

Paleo Schedule of Supplements								
	1st Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	2nd Monday
Morning						Aminos 1	Aminos 2	
		AM Sppl	AM Sppl	AM Sppl	AM Sppl			
Lunchtime			Protein 1		Protein 2			
						AM Sppl		
Evening	Pick Up Food							
		PM Sppl	PM Sppl	PM Sppl	PM Sppl	PM Sppl		
		Fiber		Fiber		Fiber		

Download: Paleo Meals Supplements PDF

Aminos: Breakfast Intermittent Fasting w Aminos

Protein: Flavored Protein Lunch Shakes

AM: Fat Metabolizing Supplements taken with the first food of the day Tuesday through Friday with Breakfast; Saturday with Lunch

PM: Fat metabolizing Supplements taken with the last food of the day Tuesday through Saturday with Dinner

Fiber: To be taken Tuesday, Thursday and Saturday with dinner

Supplements Included for the 5 Week Weight Loss Transformation.

Thank you for putting your faith into the Saskatoon Paleo Meals Program!

Please review and if you have any questions, do not hesitate to contact me via email edmund@edmundwoo.com or by text/phone. Edmund Saskatoon Caveman Chef 864 363 6644

Eating just the food versus eating the food and taking supplements:

When I started this program nearly 6 years ago, the weekly Paleo Meals plan was the same as it is today, 5 days of meals with two days where the client was expected to eat reasonably on his own and practice cooking and eating Paleo/Primal using the Saskatoon Paleo Meals (on the 5 days) as a model.

What happen however was that most clients would eat properly for 5 days but would eat badly on the 2 off days and then wonder why they were not seeing the results they wanted.

So I incorporated a number of protocols that I personally practiced, adding in 2 Intermittent Fasting Breakfasts on the weekend and 2 Meal Replacement Whey Shakes on two of the week days to extend the plan to 7 days where then the only two meals that the client had to do on his own was the Saturday Evening Reward Dinner and a Sunday evening "Lean and Green" dinner.

And, as a result, many of our clients have realized very good results on this plan.

However, if taking supplements is not your cup of tea or if doing the Meals and Supplements is overwhelming, then, just eat the food and be reasonable on the other two days. You will still realize your goal of body transformation.

If you decide to do both the food and supplements:

A quick summary followed by more detail and links to video explaining the program. Please review below and let me know if you have any questions:

- 1. Saturday and Sunday for breakfast: Amino Acid Supplement with 16 oz. cold water (shake very well)**
- 2. Wednesday and Friday for lunch: Protein meal replacement shakes.**
- 3. Tuesday, Thursday and Saturday after your evening meal: Fiber with 16 oz. water (shake very well)**
- 4. Tuesday through Saturday supplements: AM with first food, PM with dinner...please notice that on Saturday morning when you are doing your Intermittent Fast for Breakfast, wait until lunch to take your AM pack so that you can take it with food.**

Depending on your personalized needs, you may have been given four types of supplements:

With all of these supplements, however, please read the background material and make sure that you can these and of course, check with your doctor before starting a vitamin supplementation routine, exercise, etc.

1. Fiber is included to add extra “bulk” to your food to gently cleanse the digestive system.
2. Fiber is also included because when many of clients start the Paleo Meals Program, they have been eating grain for their fiber. When they go grain free under our program (Paleo is Gluten-Free) along with eating more protein than they may be used to eating, there is a chance for constipation. The added fiber is to counteract this.
3. It should be taken three times a week, every other day, typically after the evening meal.
4. The fiber should be taken with 16 ounces of water. Because it has the consistency of sand, what I have found the easiest, is to drink it with four ounces of water (gulp it) and to “chase” it by sipping 12 ounces of water afterwards.

See this video on Fiber and pAGG Fat Metabolizing herbal supplements: http://youtu.be/_7slaWd4YKs

This Dietary Fiber Supplement is 100% pure concentrated Psyllium Fiber. It has no sugar, artificial flavors, colors or sweeteners. Safe for diabetics. For more information, refer to Fiber Ingredient description at the end of this section.

Notice: Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing.

