Twitter Thread by Simmo

Simmo
@yoursimmo

7 life-changing supplements every man should take for optimal health (that actually work):



Until 5 years ago, I suffered with awful health.

I had debilitating digestive issues.

I had extremely low testosterone.

And my anxiety levels were through the roof.

Discovering these 7 supplements changed everything:

Glycine

A powerful anti-inflammatory and precursor to glutathione.

What's that?

The body's main anti-oxidant pathway that helps keep you healthy.

But the best part:

Glycine has been proven to boost sleep quality.

Use 5g before bed.

(Warning: dreams are super vivid).

Vitamin B1

B1 plays a vital role in the "Krebs Cycle"

A system in the body that's critical for optimising your energy.

B1 is also brilliant for resilience so you cope better with stress.

Idealab's Energin is best.

Take 25-50mg per day.

Theanine

The precursor to the neurotransmitter, "GABA".

Responsible for mood regulation and helping induce sleep.

Use alongside glycine for a powerful evening sleep elixir.

Take 50-100mg before bed.

Mind Nutrition is best.

Magnesium Chloride

70% of men are deficient in magnesium.

Magnesium is responsible for 400+ processes within the body.

Mood, sleep, hormones + much more.

So not getting enough is catastrophic on your health.

The best is Nutricology's Magnesium Chloride.

Creatine

Easily one of the most underrated supplements.

It's been proven to benefit mental and physical performance.

Looking to supercharge mood and gym gains?

Creatine is key.

But, buy German to guarantee quality.

Creapure Creatine 1-2g before training is best.

Vitamin K2

Powerful for heart health.

K2 boosts vascular elasticity and improves blood flow.

Bonus?

Also, been shown to increase testosterone levels.

The best is Idealabs' K2 (applied to the navel).

Vitamin E

Vegetable oils are destroying male health.

They're high in oxidised linoleic acid which is toxic to the body.

They've been proven to break your metabolism.

This will quickly screw your health, mind and life.

Solution? .. Vitamin E.

The best is Idealabs "Tocovit".

Before you go:

99% of supplements are garbage.

Full of toxic additives & fillers.

Proven to cause all sorts of neurological and physical issues.

Ingredients to avoid like the plague:

• Magnesium stereate
• Silicon dioxide
• Titanium dioxide
• Colourings (like E numbers)

Most supplements on the market are loaded with them.

Which ones don't?

The best supplement companies I've come across are:

• Pure encapsulations
• Nutricology
• Seeking Health
• Idealabs (my personal favourite)

Final point:

Supplements don't and will never replace a healthy diet.

I've been researching optimal health for nearly 10 years now.

Trust me when I say:

Fixing your diet and eating more meat and seafood will solve 90% of your problems.

That's a wrap!

If you enjoyed this thread:

1. Follow me @yoursimmo
2. RT the tweet below so others benefit https://t.co/3VMvInKEZ3

> 7 life-changing supplements every man should take for optimal health
> (that actually work): pic.twitter.com/0uLWFWBKRV
>
> — Simmo (@yoursimmo) August 23, 2022