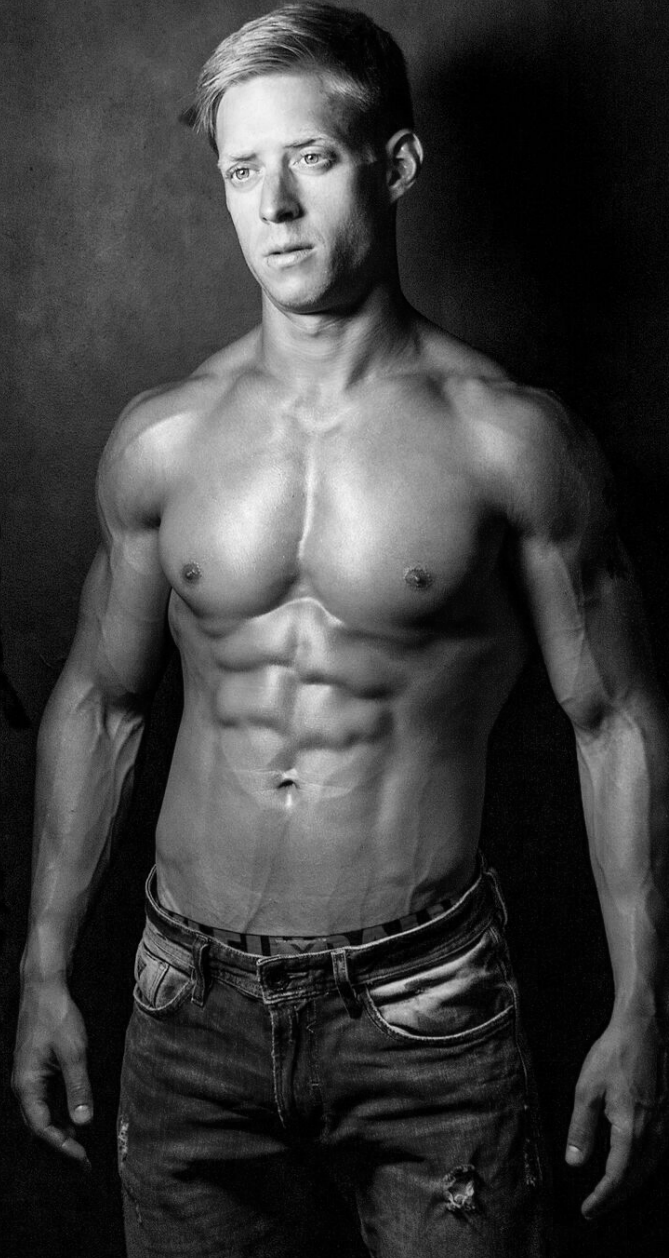


# Minimalist Muscle

***More Muscle In Less Time For Busy Guys***

by Eric Bach



**Module 8: Supplement And Shopping Guide**

## **Disclaimer**

This eBook provides information. It does not constitute medical, fitness, dietary or legal advice. Eric Bach and Bach Performance LLC will not assume any liability or be held responsible for any form of injury, personal loss, or illness caused by the utilization of this information.

***You must get your physician's approval before beginning this program.***

Ask your physician for a complete physical examination, especially if you high cholesterol, high blood pressure, are overweight, or have diabetes.

Discuss all dietary changes with your physician or a registered dietician.

This exercise and nutrition program is not a substitute for treatment, meal plans, prescriptions or professional advice made by your physician, dietician or other health care professional.

These recommendations are not medical guidelines to treat, diagnose, or cure any illness. This program is designed for individuals 18 years old and older in good health. All forms of exercise pose some inherent risks. The publishers and editors advise all readers of this eBook to take full responsibility for the risks of exercise and stay within their limits. Ensure all equipment being used is well maintained and in good shape. That means safe barbells, tightened dumbbells, strong collars, and the like  
*Do not take risks beyond your level of experience and abilities.*

Don't lift heavy weights if you're alone, injured, fatigued, and inexperienced. Ask for instruction and a spotter for lifts to maximize safety. If you experience lightheadedness, dizziness, or shortness of breath while exercising, stop immediately and consult a physician.

### **Disclosure**

***Eric Bach writes: If you click on a link to a product in this eBook, there is a chance I may receive a small commission. Rest assured that I recommend only products I myself use. Integrity is everything to me. So is your trust. I would never violate that trust.***

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# Recommended Supplements and Resources

If you're a minimalist and would prefer to avoid supplements, I hear you.

I don't always take supplements, especially if my diet is on point. That said, some supplements may improve your performance and accelerate your results, especially if you have a busy schedule.

**It's important to remember supplements are just that: a way to supplement an already balanced and healthy diet.**

Rather than make up the basis of a diet, use these products to give your performance a little additional boost. The products can make getting your nutrients a bit more convenient, and get results a little faster.

Unfortunately, all supplements are not created equal. Some supplements are of questionable quality because of impurities. Some unscrupulous companies have even been known to add dangerous substances to their products to boost results and reduce costs. As a result, some supplements end up being ineffective at best, and dangerous at worst.

That's why I stick with high quality supplement brands when I make recommendations.

**No-BS Disclosure:** Please note that I may receive a small commission if you purchase some of the products I recommend. But, as I constantly point out, I only recommend things that I believe in and use myself. Integrity is everything to me. So is your trust. I would never violate that trust. [See my complete privacy and affiliate policy here.](#)

Remember: You don't NEED any of the products. But they can provide a boost in performance and make hitting your macros more convenient.

Don't spend your money on any supplement unless you feel that they will help you achieve your goals.

All that said, head to the [Bach Performance Products Page](#) for a list of my recommendations.