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Cheap Old School Supplement That Burns Fat Fast

by Jeff "The Muscle Nerd" Anderson (with comments from Shawn Horwood)

My comments will be italicized so it's easy to tell what Jeff is saying and what I'm saying. If you've read much of my stuff you probably know that I don't take supplements. I have a pretty active & healthy lifestyle, and I don't find the need for supplements as I'm not looking for that extra "edge".

However, that doesn't mean I don't approve of them. In fact, some supplements are quite effective, and if you struggle with getting/keeping your body at the level you want it, you might want to look into taking some effective supplements (not the hyped up garbage that most people buy).

Jeff is a guy who really knows what supplements work and which ones don't, so let's hear his supplement recommendation.

All but lost is a little-known "Old School" supplement that used to be one of pro bodybuilding's Top Gun supplements for when competitors were trying to shed crazy amounts of body fat, but needed to hold on to as much muscle as possible.

Why haven't you heard of it as often?

Well quite frankly, over the years, individual supplements just haven't been as "sexy" as the high priced "breakthrough formulas" being marketed...and not as profitable for the supplement companies!

So what is this amazing (yet boring) supplement that can dramatically increase fat-burning while helping keep the muscle mass you've worked so hard for?

It's called "Medium Chain Triglycerides" (MCT's) and it's one of those supplements that has been PROVEN to work!

MCT's most often come in the form of an oil (either by itself in supplement form or in coconut oil) and is itself a FAT...

...a fat that actually BURNS FAT!

You see, MCT's are digested differently than other fats.

For one, they CANNOT trigger fat storage no matter how much you take!

Weird...but TRUE!

Also, they produce a LOT of energy and are burned very quickly, thereby saving your muscles from being broken down for fuel during cycles of intense training.

I suggest using the complete formula in "Homemade Supplements" first because I show you how to use it in combination with a few other cheap supplements to create a KILLER personal supplement you can make yourself!

(You can learn how to make your own supplements at www.HomemadeSupplementSecrets.com)

However, you can also take a tablespoon by itself during dieting cycles when you need extra energy but don't want to increase your calories.

The best times are immediately upon waking or about 20-30 minutes before weight training.

Give this "lost supplement" a try if your goal is to burn body fat while you're still training with weights.

It's a VERY powerful addition to your supplement program that won't cost you a kidney!

Jeff's Homemade Supplement Secrets is a great program that shows you how to make your own supplements VERY cheaply. If you are currently taking supplements or you are looking into taking supplements and don't like wasting your money you should check out www.HomemadeSupplementSecrets.com

You can also find this article published on [Cheap Old School Supplement That Burns Fat Fast](#), and on the tag pages [homemade supplement secrets](#), [homemade supplements](#), [jeff anderson](#), [make your own supplements](#), [the muscle nerd](#).