5. Herbal supplements for Fat Metabolism: These should be taken (AM) in the morning with food and (PM) in the evening with food. Please review the attached ingredient list on the pAGG supplement stack:

6. Amino Acid supplementation: Refer to: <http://www.infinityfitness.com/products/msp.html> and <http://www.infinityfitness.com/products/mr.html>) (one scoop of each of these products):

On Saturday and Sunday mornings, we practice Intermittent Fasting for Breakfast to accelerate fat loss. Unfortunately, there is a chance of losing muscle mass when fasting so we supplement with Amino Acids to combat that.

See this video on Amino Acid Supplementation, Intermittent Fasting, the Splurge Meal and Protein Shakes: http://www.youtube.com/watch?v=8XZI_R3G8WI

7. Protein Shakes: Two protein powder meal replacement shakes: Mix with 14-16 ounces of cold water. Take these in lieu of solid food for lunch on the two days (Wednesday and Friday on our schedule) that you do not have Paleo food. Do not take the Protein Meal Replacement shakes on Saturday and Sunday because I do not want you follow Breakfast Fasting on those two days with a liquid lunch.

Any questions, please do not hesitate to call or email.

But please read everything in this section on the supplements and discuss with your doctor to make sure that it is okay for you to take them.

To your success!
Edmund Woo

pAGG Research

We have carefully chosen each of the ingredients in our pAGG Supplement System to maximize their fat-loss benefits. **Please review the following carefully and consult with your physician to make sure that it will be safe for you to take them.**

Each of our ingredients were carefully examined to identify the components within that had the greatest effect on fat-loss. In formulating our pAGG Supplement System we focused our efforts on maximizing the potency of these components through the design, manufacturing, and bottling process.

Ingredient	Amount	Why It Works
pAGG All Day™		
(R) Alpha-Lipoic Acid	150mg	Store calories in muscles and liver instead of fat cells Recent studies suggest ALA helps blood sugar get stored as muscle glycogen rather than fat by increasing GLUT-4 recruitment to the surface of skeletal muscle cells.
Aged Garlic Extract <i>with high Allicin Potential</i>	200mg	Increase your heart health Cholesterol management with high bio-availability
Decaffeinated Green Tea Flavanols (EGCG)	542mg <i>Yielding 325mg EGCG</i>	Kill off old fat cells Inhibits fat storage, quickens the death of old fat cells, and inhibits the formation of new fat cells. These characteristics will help keep your weight from bouncing back.
pAGG Night Time™		
Policosanol	25mg	Reduce your body-fat while you sleep Lowers LDL (bad) and raises HDL (good) cholesterol while lowering body fat
R-ALA	150mg	See Above
Aged Garlic Extract	200mg	See Above
Decaffeinated Green Tea Flavanols (EGCG)	542mg <i>Yielding 325mg EGCG</i>	Kill off old fat cells Inhibits fat storage, quickens the death of old fat cells, and inhibits the

		formation of new fat cells. These characteristics will help keep your weight from bouncing back.
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Policosanol

Policosanol is an extract from sugar cane used to improve symptoms of cardiovascular disease mainly by reducing LDL oxidation.

Benefits of Policosanol in the pAGG supplement Stack

- Studies have shown Policosanol to help reduce body-fat
- Studies have shown Policosanol to help maintain serum lipid health naturally (HDL, LDL, Triglycerides)
- Studies have shown Policosanol to decrease platelet aggregation without decreasing coagulation time

Known Side Effects of Policosanol

In post-marketing studies of 27,879 patients only 22 patients, had to discontinue treatment because of side effects. In clinical trials there were either no significant differences in adverse effects or significantly more adverse effects in placebo groups compared to Policosanol.

