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Supplements Goals Reference Guide

It's called the “Supplement Goals Reference Guide” and contains detailed reviews of over 300 different supplements, based on over 180 specific health and fitness goals. What makes this specific guide so useful is that it's based purely on objective research studies and nothing else... Not subjective anecdotal reports, and not on the effects that some random guy at the gym says he got from using a particular supplement.

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Supplement Goals Reference Guide

In this post, I'll be reviewing examine's supplement goals reference guide, which is one of the most comprehensive resources on supplements out there. Stay tuned to see what I like about it what I don't like and if I think it's worth its price tag. Let's get started.

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The Supplement Goals Reference Guide Skyler Tanner Fallacy , Fitness , Folly July 26, 2013 August 1, 2013 My friend Sol Orwell is a persistent mofo and I've previously written about just how hard a worker he is, even in a communication vacuum.

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and with over 700 pages of content and lifetime updates, this resource is a game-changer, thanks to the folks at Examine.com.

Supplement-Goals Reference Guide | Eric Cressey | High

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Put simply, this reference lets you quickly and easily find supplements that will work for the health goals you are interested in (basically the Health Goal -> Supplement relationship). With over 180 different health goals, you can instantly find supplements that will help you with goals such as anxiety, attention, erections, hair growth, immunity, memory, pain, stress, and more!

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