

The Truth About SUPPLEMENTS

01 Do **SUPPLEMENTS** really build a fit body, or just drain your wallet?

02 Are we being misled by flashy marketing and fake promises?

03 What hidden risks do supplements bring now and in the future?



Most **SUPPLEMENTS** contain artificial amino acids, with **CREATINE** being a common ingredient.



While creatine may give short term muscle growth, it's not completely natural, and long term use can harm your kidneys and digestive system.

Even worse, some **SUPPLEMENTS** are found to contain banned substances like **STERIODS** or synthetic male hormones that can seriously damage your health.

The better way? Build strength and muscle through balanced, nutritious food:

Proteins: meat, fish, eggs, milk

Fresh veggies & fruits: natural sources of vitamins and minerals

These give your body the long-term fuel it needs without the risks that come with **SUPPLEMENTS**
Strong bodies are built on real food, not shortcuts.