Abstracts from Scientific Studies

“Plant sterols and stanols and policosanol are well tolerated and safe; however, policosanol is more effective than plant sterols and stanols for LDL level reduction and more favorably alters the lipid profile, approaching antilipemic drug efficacy.” - “Meta-Analysis of Natural Therapies for Hyperlipidemia: Plant Sterols and Stanols versus Policosanol” ***The Journal of Human Pharmacology and Drug Therapy.***

Alpha-Lipoic Acid (ALA)

Alpha-Lipoic Acid, aka ALA or lipoic acid is a coenzyme needed to break down sugar for energy production. Within the last 20 years it has been recognized for its powerful antioxidant properties and used to many different conditions both experimentally and in practice. Our bodies produce ALA naturally but not enough to exercise its full antioxidant capabilities. ALA can also be found naturally in common foods but in miniscule amounts.

Benefits of ALA in the pAGG supplement Stack

- Powerful antioxidant
- Liver detoxification
- Helps regulate metabolism by recruiting GLUT-4 to surface of skeletal muscles *“inhibiting the storage of excess carbohydrates as body fat and preferentially diverts them to muscle cells.”* – The 4-Hour Body, Tim Ferriss
- Helps the body use vitamins C, E, glutathione and coenzyme Q10
- Increases the sugar burning activity of insulin and reduces insulin resistance
- Helps store carbohydrates in muscle or liver as opposed to fat
- Positive impact on glucose uptake and reduced triglyceride production

Known Side Effects of ALA

In general, ALA supplementation has been found to have few serious side effects. The most frequently reported side effects to oral ALA supplementation are allergic reactions affecting the skin, including rashes, hives, and itching.

Abstracts from Scientific Studies

“the 1800 mg alpha-lipoic acid group lost significantly more weight than the placebo group”.
“Alpha-lipoic acid may be considered as adjunctive therapy for obesity.” – **The American Journal of Medicine**, Department of Internal Medicine, University of Ulsan College of Medicine

High Potency Green Tea Flavanols (60% EGCG)

Green Tea has been used medicinally for over 4000 years to help everything from controlling bleeding and helping heal wounds to regulating body temperature, blood sugar and promoting digestion. The origin of its powers were not widely known until recently when studies started pointing at the polyphenols and catechins that are in Green Tea.

Our Green Tea contains a very high potency of catechins and flavanols called Epigallocatechin Gallate (EGCG) to ensure the stack maximizes the metabolism benefits of Green Tea.

Benefits of Green Tea in the pAGG supplement Stack

- Helps regulate healthy metabolisms – used traditionally to control glucose (blood sugar) in the body
- Increases programmed cell death of older fat cells
- Inhibits replication and differentiation of new fat cells
- Powerful, well known, antioxidant
- Has thermogenic properties that promote fat oxidation
- Lowers total cholesterol and raises HDL (good) cholesterol levels

Abstracts from Scientific Studies

“The effects of epigallocatechin-3-gallate on thermogenesis and fat oxidation in obese men: a pilot study” – Journal of the American College of Nutrition, **University Medicine Berlin**, Charité Campus Buch, Franz-Volhard-Center for Clinical Research, D-13125, Berlin, Germany. This study finds that EGCG alone has the potential to increase fat oxidation in men and may thereby contribute to the anti-obesity effects of green tea.

“Studies in models of cardiovascular and metabolic diseases suggest that green tea and EGCG may contribute to the maintenance of health and the treatment of disease. Several intervention studies have demonstrated green tea catechins containing 200–300 mg EGCG exert beneficial effects on cardiovascular and metabolic health. These studies are consistent with the epidemiological evidence that the consumption of 5–6 or more cups of green tea per day protects cardiovascular and metabolic health.” - **Journal of the American College of Nutrition**, Swen Wolfram, PhD

“Clinical studies suggest that green tea extract may boost metabolism and help burn fat. One study confirmed that the combination of green tea and caffeine improved weight loss and maintenance in overweight and moderately obese individuals. Some researchers speculate that substances in green tea known as polyphenols, specifically the catechins, are responsible for the herb’s fat-burning effect.” – **University of Maryland Medical Center**

“These [study] results demonstrate that EGCG can act directly to inhibit differentiation of preadipocytes and to induce apoptosis of mature adipocytes and, thus, could be an important adjunct in the treatment of obesity.” – **Study produced by University of Georgia** [Translation: EGCG is

shown to inhibit fat cell replication (differentiation of preadipocytes) and induce programmed cell death of older fat cells (induce apoptosis of mature adipocytes)]

“Green tea has thermogenic properties and promotes fat oxidation beyond that explained by its caffeine content per se. The green tea extract may play a role in the control of body composition via sympathetic activation of thermogenesis, fat oxidation, or both.” - **University of Geneva, PubMed Publication** [Translation: Fat Oxidation is the body's way of breaking down these large molecules into smaller molecules that it can use for energy. Thermogenesis is directly related to the metabolic rate. When the core temperature of the body is increased, the metabolism is stimulated, which ultimately causes the body to use stored fat cells to support the additional energy output.]

