

## Be Relentless Podcast 41 – Supplements 101

Isaac Wilkins 0:02

And we're live. What's up guys, Isaac will continue on our relentless strength training in Bangor, Maine, and I want to welcome you to the be relentless podcast. And this basically is the podcast where, if this is your first time listening know hey welcome. And basically what we do is we talk about fitness we talk about mindset we talked about nutrition.

Isaac Wilkins 0:24

Probably about 5050 on whether it's fitness, nutrition, or mindset because, and so I'm a little bit heavier on the mindset, because I think that the mind kind of rules the whole thing and if the mind isn't quite right and then it really doesn't matter. In the long run, what you do, fitness, nutrition wise you may get some trends and results for you probably won't end up where you want to go if you don't have your head right. That being said, today is going to be one of our Thursday episodes one of our little bit longer episodes. Usually, you know 1525 30 minutes, and I'm going to delve into something a little bit more concrete have a topic a little more in depth and today's gonna be a little more on the nutrition side.

Isaac Wilkins 1:08

So this is going to be one of those about fitness and nutrition. And today, what I want to talk about is, I want to talk about supplements supplements are one of those things that they kind of go hand in hand with this, this whole nutrition game this whole fitness game. You know you can't you can't talk about fitness without or, you know, deal with anything fitness related without suddenly getting a supplement, add thrown at you, some sort of some sort of marketing somewhere to get you to buy some sort of a pill powder capsule tablet. God knows what drink bar something to, kind of, in theory, make you bigger, stronger, faster leaner in a shorter period of time. And the supplement markets weird is one of those things where you know there are some things that do work and they are effective.

Isaac Wilkins 2:08

And there are saying, many many many things that don't. And because it's, I'm gonna throw this out there right now the supplement market is barely regulated.

Isaac Wilkins 2:18

It's considered. And I'm not getting into the legal ease I don't say don't understand the full depth of the legalese is not my universe, but it's considered, most of the supplements are not considered food items. So as a result, like the FDA stuff like that here in the United States, doesn't doesn't tightly manage them.

Isaac Wilkins 2:37

So you kind of end up with this kind of little bit of wild wild west thing in the world supplements, which we'll get into towards the end of the podcast, but so as a result like they can make supplement companies can make a lot of claims.

Isaac Wilkins 2:51

And there is like some top level oversight about what they can and can't say and what they can and can't say it their product will do.

Isaac Wilkins 3:00

But at the same time it's pretty. There's a lot of gray area in there. And there's a lot of stuff like that so the marketing can get pretty ridiculous for the supplements and they can make a lot of huge promises.

Unknown 3:12

Like harkening back to the old, you know, traveling wagon snake oil salesman dr stuff like that they can make huge promises about what their product could do. And there really wasn't a whole lot that anybody could do to dispute them, or come after them if it wasn't the case.

Isaac Wilkins 3:31

And that's why the supplement industry as a whole, tends to have kind of a shitty reputation, because, you know, there's just a lot of garbage out there is a lot of snake oil was a lot of stuff that is, if not harmful it's at least not useful and certainly doesn't do what they purport that it does to the level that it is and especially since almost none of this stuff's cheap like they seriously throw some seriously throw some heavy prices on there.

Isaac Wilkins 3:59

And the consumer. That's you and us me end up basically paying the price for it so first of all let's just get it right out there.

Isaac Wilkins 4:09

Why or why shouldn't you take supplements. And in general, and we'll get into the specifics here in a minute but in general, I think that supplements absolutely have their place.

Isaac Wilkins 4:23

You know supplements. But the big thing to remember and I always liked this phrase that, you know, the term supplement is exactly that. It's a supplement.

Isaac Wilkins 4:31

People kind of have this idea that if they take the right supplements it's going to magically turn their whole physique around or turning the whole health around and stuff like that and very, very rarely would that be the case.

Isaac Wilkins 4:42

Really what supplements do the ones that work anyway the ones that are effective.

