



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

HOW TO BUY WORKOUT SUPPLEMENTS



If you're considering getting workout supplements to help you reach your fitness goals, you might be overwhelmed with the amount of products available on the market.

The harsh reality is that most supplements are completely bogus and can't deliver a fraction of the results that they promise you.

You don't need supplements. Anything you want to achieve can be accomplished in the gym and in the kitchen with hard work and proper dieting. However, if you want to see results faster, you can use supplements to speed up the process.

TIPS FOR BUYING SUPPLEMENTS

There are a couple of things you can do to ensure that the supplements you're buying are legitimate. These tips will help you avoid getting ripped off.

01. Read the Ingredients

Supplement manufacturers are known for **stretching the truth**. Make sure that there are sufficient dosages of each ingredient.

02. Be Skeptical of Their "Science"

Lots of supplement companies will say that their results are **scientifically proven** to do something. Find out how the study was carried out, what the sample size was, and who funded the study. Try to see what the conclusions were and where the study was published.

SUPPLEMENTS THAT WORK

✓ 5-HTP

✓ Beta-Alanine

✓ Betaine

✓ Caffeine

✓ Carnitine

✓ Citrulline

- | | |
|---------------------|------------------|
| ✓ Creatine | ✓ Naringin |
| ✓ Curcumin | ✓ Protein Powder |
| ✓ Fish Oil | ✓ Spirulina |
| ✓ Green Tea Extract | ✓ Synephrine |
| ✓ Forskolin | ✓ Theanine |
| ✓ Hesperidin | ✓ Vitamin D |
| ✓ HMB | ✓ Zinc |
| ✓ Multivitamin | |

SUPPLEMENTS TO AVOID

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|---|------------------------|
| ✗ Acai Berry | ✗ Garcinia Cambogia |
| ✗ Branched-Chain Amino Acids
(BCAAs) | ✗ Green Coffee Extract |
| ✗ Chitosan | ✗ HGH Boosters |
| ✗ CLA | ✗ Hoodia Gordonii |
| ✗ Deer Velvet Antler | ✗ Raspberry Ketones |
| ✗ 7-keto DHEA | ✗ Tribulus Terrestris |
| | ✗ ZMA |

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YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.

LEGION

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