



# MY SUPPLEMENTATION

**10 %  
DISCOUNT**  
ON PROZIS.COM

WITH THE CODE  
**BODY5**

**BN5**



**REMEMBER TO USE THE DISCOUNT CODE  
IN YOUR PURCHASES**

**BODY5**

**REMEMBER THAT YOU HAVE 100% NATURAL PRODUCTS  
THAT WILL BOOST YOU AND HELP YOU REACH YOUR  
GOAL FASTER.**



**CLICK HERE - DIURETIC**

**Discount code: BODY5**

Helps eliminate fluid retention, reducing swelling, improving body definition and cellulite.

**It can be used whether you are losing weight or gaining muscle mass!**



**CLICK HERE - BURNER**

**Discount code: BODY5**

It is designed with natural ingredients. With Caffeine: Accelerates fat burning, reduces appetite and gives you more energy to train.

**Mainly use when you are in weight loss!**



**CLICK HERE - BURNER WITHOUT STIMULANTS**

**Discount code: BODY5**

It is designed with natural ingredients, without stimulants: Helps burn fat and control hunger without caffeine, include this burner if do you train at night or are sensitive to stimulants.

**Mainly use when you are in weight loss!**



**CLICK HERE - PROTEIN**

**Discount code: BODY5**

Ideal for muscle recovery and development.

**It can be used whether you are losing weight or gaining muscle mass!**



**CLICK HERE - CREATINE**

Increases strength and endurance, promotes muscle growth, reduce muscle fatigue, improves muscle recovery and increases energy.

**It can be used whether you are losing weight or gaining muscle mass!**



**CLICK HERE - GLUTAMINE**

**Discount code: BODY5**

Helps improve muscle recovery, reduce catabolism (muscle loss) strengthen the immune system and improves intestinal health.

**It can be used whether you are losing weight or gaining muscle mass!**

## OTHER HELP PRODUCTS FOR YOUR DIET AND TRAINING



**CLICK HERE - ALOE VERA**

**Discount code: BODY5**

It helps the digestive system because it is a product antioxidant, especially if you feel very abdominal swelling during the day or you feel heavy after meals. It helps the digestion of each meal is better and it also helps the immune system. Ideal for people who have constipation and find it difficult to go to the bathroom.



**CLICK HERE - PRE TRAINING**

**Discount code: BODY5**

Pre-workout: Ideal for those looking for a boost of energy to train. Use it when you are very tired and have no energy to train or in those workouts that are very demanding.



**CLICK HERE- MULTIVITAMIN**

**Discount code: BODY5**

It is a supplement that provides a wide range of essential vitamins and minerals to maintain a healthy body. Helps improve energy, strengthen the immune system, improve bone health, promote optimal skin condition, stimulate optimal hair health and promote optimal nail health.



**CLICK HERE - APPETITE CONTROL**

**Discount code: BODY5**

Helps better manage hunger and cravings, making it easier to follow the diet.

## SNACKS TO CALM ANXIETY



**[CLICK HERE - CHOCOLATE SYRUP](#)**

**Discount code: BODY5**

Low calorie syrup to give it a sweet touch to your recipes or pancakes.



**[CLICK HERE - OAT FLOUR](#)**

**Discount code: BODY5**

Oat flour to make recipes or pancakes, ideal to give a sweet touch to your diet and thus avoid unnecessary cravings.



**[CLICK HERE - HEALTHY NOCILLA](#)**

**Discount code: BODY5**

Healthy nutty to add as a topping.



**[CLICK HERE - BARS](#)**

**Discount code: BODY5**

You can choose any of the “zero” category.



**[CLICK HERE - ”KIT KAT”](#)**

**Discount code: BODY5**

Healthy bars to include on extra days anxiety or when it is planned in your diet.

# 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.



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

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

## **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 'BN5' in a bold, pink, sans-serif font. The 'B' and 'N' are connected, and the '5' is slightly larger and positioned to the right.

**CLICK ON THE  
LOGO TO GO TO**