Isaac Wilkins 4:47

They really just take that like they fill in the gaps. They, they almost the best supplements so you're going to take the most useful supplement you're gonna take for you basically mimic food, and they are just, they make food that you should be taking in they make it easier to take in they make it more portable they make it faster stuff like that. That's the type of stuff that that valuable supplements do. And none of it matters. If you don't have your, your sleep lined up if you don't have your overall nutrition your food intake lined up your hydration your, your training isn't going well, all that stuff like supplements are probably 5% of the game, they're probably the last 5%. And if you don't, if you don't have the basics down, you know the sleep the training the nutrition. If you don't have those things down then you're kind of throwing like a 5% band aid on top of it, and hopes it's going to work out. And that almost never ends up being the case versus if you, you know, if you've got good sleep patterns if you've got good nutrition you're fueling your body well, and you've got your training right stuff like that, and all that kind of balance and that's going really well. Then supplements might be that little bit

that takes you that extra notch. Or they might be that little bit that makes that easier to do.

Isaac Wilkins 6:12

So that's kind of my idea of the role of supplements might be that the supplements are going to be the make or break.

Isaac Wilkins 6:21

So with that, let's get into like what I consider to be kind of the core supplements that I think that, again, in a blanket statement almost everybody could make some use of that is definitely not everybody. But if you're going to like play the laws of averages about, you know which ones were good for you then probably these be at. The first one is a basic good quality multivitamin multi mineral, you know in a perfect world, we'd be able to vary our food sources.

Isaac Wilkins 6:54

You know, which we can do here in the United States. We're very fortunate that, you know, there's fruit all year round in the grocery stores there's vegetables all year round there's good frozen options like, you know, we could vary our, our nutrition, very well and get, you know, 1015 different vegetables a day and you know probably 20 to 30 different ones over the course of a week, and probably hit like all of our nutritional bases for vitamins and minerals, stuff like that.

Isaac Wilkins 7:23

The truth of the matter is that we don't know vast majority people don't do that. The vast majority of people eat the same like you know 5687 810 foods. Most of the time, especially in the world of vegetables, fruits and vegetables we don't eat enough, and we don't eat enough varied sources. I'm just as guilty as the next person.

Isaac Wilkins 7:46

So as a result you kind of end up, if you're not careful, you can end up with some gaps in there some, you know, some vitamins and minerals that you don't get enough of in your normal diet. And as a result, you know, excuse me. As a result, it's better to kind of get the. Get a good multivitamin into you that can allow you to kind of fill those gaps and make sure that you know your baseline levels are at least, hit that way that allows you to, you know, really focus on getting as much good food as you can and then topping off with a multivitamin multi mineral.

Isaac Wilkins 8:27

The next one is fish oil, and a good quality fish oil supplement, as is the source of omega three fatty acids and there's there's vegetarian versions.

Isaac Wilkins 8:39

You know, from base from like flaxseed oil stuff like that.

Isaac Wilkins 8:43

But for somebody that doesn't have a vegetarian or vegan concern fish oils the most efficient way to get the essential omega three fatty acids. EPA tha that we cannot produce in our own body are very very limited amount. So as a result, We need to consume them, and that's useful for cardiovascular health brain health eye health skin condition like all the things that you know those essential fatty acids are crucial for. And the thing is it used to be able to get a lot of them in our diet from just meats in general.

Isaac Wilkins 9:20

You know grass fed meats stuff like that, those, those animals cows, you know, dear, stuff like that they produce omega three fatty acids from the grass the, and the issue is that now a lot of our animals are grain fed.

Isaac Wilkins 9:35

As you know of course farms get bigger stuff like that it's more efficient to feed grain that is to free range them and feed grass. So as a result, you know, and the chicken the same thing a grain Fed is supposed to use to scratch round and get bugs and get all kinds of stuff.

Isaac Wilkins 9:49

So as a result, it's, there's less omega three fatty acids in the meat that we would normally consume, so as a result we get less than our diet. And that's something that we do need, like I said, those are essential fatty acids that are not produced much by the body. So, the most efficient way to consume them now is to consume them in a either a capsule liquid form from fish oil which is basically extracted oil from fatty fish salmon, you know, mackerel stuff like that cold water fish that produce a lot of that omega three fatty acids krill, you know, that type of thing.

Isaac Wilkins 10:29

So, you could if you ate several servings of fatty fish a week or a high amount of fairly high amount of grass fed meat in your diet, you probably wouldn't need to supplement omega three. Most of us don't do that most of us don't eat enough fatty fish.

Isaac Wilkins 10:46

Many of us don't eat any at all. I personally do eat some or, you know, not enough grass fed beef grass fed meat, as opposed to pasture raised eggs and stuff like that, as opposed to grain fed. So if that's the case if you're in that boat and you don't consume enough of it, then a couple of fish oil capsules or a teaspoon of fish oil a day, stuff like that would go a long way towards providing you with that omega three fatty acids that you're not getting otherwise.

