

The Bach Performance Supplementation Guide

*Learn how you can use the RIGHT supplements to take
your physique and performance to the next level, while
saving you hundreds of dollars in the process*

Eric Bach, CSCS, PN1

Founder of Bach Performance

Disclaimer

This eBook provides information. It does not constitute medical, fitness, dietary or legal advice. Eric Bach and Bach Performance LLC will not assume any liability or be held responsible for any form of injury, personal loss, or illness caused by the utilization of this information.

You must get your physician's approval before beginning this program.

Ask your physician for a complete physical examination, especially if you have high cholesterol, high blood pressure, are overweight, or have diabetes. Discuss all dietary changes with your physician or a registered dietician. Do alter dosage or discontinue use of any medication without consulting a physician.

This exercise and nutrition program is not a substitute for treatment, meal plans, prescriptions or professional advice made by your physician, dietician or other health care professional.

These recommendations are not medical guidelines to treat, diagnose, or cure any illness or condition. This program is designed for individuals 18 years old and older in good health. All forms of exercise pose some inherent risks. The publishers and editors advise all readers of this eBook to take full responsibility for the risks of exercise and stay within their limits. Ensure all equipment being used is well maintained and in good shape. That means safe barbells, tightened dumbbells, strong collars, and the like.

Do not take risks beyond your level of experience and abilities.

Don't lift heavy weights if you're alone, injured, fatigued, and inexperienced. Ask for instruction and a spotter for lifts to maximize safety. If you experience lightheadedness, dizziness, or shortness of breath while exercising, stop immediately and consult a physician.

Disclosure

Eric Bach writes: If you click on a link to a product in this eBook, there is a chance I may receive a small commission. Rest assured that I recommend only products I use myself. Integrity is everything to me. So is your trust. I would never violate that trust. [See my complete privacy and affiliate policy here.](#)

ALL CONTENTS COPYRIGHT © Bach performance LLC 2021

All rights reserved. No part of this manual may be reproduced or transmitted in any form or by any means, electronic, or mechanical, including photocopying, recording, or by any information storage and retrieval system with the expressed written permission from Bach Performance LLC.

Introduction

When it comes to fitness, no topic is more polarizing than supplements.

What supplements work?

What's dangerous?

What supplements are overhyped pixie dust stuffed inside a cheap capsule in a dingy basement before being promoted with hype-heavy marketing and a \$100 price tag...with little proof to back it up?

Regardless of the source of supplements, one truth remains: people are going to shell out their hard-earned money for supplements. So much so that the supplement industry is projected to be worth \$220,000,000,000 (yeah, that's 220 billion) by 2022, according to [Zion Market Research](#).

With so much money being spent on supplements, it's difficult to know what's actually effective for building muscle, improving your health, and torching stubborn fat.

That's why at Bach Performance we're completely transparent about what we offer.

1. I know these companies personally. I've met with their directors, team, and/or seen their facilities first hand. I work with them to generate discounts for my clients.
2. I've spent money on them before having a business relationship to get an unbiased opinion on their quality.
3. We only recommend supplements that are high quality and tested thoroughly vis NSF certified and third party testing.

4. Yes we do receive a small kickback for recommending these supplements. But this does not increase the price for you; rather, it cuts into the profit margin for the supplement company.

5. No supplement will make up for a poor diet or poor sleep. But they will make getting essential vitamins, minerals, and nutrients more practical with your busy schedule.

Without further ado, let's get to the supps.

My go-to companies are ONNIT Nutrition and LEGION.

With [Legion](#), I have a 20% discount code for you whenever you buy products for the first time. Simply use the code BACH at check-out to receive 20% off.

The Essential Greens:

This is my favorite supplement. It improves overall health and frankly, it's why I rarely if ever get sick, especially when traveling.

Legion Genesis Greens is a combination of some of the healthy foods in the world. The mix of broccoli sprouts, spinach, matcha, barley grass, and rhodiola provides the exact ratio of essential vitamins and minerals to boost your health year-round. Rather than adding endless ingredients, we focused on potency to ensure your daily foundation matches your dedication.

[Buy it here: Greens](#)



The Booster: Pre-Workout

Pre-Workout is a combination of ingredients identified by the International Olympic Committee to boost performance. The combination is scientifically proven to increase your natural production of energy, flush fatigue-causing toxins, boost endurance and strength, and help you feel locked in and focused.

The mix of natural caffeine (from green tea), beta-alanine, creatine, and citicoline provides the fuel, and the addition of theanine ensures that you won't feel jittery, have an upset stomach, or suffer from a crash.

I prefer Legion Pulse Pre-Workout



[Buy It here: Pulse](#)

The Builder: Protein Powder

Protein is the building block of lean muscle and many of the tissues in your body. Without adequate protein, you'll fail to repair muscles following your hard training.

In the scope of fat loss, a high protein diet--we recommend having one gram of protein per one pound of bodyweight-- will help you retain lean muscle while losing body fat.

