**Nighttime Supplementation**

Like anything, what is necessary; what is helpful; what is preferred always differs based on you; your body; your goals; etc…

That said, I do highly believe in night time supplementation, especially as part of system like in combination with the 1 DB Fastpack. Some people need it, some don’t.

Here are some things to think about and options that we might have:

Night supplementation is used to help even further our results and to really aid our body in recovery. We want to get the very most out of our sleep as possible. This helps with energy and therefore performance in and out of workouts; increased recovery which helps with the same, as well as, faster results.

There are two main 1st Phorm supplements that you might bring into your night routine, in my opinion.

1. Core-21: this is a natural cortisol reducer. Cortisol is our stress hormone that stores stubborn lower belly fat and disrupts sleep. Cortisol increases when we train often and intensely; with emotion, mental, or financial stress; relational stress; even when we change our diet drastically, especially when you go into a caloric deficit. If you find yourself having trouble falling asleep, staying asleep, or feeling rested after sleep, it could be that your cortisol is too high. Core-21 helps to naturally lower that to help you get high quality sleep; great for times, too, when you can’t get the amount of sleep that is ideal. Core-21 also has digestive enzymes that can support fat loss results and overall gut health. <https://1stphorm.com/products/c-21/?a_aid=Ami>
2. Night T: this is a nighttime supplement that supports the body for hormone production, specifically GH or growth hormone. This can aid in more rapid recovery and thus, faster and better results. This will help increase the recovery of our body overnight, so we get more performance and benefits out of our sleep. <https://1stphorm.com/products/night-t/?a_aid=Ami>

If you’re “cutting” or in a deficit, I typically suggest the Core-21. If you’re trying to gain lean mass, I typically suggest the Night T.

As always, this is dependent to the person, and a big sign that you may need one of these is if you’re having trouble with your sleep.

Otherwise, you may just want to give your body that extra boost of recovery and optimize your sleep, awesome. One of these may be great for you.

Let’s talk about your goals and see which, if either of these, would benefit you and your journey the most.

Let me know what questions you have!

Love you! #acadamifitness

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