

## My Current Supplement Stack



When it comes to supplements I am forever an optimist.

Always hoping I'll find one that makes a relevant difference in my life.

Always willing to spend money to try new things.

Some supplements like protein powders and creatine monohydrate have been mainstays in my life for decades.

Currently I'm taking a bit of break from protein powders, for not real reason other than I feel like taking a break.

So my current routine is using these three products all mixed together.



### [Creatine Monohydrate -](#)

I chose this brand because I'm partial to 'CreaPure' branded creatine that comes from Degussa in Germany. Mostly because I visited the site where it's made and am fond of the people who used to work at Degussa back in the day.

I take creatine because of the robust amount of research behind it's benefits (way more than just 'muscle') and because I don't eat meat, so my daily consumption is close to zero (if you eat meat you may get 2-3 grams of creatine from your diet).

### [Essential Aminos -](#)

An Essential Amino Acid blend. Like I said earlier, I'm off protein powder

An Essential Amino Acid blend. Like I said earlier, I'm on protein powder right now, and I don't eat meat, so I'm hoping this will help.

Quick background, protein is made up of both essential and non-essential amino acids. Our bodies are able to make the non-essential ones, but need the essential ones to be supplied by our diet.

While many plants contain essential amino acids, meat is easily your quickest most efficient source. And since I don't eat meat and am taking a break from protein powders, this makes sense to me to supplement with these.

This brand tastes great and mixes well.

#### [Eat Stop Eat Fasting Tea](#) -

I take this because it gives you super powers, makes you more attractive and if you double the dose allows you to time travel.

OK that's not entirely true... it takes a triple dose ;)

Eat Stop Eat Fasting Tea is a blend of my favourite polyphenols.

Polyphenols are naturally occurring compounds found largely in the fruits and vegetables, herbs and spices, and are largely responsible for the health promoting benefits of these foods.

They also help with appetite, improving the health of your mitochondria, helping with inflammation and insulin sensitivity, and a wide array of other great health benefits, and that's why they are the core of fasting tea.

I mix these three together and drink them once daily, on fasting days I'll just drink the Tea.

Right now this is the extent of my supplementation.

I take vitamin D during the winter, and occasionally take some vitamin B12, but other than that I'm always experimenting and looking for something that will really 'moves the needle'

A naive optimism keeps the process fun ;)

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Date: 2023-04-17

Words: 475

Time to read: 2 mins

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