

## The Big Five Supplements

### 1. MSM, Organic Sulphur

- lubricates joints
- increases hair, skin & nail growth
- reduced morning stiffness
- improved skin texture
- improved sleep

### 2. Glycine

- used by body to manufacture Collagen, Creatine and Glutathione
- reduces core body temperature by increasing peripheral blood flow
- reduces systemic inflammation while sleeping
- maintains healthy blood glucose levels
- enhances fat oxidation
- reduces abdominal fat
- improves skin elasticity
- reduces fine lines in skin
- increases muscle mass without increase in exercise
- acts as an inhibitory to neurotransmitters, reducing anxiety and uncontrolled thoughts
- improves sleep resulting in morning alertness
- faster recovery after exercise
- faster muscle gain

### 3. Spirulina

- complete source of vitamins, minerals, protein, fats and amino acids
- detoxifies
- chelates heavy metals
- increases energy
- reduces sugar craving
- improves muscle definition and skin elasticity

### 4. Collagen peptides

- collagen is the structural scaffolding that holds entire body together
- peptides are small amino acid fragments that can pass through the intestinal barrier and travel directly to repair sites in the body
- the fountain of youth
- comprises 30% of total protein and 70% of dermal protein
- reverses years of accumulated wear and tear
- increases satiety hormones by up to 40%
- amino acids Glycine and Proline signal body to produce more growth hormones, especially during sleep causing fat oxidation and muscle tissue

### 5. Creatine Monohydrate

- Biochemical turbo charger
- pulls H<sub>2</sub>O into muscle cells
- increases muscle mass
- lowers inflammation
- no negative side effects

## How To Take

1. AM when waking up: Take 5 gms MSM in warm water with vitamin C for improved absorption. Start with 2-3 grams and after a few days increase to 5 gms
2. Take 5 gms of Spirulina in water before meal. Five grams = 10 tablets
3. Take 5 gms of Collagen peptides in morning coffee or other beverage or after exercise
4. Take 5 gms Creatine in warm water before bed
5. Take 5 gms Glycine in warm water before bed. Can be taken with Chamomille tea to improve sleep

**Take for at least 90 days in order to achieve results**

## Expected Results

### Week One

- increased energy - Spirulina
- reduced bloating - MSM
- improved sleep - Glycine

### Weeks 2 - 3

- morning stiffness disappears - MSM
- reduced sugar cravings - Spirulina
- faster hair and nail growth - Collagen peptides
- enhanced recovery - Glycine and Creatine

### Weeks 4 - 7

- visible muscle definition improvement - Creatine & Spirulina
- joint pain reduced - Creatine & Collagen
- skin elasticity improved - Collagen & Glycine
- measurable strength increase - Creatine

### Weeks 8 - 12

- substantial lean muscle gain, Creatine, Collagen
- significant fat loss - all 5 compounds synergistically
- inflammation markers dramatically decreased - all 5 compounds synergistically
- complete pain resolution - MSM, Collagen

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