Aged Garlic Extract with High Allicin Potential

Garlic has also been used medicinally for thousands of years. Research indicates that the agent that protects garlic from bacteria and parasites in nature may also have protective effects against cancer and heart disease. That agent, Allicin, is a primary active component of fresh garlic and it provides not only its strong odor but many of its desired properties.

We use an aged garlic extract with high Allicin potential (that includes S-Allyl cysteine) which enables a high level of oral bio-availability of the Allicin ingredient. We have also used a proprietary enteric coating method to protect the potential of Allicin, garlic's main active component.

Benefits of Aged Garlic in the pAGG Stack

- Powerful antioxidant and natural anti-microbial/fungal agent within the body
- Helps maintain healthy blood lipid levels
- Helps maintain healthy blood pressure levels
- Stimulates nervous system to release hormones like adrenaline that can elevate metabolism

Abstracts from Scientific Studies

“Antioxidant properties of aged garlic extract: an in vitro study incorporating human low density lipoprotein.” – Life Sciences Journal, School of Biomolecular Sciences, **Liverpool John Moores University**, UK. This study indicates that AGE is an effective antioxidant as it scavenged superoxide ions and reduced lipid peroxide formation in cell free assays”

Muscle Recovery and Fat Loss - Muscle Synthesis Powder™

Increase Muscle Growth by 100%(1)



Rapidly improve the body's usage of fat as fuel while training (2)

Articles:

Embrace The Power of Pre/Post [Workout Nutrition](#)

Read More about Revolutionary [Amino Loading here](#)

Read [High Impact Protein](#) to learn more about the action of **Muscle Synthesis**

Muscle Synthesis is bio-engineered for hard-training athletes, proven to increase and restore muscle substrates, increase protein synthesis, reduce catabolism, spare muscle protein, increase immune vitality and energy and mobilize body fat. Scientifically and Medically-Approved (University Studies provided upon request)

Safe – Pure – Effective – Pharmaceutical Grade.

SUGGESTED USE: Muscle Synthesis should be used daily with 100% MR between meals and before bed in addition to pre/post workout on Weight Training + Cardio Days. Consume 30 minutes before training and immediately following exercise. Use 1/2 of your weight training day dose for Cardio Work. Based pre and post competition dosages on weight training needs. Some athletes may need more than others based on body size, nutrition program and activity levels. **DOSE: Men and Women 110-176-pounds (50-80-kg), 2-3 scoops pre and post workout. 176-220 pounds (up to 100-kg), 3-4 scoops pre and post workout. Over 220 pounds (over 100-kg), 4-5 scoops, pre and post workout Take 1-2 scoops of Muscle Synthesis Powder between meals mixed with the same flavor of 100% MR to promote Anabolic environment, lower appetite, improve concentration and increase metabolic rate.**

Ingredients

Serving size 1 rounded scoop (4g)

100 scoops per 400g container

Vitamin B6	1mg
1 mg Proprietary Blend of Amino Acids	3250 mg
L-Leucine	
L-Isoleucine	
L-Phenylalanine	
L-Methionine	
L-Valine	
L-Threonine	
L-Taurine	
L-Lysine	
L-Arginine	

Warning: This product contains L-Phenylalanine and should not be used by anyone diagnosed with phenylketonuria (pku)

L-Taurine
L-Lysine
L-Arginine

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100% MR™ Complete and Powerful

100% MUSCLE-RECOVERY

100% MR is a Proprietary blend of high dose of branched chain amino acids, L-Glutamine, L-Taurine and proprietary muscle-building accessory nutrients.