Isaac Wilkins 11:13

The next thing that I think most everybody could use. Again, not that you need to would be a quality protein supplement.

Isaac Wilkins 11:23

Again, a lot of us don't get enough protein in our diet left our own devices we don't eat enough be, we don't eat enough dairy. So, to really, especially if you're in the strength training universe to really like maximize your results, build muscle mass, recover faster. You know that in turn help you lose fat, stuff like that like you don't get enough of that protein in your diet you probably get enough almost every American gets enough to like survive. Right, so like the idea that you're not getting enough protein to actually like just stay alive. In the Western world is unlikely with our diets, but you may not be getting enough quality protein to maximize the results of the fitness progress you're trying to make. So here's where good quality protein supplement.

Isaac Wilkins 12:09

You know I like the quality whey protein, I don't have any issues with lactose or having issues with dairy proteins. So for me, quality whey protein goes a long way.

Isaac Wilkins 12:22

And also, but other people that may have issues with those would prefer a vegetarian option like a pea protein like you know there's cranberry rice protein and stuff like that as well as egg proteins. And there's even like beef protein powder beef protein.

Isaac Wilkins 12:42

I guess at that point I'd prefer to just eat beef jerky. But, you know, those, those are all acceptable options and the real benefit to those, is there a powder so you can usually makes them into a shake or you can, you know, bake them into something or you can mix up a pudding or something like that. And usually they're kind of their flavor. So there's like a chocolate there's like vanilla there's whatever flavoring us. So they provide a nice like novel experience to your diet that you may not get otherwise.

Isaac Wilkins 13:11

Like you may not eat or chocolate, but you like chocolate. So, if you're somebody that is trying to avoid chocolate from a nutritional point of view. Now, traveling that far as like candy bar goes you know sometimes like that chocolate whey protein shake is a quality protein shake. And also it gives you that little chocolate cake or something like that. Plus, they're much more portable than like eating, bringing like a chicken breast with you or steak or something like that if you're, you know, going to be on the road all day or something. It's easier to just bring like a little bag of powder scoop of powder with you, and then throw it, you know some water in a shaker and shake it up and drink it, that's much more, much better than bring a cooler and being like that guy trying to carry your cooler everywhere.

Isaac Wilkins 13:54

So that's where those kinds of things. The protein powders really, really shine is that they, they provide that.

Isaac Wilkins 14:03

That portability factor. They let you get a pretty concentrated source of extra protein with a bunch of bunch of extra calories from fat and sugar or fat and carbohydrate. And so you can even kind of mix them into other meals and stuff like that, to boost the protein content. That's an easy way to do things and that's one of the reasons why I really like protein powders for most people is because of the convenience factor. If you could get all the protein you needed from just eating like Whole Foods, so much the better. I totally appreciate that and there's a lot of better like micronutrients that probably are in those Whole Foods, but this gives you the option gives you a kind of a better, better flexibility in your diet, and I found that the more flexibility people have in their nutrition, probably the more successful they're going to be overall.

Isaac Wilkins 14:47

Alright so the next level of supplements and these are the ones that are a little more situational. I wouldn't say that they were like a core supplement for everybody. They're kind of more.

Isaac Wilkins 14:57

They're, they're definitely good for a lot of people like I'm not going to talk about any like some really weird stuff out there but at the same time like these ones are probably a little more of like the, you know, does this apply to you or not apply to you type of situation. And the first one is like a vitamin d3 and vitamin K supplement.

Isaac Wilkins 15:15

And so vitamin D is is a hormone basically that the body produces, and in exposure to sunlight. Plus you can also get it from foods like eggs and liver and stuff like that a lot of times we don't need a lot of now.

Isaac Wilkins 15:32

It's a fat soluble vitamin, so you can overdose on it so that's why you'd be careful with this type of stuff specially with supplements, food, it'd be pretty hard for you to od on vitamin D.

Isaac Wilkins 15:44

But supplements, if people, you know, act like assholes that can do it.

