat – among other things. And a good multivitamin can help fix that. Here are a few tips for choosing a good one for you.

## Choose the right product

Like with most supplements on the market, choosing a multi-vitamin can be confusing. So many companies, so many products; it can be overwhelming. So, to keep it simple, here's our advice. Any multi-vitamin is better than none. Even drugstore brands like Centrum represent a step in the right direction.

## Choose the right dose

It's important not to overdose on vitamins as some of them (particularly the fat-soluble vitamins A, D, E, K) can build up to toxic levels. That's why you should stick with the recommendations on the label of the brand you choose.

## Chose reputable brands

Our favorite multivitamin brands are

- [Complete Essentials](#)
- [Multi+](#)

## 4. Greens



While greens can't replace a diet sufficient in vegetables, the blend of antioxidants, enzymes, phytonutrients, vitamins and minerals in these products can be extremely helpful. Adding a serving of greens to every protein shake you drink is a good strategy. Further, when on the road, greens

can really come in handy. If you get enough veggies, a greens supplement might not be entirely necessary. But most people simply don't eat enough vegetables, and are missing out on the micronutrients they contain — many of which help you lose fat either directly or indirectly. And a greens supplement can come in handy here. Here are some tips for choosing the right product.

### **Choose the right product**

There are hundreds of greens products on the market. However, very few have been studied for their effects on the body. One product, however, is different. It's called greens+ and it's been shown (in a handful of studies) to increase the antioxidant status of the body, improve pH, lower stress hormones, and more. So we're definitely excited about the greens supplement and its potential impact on fat loss as well as overall health.

### **Choose the right dose**

Using label recommendations, stick with 1-2 servings a day.

### **Chose reputable brands**

Our favorite greens brands for fat loss are:

- [IsaGreens](#)
- [Greens+](#)

So there you have it, our 4 supplements for long-term, sustainable fat loss. A lot of thought and a lot of research have gone into these recommendations. These supplements are what I use personally. And they're also what I recommend to our clients use. Nothing more.

So if you have a question about a supplement that we didn't talk about in this guide, just know that we've been doing this a long time and have seen it all. If it's not one of those 4 — protein powder, fish oil, multivitamin, greens supplement — then I don't use it regularly, and neither do our clients.