

The Jumpsuit Way Supplement Protocol

MORNING ON AND EMPTY STOMACH

- Ashwagandha Root Extract [Ashwagandha Extract 450 mg 90 Veg capsules - Health | Prozis](#)
- Appetite suppressant [Appetite Control 60 caps - Fat Burners & Muscle Definition | Prozis](#)

MORNING AFTER BREAKFAST

- Plant based protein powder [Supreme 100% Vegan Protein 700 g - Diet Food | Prozis](#)
- B12 Vitamin [Vitamin B12 100 mcg 60 tabs - Athlete's Health | Prozis](#)
- Multivitamin [Essential Multivitamin 90 caps - Athlete's Health | Prozis](#)
- Vitamin C [Chewable Vitamin C 500 mg 90 chewable tabs - Athlete's Health | Prozis](#)

LUNCH

- Omega-3 Fish oils [Omega 3 90 softgel capsules - Athlete's Health | Prozis](#)

DINNER

- Joint support [Glucosamine & Chondroitin 30 tabs - Athlete's Health | Prozis](#)
- Vitamin D3 4000iu [Vitamin D3 4000 IU 120 softgel capsules - Athlete's Health | Prozis](#)

BEFORE BED

- Zinc, Magnesium & Calcium [Calcium, Zinc & Magnesium 90 tabs - Athlete's Health | Prozis](#)

NOTE: Please talk to your doctor before starting any new supplements!