Isaac Wilkins 15:49

But basically vitamin D is responsible for a huge number of functions of the body something like 300, and the vast majority people nowadays don't get enough of it because again the sources of it or from some food that we don't need a lot of like organ meats, but also from being exposed to sunlight and particularly not just on the hands in the face, but like on your torso and stuff like that. And we, as a culture as a society. Don't spend nearly as much time outside as you know as we used to back when we had more of an agrarian society. And then if you're like me, you're in the northeast here in Maine and it was 11 below this morning when I left my house. I'm not going outside of that my shirt on, and there's not much sun, so as a result we don't get exposed up here to as much vitamin D, or we don't produce as much from the sun, and that can really affect the mood like seasonal affective disorder. It can affect bone health bone growth to create brittle brittle bones.

Isaac Wilkins 16:49

Recovering recover sore from exercise stuff like that so vitamin D is truly important. And it's one of those where, if you're in like the North, and it's cold part of the year, stuff like that, chances are good you need some sort of a vitamin D supplement to operate at your peak. I wouldn't say everybody should go out and run in and do it but they might want, you might want to look at you might want to get a blood test on it.

Isaac Wilkins 17:13

And also forgot to take vitamin D take vitamin d3. That's the most bioavailable form. And also, vitamin K to go with it, and vitamin K, some software companies will bundle these together. Some of them won't. Vitamin K kind of helps to make sure that the calcium from your vitamin D it does a lot of things but it helps make sure that when your vitamin D starts laying down calcium to create new bone. Vitamin K like helps shuttle it into the bone so doesn't just lay it down like your arteries and stuff like that. So that's not a good calcified arteries are bad. So the next one would be a green supplement, and this is sort of like, it's not quite in line with a multivitamin but they, there's a little overlap here. So quality green supplement is basically a supplement of exactly what it sounds like, powdered greens. And what a lot of companies do is they'll like get like 20 different types of vegetables and fruits and stuff like that.

Isaac Wilkins 18:13

And they'll concentrate them down, they'll powder them up, and then this becomes like a drink that you mix up, and basically the equivalent of getting a couple of servings of vegetables as far as your vitamins and minerals go.

Isaac Wilkins 18:26

And that's super super useful. And it's useful because it gives you that boost without, and you know like said they try to use like like 2025 different varieties of things so you get like a pretty broad spectrum that if you're like a lot of people and you tend to eat like the same three or four vegetables and that's it you're kind of leave in some gaps in there. So that's where greens drink is useful plus and also combines that with the portability factor like the protein, where it's powdered, you can bring a little scoop of it with you throw in a water bottle. Drink it down and that way you didn't have to bring like a Tupperware full of vegetables with you, stuff like that. So, you get better variety is portability, that type of thing.

Isaac Wilkins 19:08

Again, I would call that kind of a next level thing because if you eat your vegetables like you should if you took a multivitamin you're kind of pretty well covered but if you're somebody like a lot of people that started has some gaps in there, then this, the greens, drink is a great way to kind of smooth that over, next one would be supplemental magnesium. and this is just the mineral magnesium, it's, you know, a lot of times your multivitamin have a bunch of an issue, and magnesium is just one of those ones that, so prevalent in almost every reaction in the body, that, you know, especially if you're active you just tend people tend to run low you sweat a lot stuff like that you shouldn't use up a lot of magnesium and your body. So, if you're lacking a little bit in your nutrition and you're not getting enough their diet wise and like leafy greens and stuff like that are kind of the best source.

Isaac Wilkins 20:00

So if you're not getting enough magnesium and your normal diet, then your multivitamin may not have enough to like have you a kind of optimal performance levels not to say that, again, that you're probably going to be deeply deficient if you take a good multivitamin because you'll be enough in there. But you probably won't be operating at peak. And so sometimes you know an extra couple hundred milligrams 300 milligrams of magnesium can go a long way plus magnesium as natural calming effect. So for a lot of people if they take it before they go to bed at night they find the experience better sleep.

Isaac Wilkins 20:32

So they have better recovery. So, sometimes, like I said, it's a next level supplement but a lot of people take it class next level supplement we'll talk about is creating moto hydrate and this is the only one that's probably not like a pure.

Isaac Wilkins 20:48

You know you can directly look at it and say it's like from this food.

Isaac Wilkins 20:53

Although there's, we get most of our creating a diet from red meat, plus the body can synthesize it creatine basically is utilized whenever the bar is the body's fast energy source and, you know, long time ago it was scientists were able to isolate crazy model hydrate and create a synthetic version of it, that we can take, take that into our body. The cells will grab it up, and basically it gives you like an extra few seconds of fast energy, which is a big deal when it comes to like lifting weights up get a couple extra reps out a heavysset, stuff like that. So, it's useful and a lot of stuff especially like both muscular also neurologically there's all kinds of research coming out now on working with, you know, Alzheimer's patients stuff like that with creating and then seeing improvement in their nervous system and their function.

