



**STOP EXERCISING!**  
THE WAY YOU ARE DOING IT NOW.

**7 DANGEROUS FACTS**  
THAT WILL BACKFIRE AND  
CAUSE YOU TO STAY FAT OR  
HURT YOURSELF

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**Everything You Wanted to Know About Nutritional Supplements But Were Afraid to Ask**

**By: Igor Klibanov**

**<http://www.FitnessSolutionsPlus.ca/blog>**

- When are supplements useful?
  - Only when deficiency is present.
  - Vitamin D deficiency is likely if you live north of Los Angeles
  - Magnesium and zinc deficiency are likely if you eat non-organic food (and even with organic, it's not guaranteed)
  - B vitamin deficiency is likely if you drink alcohol (in any quantity), are under stress or taking prescription medications
  - Zinc, carnitine, carnosine, vitamin A, cholesterol and vitamin B12 deficiencies are likely if you are a vegetarian or vegan
- How to Evaluate YOUR Need for Supplements:
  - Take a supplement for 12-16 weeks.
  - Notice any physical or mental changes
  - Notice any changes in objective markers of performance (like blood work, ability to exercise, etc.)
  - The gold standard: combination of blood testing, saliva testing and urine testing
  - Organic acids testing
  - Amino acids testing
  - Downsides: price and finding a practitioner
  - Upsides: precision and speed or results
- How to evaluate supplement quality:
  - What form is the nutrient?
  - In what quantity is the nutrient?
    - Maintenance dosages vs. therapeutic dosages
    - Vitamin C
    - Vitamin D
    - Vitamin B5
  - Synergy between nutrients
    - Zinc and all other nutrients
    - Iron and vitamin C
    - Calcium and vitamin D
    - Carnitine and omega 3
  - Balance. Excessive ratios of one nutrient can deplete another
    - Optimal level of calcium to magnesium is 1:3
    - Optimal ratio of zinc to copper is 15:1

- Fat loss supplements:
  - Fish oil and carnitine
  - Magnesium and zinc
  - Fiber
  - Raspberry ketones
- The next frontier in supplementation:
  - Medical foods. Synergistic combinations of nutrients for whatever you are working on.
    - Saves a lot of money on individual supplements
- Drug-nutrient interactions:
  - Statins deplete CoQ10
  - Birth control depletes the B complex and vitamin C
  - Antibiotics deplete probiotics
  - Taking Coumadin will make fish oil contraindicated
  - Resources:
    - Examine.com
    - [www.vitaminherbuniversity.com](http://www.vitaminherbuniversity.com)
    - [www.pilladvised.com](http://www.pilladvised.com)
    - Book: handbook of drug-nutrient interactions
    - Book: supplement your prescription

## About the Presenter

Igor Klibanov is the author of *Unlimited Progress: How You Can Unlock Your Body's Potential* and the CEO of Fitness Solutions Plus, one of the GTA's premier personal training companies, which prides itself on using a holistic approach to fitness by combining exercise with nutrition and supplementation to get results that are better than the industry standard.

He was selected as one of the top 5 personal trainers in Toronto by the Metro News newspaper, and has previously appeared on Rogers TV, and written for Healthy Living magazine.

If you would like to learn more about health and fitness, you can subscribe to Igor's free online fitness newsletter by emailing him at [Igor@TorontoFitnessOnline.com](mailto:Igor@TorontoFitnessOnline.com)

If you would like to speak with Igor over the phone, you can call 647-271-8672.