Translation: A high protein diet during a fat loss phase helps you retain muscle, which keeps your metabolism running full throttle, which in turn increases fat loss.

Plant Based Protein:

I rotate through plant-based and whey protein. I have a slight dairy allergy, so this keeps my gut happy and healthy.

Whey Protein:

The best muscle builder on the market, whey protein is a staple whether you're trying to build muscle OR lose fat.

[Buy Protein Here](#)



The Best of the Rest

Creatine Monohydrate

Creatine directly improves the muscle building machinery at the cellular level and by improving performance. By having more energy for high performance training, you can run faster and for longer, jump higher, and squeeze out a few more reps.

Because you're able to train harder, you'll be able to create a greater stimulus to build strength and muscle. In the case of fat loss, creatine will

help you maintain lean muscle even when you're in a caloric deficit.

And there's more. There may also be a brain health on the horizon.

What To Avoid:

Anything not labeled creatine monohydrate. Seriously. Nearly all non-cherry picked research indicates good old fashioned, inexpensive creatine monohydrate to be the best form of creatine. When it comes to creatine, avoid complicated products or fancy claims. Stick with the classic monohydrate powder.

How Much to Take:

Stick with basic creatine monohydrate and take 5-10g per day. There's no need to load creatine, simply take 5-10g per day.

When To Take it:

Post workout is best, according to most [research](#). Contrary to common belief, creatine is not a stimulant and won't immediately boost performance. It's best to take it whenever you'll be consistent. For many, this means post workout with your shake.

What We Recommend:

Onnit Micronized Creatine or [Legion Post Workout](#)



Buy It Here: [Creatine Monohydrate](#)

Omega-3 Fish Oil

Omega-3 fish oil has been shown to improve from brain, joint, and

cardiovascular health while also improving insulin sensitivity, which makes it easier to lose fat and build muscle.

Here's the problem: We evolved to eat a diet with a ratio of omega-3: Omega-6 that was roughly 1:1.

Due to increased processed food and decreased food quality in most diets, this ratio is now closer to 1:20.

Um. Yikes. The results in greater chances of depression and poor mood, more joint pain, poor heart health, inflammation, and worse, insulin sensitivity, making it tougher to build muscle and lose fat.

How Much To Take:

As with most supplements, consistency is key. Positive results take time, so if you're going to take fish oil, take 3-6g per day over the course of months, rather than expecting miracles after a week or two.

When To Take It:

I generally take 3-6g per day, split up between meals. If you're likely to forget, however, just take them all at once.

What We Recommend:

[Legion: Triton Fish Oil](#), Carlson's Fish Oil 63% or Flameout By Biotest (66%)



Buy it here: [Carlson's Fish Oil](#)

Magnesium

Magnesium is an essential dietary mineral, and the second most prevalent electrolyte in the human body, playing a role in as many as 300 chemical reactions. Magnesium supplementation can:

- 1 **Increase Insulin Sensitivity:** Want to lose fat and build muscle easier? How about giving yourself an advantage when it comes to insulin resistance and possibly preventing diabetes.
- 2 **Reduce Anxiety, Irritability, and Moodiness:** Some have called magnesium the “natural chill pill.” Beyond the chemical reactions magnesium plays in your body, there is mounting evidence it

improves your mood. Anecdotally, I'm much more at ease and happier when using magnesium.

3) Increased Cognition: There are different types of magnesium and magnesium l-threonate stands out as a cognitive enhancer. Again, you're not going to be Bradley Cooper in Limitless, but the medical community is finding magnesium critical for learning and memory.

4) Decrease Blood Pressure: A deficiency increases blood pressure, reduces glucose tolerance and causes neural excitation.



Buy it here: [Key Minerals](#) or [Legion Sucrosomial Magnesium](#)

Vitamin D

Though called a Vitamin, “D” is a fat soluble vitamin that acts like a hormone after being synthesized by the sun. Vitamin D is the most common dietary deficiency in the western hemisphere, increasingly so as you move away from the equator.

While still conjecture at this point, there’s an alarming increase in cancer rates the further you get from the equator. Some doctors believe this is linked to decreased vitamin D exposure, although more work needs to be done.

How To Get It:

Aim for 30 minutes of sunlight per day without sunscreen or sunglasses. Ideally, get some sun to where you catch a little bit of color, but do not burn.

How Much to Take

I universally recommend Vitamin D supplementation to my clients, often 5000-10000 IU’s.

When To Take I:

After your daily sunshine, take the supplements any time, really. I tend to take all my supplements at once so I don’t forget.

Onnit Vitamin D Spray



Buy it here: [Vitamin D-3 Spray](#) or [Vitamin D+ K](#)

If you decide to use Legion for these, that's what I personally use. I do not receive financial compensation for recommending their products. However, you can use the code BACH to save 20%.

If you have other brands or questions, I am happy to give you my thoughts.