



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

GUIDE TO DAILY FAT BURNER PILLS



GUIDE TO TAKING FAT BURNING PILLS

“Fat burning pills” are one of the most controversial supplements on the market, and for good reason: most are junk and some are downright dangerous, but not all are completely worthless...

If you’re looking for pills and powders to help you lose weight, I have good and bad news for you.

Let’s start with the bad:

No amount of weight loss pills and powders are going to make you lean.

Trust me.

If you’re trying to lose fat, pill popping, even to excess, is not going to be enough. There just aren’t any safe, natural “fat burning” compounds powerful enough to, all on their own, cause meaningful weight reduction.

Now the good news:

If you know how to drive fat loss with proper dieting and exercise, certain supplements can accelerate the process.

Here is an example of how to properly take fat burner pills on an average day. You can use this guide as a reference for how much to take, what to take, and when to take them.

Here Is Exactly What I Do:

01. Before Weightlifting (Fasted)

- ✓ 2 pills of PHEONIX
- ✓ 1 scoop of PULSE
- ✓ 3 grams of Leucine
- ✓ 15 mg of Yohimbine

02. With Lunch

While you **eat your lunch**, take:

- ✓ 2 pills of PHOENIX

03. Before Cardio

Before your **cardio training session**, take:

- ✓ 2 pills of PHOENIX
- ✓ 1 scoop of PULSE
- ✓ 3 grams of Leucine (only if fasted)
- ✓ 15 mg of Yohimbine (only if fasted)

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