Ingredients

Niacin 10mg; Vitamin B 6 2mg; L Glutamine 2700mg

Proprietary Blend of Amino Acids 6000mg; L-Isoleucine L- Leucine L- Valine L- Taurine

350 grams per container



Product Description

BENEFITS Psyllium Whole Husks is a high quality colon cleansing dietary fiber for promoting regularity and supporting heart health. It is most effective when used every day, and can be used as long as desired.

There are many reasons why psyllium husks are a part of daily health maintenance for millions of people. Extensive research has shown that psyllium husks help maintain normal cholesterol levels, including a proper balance of HDL and LDL cholesterol.

In addition, psyllium husks help promote normal regularity. Unlike stimulant laxatives, psyllium husks are gentle and are not habit forming. Psyllium husks bulking action makes elimination easier and more comfortable. At the same time, psyllium sweeps waste and toxins more quickly out of the body, so toxins are not reabsorbed from the colon back into the bloodstream. Psyllium husks can be taken either with or between meals, and when used in recommended amounts should not interfere with absorption of vitamins and other nutrients. Gluten-Free: psyllium husks do not contain any gluten so people who are gluten sensitive can use them.

FOR REGULARITY AND COLON HEALTH: Psyllium husks promote easy, healthy elimination and sweep waste out of the colon more quickly. Psyllium husks provide gentle fiber to soothe and normalize the bowel when there is discomfort. To maintain regularity and colon health, take 1 to 3 servings a day, with or between meals

FOR HEART HEALTH: To help maintain normal cholesterol levels and support heart health, take 2 servings a day, with meals.

FOR WEIGHT MAINTENANCE: Dietary fiber plays an important role in weight maintenance. High fiber foods like psyllium husks help promote satiety, or a feeling of fullness. To help support weight maintenance, take 1 to 3 servings a day, shortly before or with meals.

SUGGESTED USE ADULTS AND CHILDREN OVER 12: 1 Tablespoon, 1 to 3 times a day. **CHILDREN 6-12:** 1 teaspoon, 1 to 3 times a day.

Start by taking 1 serving each day. Gradually increase to 3 servings per day if needed. Stir briskly into **at least 8 ounces (a full glass) of liquid**. Juice, water, soy or rice drink, and milk are all good with Psyllium Whole Husks. For easiest mixing, shake in a closed jar. Drink immediately. If product is too thick when consuming, add more liquid and stir. Drinking additional liquid is helpful. If minor gas or bloating occurs, reduce the amount you take until your system adjusts. For best results, use daily as long as desired.

As with all bulking fiber supplements, do not take within 1 to 2 hours of prescription medications. If you are taking medication or are under a doctor's care, consult a health professional before use.

Fill controlled by weight, not volume. Contents may settle during shipping and handling.

Store at room temperature. Keep lid tightly closed to protect from humidity.

QUALITY ASSURANCE Yerba Prima's products are made only from premium quality ingredients. This product has no added sugar, artificial flavor, artificial color, binders or fillers.

CAUTION A very small percentage of individuals, particularly health care providers who have been occupationally exposed to psyllium dust, may develop a sensitivity to psyllium. This sensitivity may result in an allergic reaction. If you experience a strong reaction, with difficulty in swallowing or breathing, after taking this product, seek immediate medical attention. Keep out of the reach of children. As with all bulking fiber supplements, do not take within 1 to 2 hours of prescription medications. If you are taking medication or are under a doctor's care, consult a health professional before use.

S U P P L E M E N T F A C T S

Serving Size: 5 grams (1 tablespoon)

Servings per container: 68

Amount Per Serving 5 Grams Daily Value*

Calories	15	
Total Fat	0g	0%
Total Carbohydrate	4.5g	<2%
Dietary Fiber	4.5g	18%
Soluble Fiber	3.5g	
Insoluble Fiber	1.0g	
Sugars	0g	
Protein	0g	
Calcium	10 mg	<2%
Sodium	4 mg	<2%
Potassium	43 mg	<2%

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Ingredients: Psyllium seed husks