Isaac Wilkins 21:50

Really cool stuff. Creating like people always ask is it safe. It's pretty much the most studied single supplement on the face the market. We're talking like thousands and thousands of studies here, and it's pretty well recognized as safe, no long term real long term side effects that are negative, like I said they're now starting to work with Alzheimer's patients with it.

Isaac Wilkins 22:15

It's, it's kind of like one of those like.

Isaac Wilkins 22:19

Do you need it. No, you don't need it, but we get a little boost out of it, probably.

Isaac Wilkins 22:24

And is it safe. Yeah, it's safe. So, just a simple, basic creatine mana hydrate don't get any of the weird offshoots. And then people talk, you'll see on the label Simon's they'll talk about doing like a loading phase where you take like 20 milligrams, or 20 grams rather a day for a while before you drop down to your maintenance dose of five.

Isaac Wilkins 22:47

That loading phase all it does it makes it so that you feel the results faster.

Isaac Wilkins 22:52

You're really not getting anything extra out of it. So I would skip it. Then you also you'll go through a lot more of it. So as a result, Neil have to buy more soon, so companies like that. Again, I wouldn't stress on that. But for a lot of people creating one hydrates a very effective supplement. If you're somebody that naturally eats a lot of red meat, probably less effective for you because you're already taking in a lot in your diet, so you won't get that much more from a supplemental form, versus if you're, you know, like vegans, particularly if they take it they find that they experienced a tremendous result from it because they're probably lacking a lot of it in their diet.

Isaac Wilkins 23:29

Yeah. So creating that next level one, but it's also pretty, pretty good pretty safe pretty well recognized.

Isaac Wilkins 23:37

And, yeah, I support.

Isaac Wilkins 23:40

All right, so when it comes to.

Isaac Wilkins 23:43

When it comes to supplements let's talk a little bit about, you know like, not so much which supplements are great, but whether or not supplements are like what supplements are good company wise. And, you know, the thing you want to look for is you want to kind of look for supplements that are lab tested and they'll have a badge on them.



Isaac Wilkins 24:08

Like we, we tend to use, you know, and look for a reputable company like here at run lists we tend to use first form, nutrition, and they're kind of a. They're very very reputable company they, they put a lot of work in their supplements they spend a lot of extra money on making sure they're getting quality ingredients. And they spend a lot of money to get a lot to get a lab certification from the FDA they keep a badge on their product that basically says that they were manufactured at an FDA inspected facility. So that's one of those things that is really important to see that, you know, the, or there's another company USP another lab testing corporation that good quality supplements will probably have one of those two badges on their on their label, and a lot of companies don't do that because it's tremendously expensive like the tune of hundreds or millions of dollars to get certified that way.

Isaac Wilkins 25:07

Plus, they can only buy the highest quality ingredients and need to make sure that what's on the labels in there and, you know, quality control and stuff like that.

Isaac Wilkins 25:16

So, it's important to find a company that does do those things for you, because that makes sure that you're getting the right stuff.

Isaac Wilkins 25:24

And just you know keep an eye on a company's reputation, stuff like that, like, all that stuff matters. And the other thing to look out for is you'll see a lot of these you'll see a lot of efficacious dose stuff. So, like a company will have a supplement they sell. And they'll say that some X amount is in there. And it may be in there, there may be that you know some amount in there but it's not enough to actually be an effective dose like for example like with creatine mana hydrate, you know like an effective dose is between like probably three and five grams daily.

Isaac Wilkins 26:00

So there's all these drinks now like Monster Energy, I think, and maybe not monster but these energy drinks. That will say that they have creating in them.

Isaac Wilkins 26:13

And I'm sure they do, but usually that dosage is less than a gram. And so that's not an effective dose like there's just not enough in there to be useful. So like, again, the first four multivitamins for example, they put a bunch of stuff in there a bunch of really good vitamins and minerals, and they do three tablets three capsules. So in order to get the full dose you need to take all three capsules. And that's because they want the capsules to be like you know a reasonable size so you can actually take them and not choke on like a horse bill. But if they wanted to put all the stuff that they actually want you know actually wanted in there, and they want to squeeze in one capsule that capsule would be huge to be like, you know, terrible and consume. So that means they split it up, versus another company that's cheaper, is probably going to just give you the one capsule and what they're really doing is really selling you a third of the product. So you're not getting nearly as and you're not getting nearly enough so you take that dose and you think you're, you're good and you're just not getting enough to be effective.

