

Chris **MY SUPPLEMENTATION**
Canalia⁵



10%
DESCUENTO
EN PROZIS.COM

CON EL CUPÓN
BODY5
PROZIS

BN5

This is one of the **STAR** supplementation **products** that I use in my day to day, it can **never** lack in my daily supplementation.

- **DIURETIC PLUS** helps to **REDUCE CELLUITE**. Natural plant-based ingredients. For people who want to keep fit in a simple and healthy way.



**CLICK ON THE
PRODUCT TO GO
TO THE WEB**

In this guide you will find different supplementation packs for both definition and bodybuilding of the main products that I take in my different stages of training.

You will also find other complementary products that I use daily in my nutrition.

EXTREME DEFINITION PACK

Provides energy, well-being and helps to define the body

- **100% WHEY HYDRO ISOLATE ZERO** After training I take **PROTEIN** to regenerate and build.



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- **BCAA + GLUTAMINA** The L-glutamine is a **NATURAL AMINO** acid present in dietary proteins. The importance of **BCCA** lies in the way the body metabolizes biological processes. Click on the product to go to the web.



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- **APPETITE CONTROL** It's time to control your **APPETITE!** Cravings are something very present when we follow a diet. By giving in to them you can start a roller coaster **EFFECT** of cheat meals affecting your efforts and **RESULTS**.



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- **THERMOGENIC (BURNER) BURNER TOP** Indispensable in my diets for the abdomen. You will achieve your diet goals very fast. It will help you in every step of your **DIET**.



**CLICK ON THE
PRODUCT TO GO
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BODYBUILDING PACK

Provides wellness energy and helps increase body mass

- **100% WHEY HYDRO ISOLATE ZERO** After training I take **PROTEIN** to regenerate and build



**CLICK ON THE
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- **L-GLUTAMINA** It's a preparation to advance in your training **sessions**. A great option for everyone who loves to exercise on a regular basis. Stay committed to your **goals!**



**CLICK ON THE
PRODUCT TO GO
TO THE WEB**

- **BCAA** They are involved in the synthesis of various muscle proteins and contribute to the development and maintenance of muscle mass.



**CLICK ON THE
PRODUCT TO GO
TO THE WEB**

- **EAA** Essential amino acids featured in our whey **protein supplements**. Increased muscle protein synthesis and reduced muscle protein breakdown are key to **post-workout recovery**.



**CLICK ON THE
PRODUCT TO GO
TO THE WEB**

ON THE PROZIS WEB YOU CAN FIND A MULTITUDE OF PRODUCTS RELATED TO THE WORLD OF SPORTS AND FOOD THAT WILL BE BENEFICIAL FOR YOUR DIET AND YOUR DAY-TO-DAY TRAINING.

REMEMBER TO USE THE DISCOUNT CODE ON YOUR PURCHASES

BODY5

You will obtain a **10% discount** on all the products on the web.

PROZIS

**CLICK ON THE
PRODUCT TO GO
TO THE WEB**

OTHER SUPPORT PRODUCTS FOR YOUR DIET AND TRAINING

- **BIG SHOT- PRE-WORKOUT** If you need **energy to train**, I take this pre-workout that gives me a lot of strength and energy! Burst of energy for **extraordinary strength**. With a special formula, ideal for high-strength training, it will promote your physical performance in **high-intensity exercises**.



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- **ESSENTIAL MULTIVITAMIN** Combines over **20 essential vitamins** and minerals to support your overall mental and physical well-being.



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- **SUPER GREENS** From fruits and powerful herbs to various types of fibers and a complex of digestive enzymes, Prozis **Super Greens** has it all. Its amazing ingredients: **Spirulina, Chlorella, Acerola and Green tea.**



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- **DETOX LIV** It gives you the powerful effects of **artichoke, lavender** and **milk thistle** in the form of delicious drops. It is an excellent choice for anyone looking for a high-quality **herbal supplement**.



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- **COLLAGEN HAIR, SKIN AND NAILS** It is one of those valuable and useful compounds and they help in providing **firmness** and also **flexibility** to the structure of the body.



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- **VITAMIN C + ROSEHIP** It is a food supplement. The **vitamin C** reinforces the normal functioning of the immune system and helps protect cells from oxidative stress. It also participates in the energy-producing metabolism and can contribute to the reduction of **tiredness** and **fatigue**.



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- **ALPHA LIPOIC ACID** They are found in different foods, in slightly higher concentrations in **yeast** extract, **spinach** and **broccoli**, as well as in organs such as the liver, heart and kidneys.



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- **WHITE BEAN AND FENUGREEK.** It is an excellent **carbohydrate blocker** resulting from the combination of these **plants**.



