

HOW TO GET BIG...QUICK!

The supplement industry is lying to you



WHEY PROTEIN

**CREATINE
MONOHYDRATE**

ELECTROLYTES

THE SUPPLEMENT INDUSTRY IS LYING TO YOU



The Truth About What Works (And What's a Waste of Money)

🚫 STOP WASTING MONEY ON SUPPLEMENTS THAT DON'T WORK

Walk into any supplement store, and you'll be bombarded with **fat burners**, **testosterone boosters**, and **"muscle-building" pills** that promise insane results. The reality?

- **Most supplements are overhyped, underdosed, and completely unnecessary.**
- **Real muscle growth comes from proper training, nutrition, and recovery - not magic powders or pills.**

In this guide, we break down **what actually works**, **what's a complete scam**, and **how to invest in the essentials without draining your wallet**.

💪 THE ONLY 3 SUPPLEMENTS WORTH YOUR MONEY



If you want to **build muscle**, **lose fat**, and **improve recovery**, here are the **only three scientifically proven supplements** that actually work:

1 PROTEIN POWDER (OPTIONAL, BUT HELPFUL)

- ✓ **Best for:** Hitting daily protein targets for muscle growth
- ✓ **How it helps:** Protein is essential for **muscle repair & recovery** after training. If you struggle to eat enough, a **whey protein powder** can help.

✓ **How to use it:** Aim for **1g of protein per pound of body weight daily** - use protein shakes only **if needed** to reach your goal.

 **DON'T FALL FOR:**

- ✗ "Mass Gainers" full of sugar & cheap fillers
- ✗ Collagen protein marketed as muscle-building (it's not)

2 CREATINE MONOHYDRATE (THE MOST RESEARCHED SUPPLEMENT ON THE PLANET)

✓ **Best for:** Strength, power, and muscle endurance

✓ **How it helps:** Creatine **increases ATP production**, helping muscles contract harder and recover faster. It also **hydrates muscle cells for better performance**.

✓ **How to use it:** Take **5g per day**, every day - no loading phase needed.

 **DON'T FALL FOR:**

- ✗ Expensive creatine blends (Creatine HCL, Kre-Alkalyn, etc.) Creatine Monohydrate is all you need.

3 ELECTROLYTES (FOR HYDRATION & PERFORMANCE)

✓ **Best for:** Preventing dehydration, improving endurance, and reducing cramps

✓ **How it helps:** Sodium, potassium, and magnesium **help muscle function and recovery** - especially if you sweat a lot during training.

✓ **How to use it:** **Drink water with electrolytes during or after workouts**, especially if training in a **hot environment**.

 **DON'T FALL FOR:**

- ✗ "Detox" drinks or "BCAA hydration" powders that are overpriced and unnecessary.

 **SUPPLEMENTS THAT ARE A TOTAL WASTE OF MONEY**



✗ **FAT BURNERS** - Nothing burns fat except a calorie deficit. Most fat burners are just overpriced caffeine pills with fancy labels.

✗ **TESTOSTERONE BOOSTERS** - If these actually worked, they'd be illegal. Strength training & proper sleep do more for your testosterone than any supplement.

✗ **BCAAs** - If you eat enough protein, you don't need BCAAs. They are useless for muscle growth.

✗ **PRE-WORKOUTS LOADED WITH STIMULANTS** - Most are just overpriced caffeine with artificial flavours. A black coffee works just as well.

 **FINAL MESSAGE: BUILD MUSCLE THE RIGHT WAY**

At FF, we don't just give you **weights** - we give you **the truth** about training, nutrition, and supplements.

- ✓ **We teach you how to train smart and eat for real results.**
- ✓ **We don't push gimmicks - just science-backed strength and muscle-building principles.**
- ✓ **If you want to get stronger, leaner, and more confident without the B.S., we're here to help.**

🔥 **Want to train smarter and get real results? Join us at FF today.**

Shoot us a **WhatsApp** for a voice note back: **07891341128**