Isaac Wilkins 27:15

And the last one is to look out for proprietary blends the supplement industry loves these they basically, they can put a bunch of stuff on the label as far as ingredients goes, and then they can say that their proprietary blend of whatever is X number of grams or milligrams or whatnot. And as a consumer you think that it's oh I'm getting this amount of whatever I'm getting that I wanted. In which case, probably

that's not the case they're probably only putting little trace amounts of the stuff that you actually thought you were getting in there. And then the rest of us just junk and fillers. And so that's a proprietary blend that they can use to kind of shield how much is in there. So you end up paying a lot of money for very little product versus again like a company like 1stPhorm and there's a bunch of companies out there. I think now foods is a good one that does this, that refuses to use proprietary blends I don't Blue Ribbon nutrition doesn't use primary ones are proprietary blends.

Isaac Wilkins 28:16

They refuse to use proprietary blends instead they want to tell you exactly how much of everything that they put in there is in there. And that's a that's a big deal, because then you know that you're actually getting whatever amount that you want it or whatever amount that you are paying for. And they can be held to task by the FDA on that. So, they're going to be a little more honest about it versus again like this very vague nebulous proprietary blend that they can kind of use to like sneak under the radar.

Isaac Wilkins 28:45

And unfortunately a lot of companies in something business do that.

Isaac Wilkins 28:48

So, those are what I focused on.

Unknown 28:52

Remember above all things supplements are just that they're supplement their like that final 5%. You know, you got to get your sleep you got to get your nutrition in line you gotta get your training in line get those lined up first get those operating right. And then if they're operating well then you can kind of move on to getting the supplements to kind of kick you over that next edge, or to increase your, you know, convenience factor and increase your, you know, willingness to or ability to stick on a nutrition plan.

Isaac Wilkins 29:23

The big core supplements that I focus on are good quality multivitamin multi mineral supplement fish oil and a protein, because those are things that are going to actually like make it easier for me to fill in the gaps in my nutrition, make it easier for me to stick with that nutrition plan.

Isaac Wilkins 29:42

The next level stuff.

Isaac Wilkins 29:44

Thinking about vitamin d3 vitamin K to, you know, especially if you live in a northern climate where you don't get exposed to the sun. A green supplement green supplements going to go a long way to, you know, again give you that variety of plant nutrition in your diet, creating mana hydrate is kind of that performance booster. That's very well tested. Good neurological stuff good overall like power increase and magnesium again is probably the most. One of the most common minerals used in chemical reactions in the body. And if you don't get enough of it then it's pretty hard to, it's pretty hard to operate at your peak. Without that, in when when you're looking for quality supplements look for a well, you know, a brand really good reputation. Look for a brand that has like an FDA or a USP label.

Isaac Wilkins 30:37

You know they they paid a lot of money for that badge to do things right. And that means we're also getting checked and audited a lot.

Isaac Wilkins 30:44

And then look for something that make sure you have a efficacious dose like make sure there's enough of what you actually want in there to give you a real effect. And finally, stay away from the proprietary blends. You know proprietary blends are kind of one of those masks that companies use to either not put enough product in or just to throw a whole bunch of shit in instead focus on companies like 1stPhorm or Blue Ribbon, like said I think now. Now foods that don't hide behind those proprietary blends instead tell you exactly what's in there and tell you how much of it, because that way you know they're being a little more honest with you. And they're also holding themselves to task on making sure that that amount is in there so focused on those things.

Isaac Wilkins 31:31

And, you know, if you got your nutrition you got your training you've got your sleep in line, and you want to take the jump into supplements. That's probably the way to go.

Isaac Wilkins 31:41

You know hey thank you guys for listening I appreciate it. If there's anybody that you think that this would help, please pass this along to them, and also please do me a favor and head over to iTunes hit me with a five star review that goes a long way towards getting this message out. You know we're trying to help as many people here is a can of this podcast, and really kind of, you know, just get the message out and try to see if we can, like, eliminate some of the confusion that's in the business like the supplements and stuff like that and get you in a more effective plan get you a more effective way to get to the body in the health and the performance you're looking for. All right. I'm out of here, appreciate you listening and above all, I want to thank you for choosing to be relentless.

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