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NUTRITION

FEED YOUR BODY

DO YOU HAVE YOUR NUTRITION PLAN? THE IMPORTANCE OF A PERSONALIZED DIET

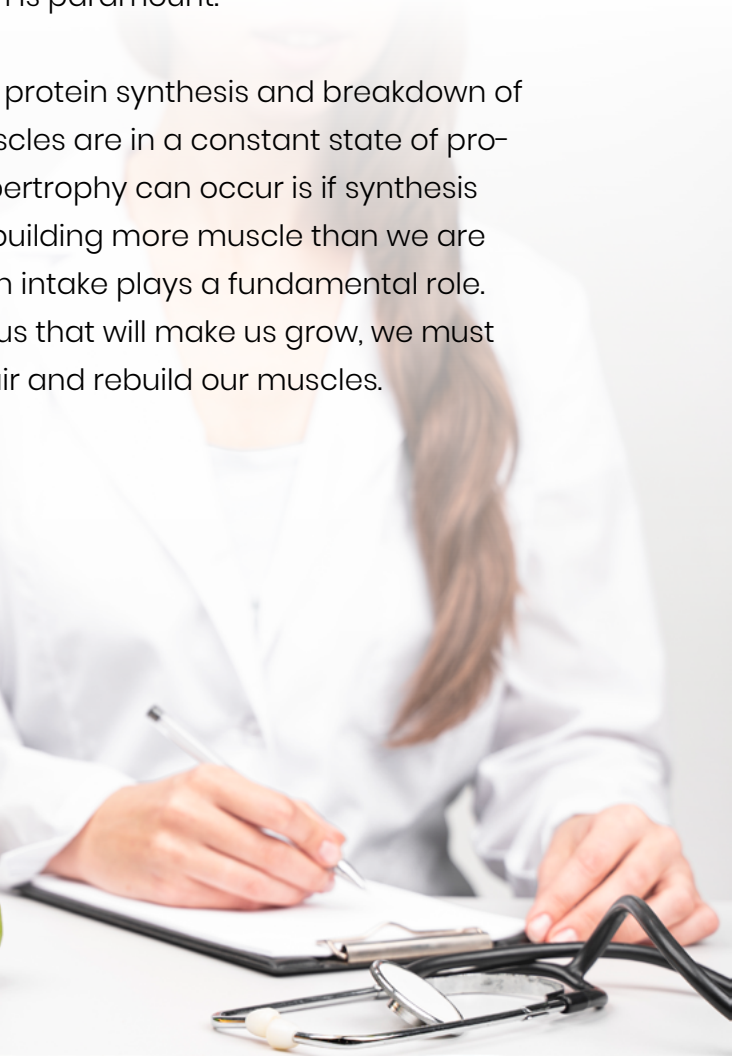
If you are new to nutrition, mastering it is extremely important.

A poor diet will interfere with our training regimen and knowing how to change and adapt what you feed your muscles can lead to rapid changes in fat loss and muscle building. If for example you are used to eating a lot of processed foods and refined sugars or if you skip meals, your nutritional plan is implemented, rich in proteins, fresh fruits and vegetables and whole grains, your physique will be transformed very quickly.

There is a brutal difference in terms of the nutrition we follow and the body we want. Since the nervous and muscular systems of gym beginners are not used to exercise, almost any training program can cause muscle growth, develop our strength.

However, to obtain the best results, good nutrition is paramount.

When we lift weights, there is an increase in both protein synthesis and breakdown of them. Essentially, what this means is that the muscles are in a constant state of protein turnover. The only way muscle growth or hypertrophy can occur is if synthesis exceeds breakdown or, in other words, if we are building more muscle than we are breaking down through training. And, here protein intake plays a fundamental role. While training is essential to achieving the stimulus that will make us grow, we must ensure that we refuel with the right foods to repair and rebuild our muscles.



Which is the verdict?

Definitely, good nutrition is the basic element we need to improve training sessions and improve their quality, and give the final touch to the stimulus we achieve through exercise. In the same way, we will not tone up, we will increase the size of the muscles without the addition of a regular training regimen composed of weights and aerobic exercise.

These exercises are extra a personalized diet with the support of highly qualified nutritionists @bodynutrition5 you will achieve the desired goal in the short term.

FIND OUT ABOUT THE PERSONALIZED PLAN

WHAT WILL YOU FIND IN YOUR PLAN?

WEB LINK : <https://bodynutricion5.com/>

The logo consists of the letters 'BN'5 in a bold, pink, sans-serif font. The 'B' and 'N' are connected, and the '5' is slightly offset to the right.

**CLICK ON THE LOGO
TO GO TO THE WEB**