



## Personal Health

# Which Supplements to Choose?

### **What company & products do I choose?**

There are several companies around that will push whatever product they are selling, but we have found one company that is truly looking out for the best interest of its consumers. This company is dub nutrition.

Dub nutrition's number one priority is quality. They work diligently to provide all natural, pharmaceutical grade products that are the best in the industry. Dub's scientists have designed high quality products that are designed to deliver proper vitamins, minerals and phytonutrients into your body. Dub also works exclusively with labs that are NPA members, TruLabel participants, FDA registered, and GMP certified to ensure the highest standards are upheld in the manufacturing of their products.

Dub's Founder and product formulator, Jeremy Wardle, has combined his years of experience in both the physical fitness and supplementing worlds to develop a supplement line that consolidates the best of the best into three core products: dub Burner, dub Youth, and dub Muscle. These products were designed to take the guess work out of supplementing. This product line offers something to everyone, no matter the age group or fitness level.

Below is a brief explanation of their supplements

### **Dub's Products**

Dub Youth:

1. What is it:

- a. Dub Youth was developed to first protect the vital organs from the relentless onslaught of free radicals that attack them all day long. Overtime this causes the body to produce inflammation. The latest studies today have shown that inflammation is now the precursor to disease. dub Youth will help to eliminate these free radicals and strengthen the walls of the organs in your body.

The largest organism in your body is the skin and dub youth will help rejuvenate the elasticity in your skin. Dub Youth combines the latest finds of the century such as Acai, Resveratrol, Curcumin, Vitamins A, C, D, E, B12, and ALA (alpha-lipoic-acid) and infuses them into a fast efficient delivery system will help you "age gracefully not aggressively". dub Youth will have the greatest effect when combined with a modest eating regimen and a foundation of exercise.

Dub Muscle:

1. What is it:

- a. dub muscle is fully and completely designed to first protect your muscle tissue. It decides your metabolic rate of burning calories then helps you add muscle in its leanest form possible. dub Nutrition believes that you can recompose your body. Dub muscle does this by relieving the body of free radicals, such as ammonia through a process called nitric oxidation. This allows the body to accept tissue development through proper blood flow to the area in which you are training. Beta Alanine is the amino acid used in dub Muscle to deliver the most amount of blood to the muscle being trained. This allows a quicker recovery. 500 mg of the Amazing Acai Berry has also been added as a foundational component. Acai is one of the worlds super foods and greatest anti oxidant available today.





## Personal Health

### Dub Burner:

#### 1. What is it:

- a. Dub nutrition has a one of a kind fat burner with the best delivery system available. Most fat burners are circulated on the market through the re-label or customized label market.

This is the only fat burner on the market loaded with arginine, guarana, and green tea to help distribute the nutrients of the other supplements more efficiently to the body. Most fat burners cause a down feeling as it begins to wear off, Dub has added a tremendous boost of Vitamin B12 to elevate you emotionally and keep you in a positive state of mind. Caralluma fimbriata is also infused into their capsules to help you control your cravings and help you with portion control. Potassium is also added to protect your muscles from cramps as your body becomes leaner. If your muscles are protected then the body will choose to burn fat instead.

Through consistent use, a modest eating regimen, and a good foundation of exercise you will lose weight! More importantly the weight you will drop will be stored fat!

### Dub Protein:

#### 1. What is it:

- a. Protein 2.0 is loaded with 20 grams of protein, a 1600 mg Amino acid blend, and a special blend of electrolytes to help balance water/fluids in the body. Dub Protein 2.0 is designed for:
  - i. **Athletes:** To enhance recovery, to protect your heart and connective tissues. Protein 2.0 delivers the fastest level of absorbency to protect your muscle tissues from being destroyed, to promote lean tissue growth, and to protect your joints.
  - ii. **Weight Management:** Protein 2.0 is perfect for fat loss and will help to speed up the metabolic function of the body. It is designed to help make sure that the body weight you lose truly be weight from fat. Protein 2.0 is a perfect protein in conjunction with the Body by dub eating program.
  - iii. **Obesity and type 2 Diabetes:** Protein 2.0 focuses on fast absorption, promotes healthy blood sugar level, feeds the muscle and burns the fat! Most importantly, it helps with crave control. This is a perfect protein for one who may have had Gastric bypass or for someone whose body is more acidic to help bring the body back to a healthy alkaline level
  - iv. **Anti Aging:** Protein 2.0 is a great product for your skin. Hydrolyzed collagen helps thicken the skin, strengthen arterial walls, and rebuild cartilage. And as we get older it becomes important to maintain (and even put on) healthy muscle.

### Dub Energy:

#### 1. What is it:

- a. Dub Energy is a 2 oz energy shot! Dub Energy can be taken in the morning to help you get off to a healthy start for the day! Many people in the world wake up and have a cup of coffee. Why? Coffee is loaded with fat and unhealthy levels of carbs that are just waiting to attach to your body. Dub says it's time you make the healthy choice and chose Dub Energy for your morning routine! There is not a single carb or calorie in Dub Energy. Dub Energy can also be taken ten minutes prior to your work out or just sipped on during your workout. It also can be taken when you just need a pick me up!

### Why We Promote Dub Nutrition:

As stated before Dub nutrition is "truly looking out for the best interest of its consumers". We promote them because we, personally, have used their products for years and truly feel their supplements have improved our quality of life and the quality of life for our families.

*Marc & Ed*



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