

AllAroundJoe: 5 Supplements I Can't Live Without

1. [Body Health - Perfect Amino](#)

This is the supplement that makes me about 75% less sore than when I take a protein shake. If you take it as directed, you'll see amazing results. You can get 10% off with code: ALLAROUNDJOE

2. [Blonyx HMB+ Creatine](#)

Creatine is a great product, period. What Blonyx has done is combined another strength and recovery product, HMB, to the creatine. Not only that, but there's no additives at all in this stuff. It just plain works. *get 10% off with code: ALLAROUNDJOE

3. [Athletic Greens](#)

This is the "Greens" version of a multivitamin. I had heard Tim Ferriss talk about how great this stuff was for years before I tried it. Now, I have it on auto ship, and double dose when I'm feeling like I need a boost.

4. [Blonyx Beta Alanine](#)

This is the best new product that I've tried. After about a week of taking this I could feel that I wasn't getting as fatigued during hard CrossFit metcons. It literally extends the amount of time that you can push hard in your workouts. *get 10% off with code: ALLAROUNDJOE

5. [Keto1](#)

If you're looking for an energy boost, clearer mind, and some long-term health benefits, this is a very cool supplement to throw into your lineup.

6. Bonus - [Extreme Endurance](#)

This actually could be the most important of all the supplements that I recommend. Extreme Endurance took me from overtrained to feeling good during my training for the 2014 CrossFit Regional. It buffers lactic acid in a way that alkalizes your body. Essentially making you less acidic. This is like an overall super health pill that I think everyone should be taking. Athlete or not.

When to take...

30-60 minutes before working out

Keto1

8-10 PerfectAmino's

0-30 minutes after working out

4-5 PerfectAmino's

Blonyx HMB+ Creatine

Morning

Athletic Greens

Extreme Endurance