



SUPPLEMENT GUIDE

**** WE HAVE TRIED TO ADD MINIMUM AMOUNT OF SUPPLEMENTS TO THE PLAN.**

**** ONLY THE MOST BASIC AND ESSENTIAL ONES ARE ADDED BY TAKING CARE OF MOST COMMONLY FOUND DEFICIENCIES AROUND THE WORLD.**

**** THESE SUPPLEMENTS ARE NOT COMPULSORY, BUT THEY CAN PROVIDE GOOD ADDITIONAL BENEFITS WHEN ADDED WITH A GOOD DIET.**

***WHEY PROTEIN:** Make sure to purchase a good quality whey protein from your trusted and authentic store. Consult an experienced trainer or fitness coach about the trusted brands.

***PLANT PROTEIN:** As a vegan, majority of protein intake will be covered from plant protein. There are few good brands out there, make sure to read reviews from a third party source to verify the quality and ESSENTIAL AMINO ACID PROFILE.

***MULTIVITAMIN:** Since vitamin deficiency is one of the most common deficiency found in Indian sub-continent and majority of world demographics. That's why we always suggest to have a good quality multivitamin.

Vegan people can choose a vegan sourced multivitamin.

***OMEGA 3:** Non-vegetarian and Eggetarian people can go with a good quality regular fish sourced omega 3 supplement but VEGAN and VEGETARIAN people can go with VEGAN SOURCED OMEGA 3 SUPPLEMENT available online.

***VITAMIN D3:** Vitamin D3 can offer a huge range of benefits, which we will talk in our expert advice segment. There are Vegan options available in Vitamin D3 also.

***CURCUMIN:** Curcumin offers a lot of benefits when it comes to the joint support and immune function, that will be discussed in EXPERT ADVICE SEGMENT.

***ASHWAGANDHA:** A herbal remedy used from centuries as an overall wellness supplement has a vast number of benefits that we will highlight in our expert advise segment.