



Dietary Support: Give Yourself an Edge

Bodybuilding roots

The “5 Component” concept originated during my bodybuilding days and shortly after Arnold’s (California’s current leader) first retirement from the sport.

In bodybuilding’s early years, preparing for competition certainly included altering off-season diet and exercise, but it lacked today’s more comprehensive approach that has become necessary to achieve much lower levels of body fat while maintaining large amounts of muscle mass. In fact, until the mid 70s, we simply started our diets at a certain calorie number far below maintenance (often a 3000 calorie-a-day reduction from off-season numbers), added a two-mile run (few of us did cardio during off-season) and—except *maybe* during the last week—we rarely adjusted those numbers. In other words, there was no Component 5 and you don’t even want to know about Component 3.

By the late 70s we were getting smarter, thus bigger and leaner. We began to realize that if we worked more (cardio) we could eat more, thereby staving off the inevitable loss of LBM (lean body mass or muscle) during drastic dieting. And dietary supplements (DS) were emerging, albeit we had no clue if they worked. We only knew DS made sense because our caloric intake—which contains the nutrients needed to support LBM—was decreased, which meant our consumption of vital nutrients was decreased as well. And you thought bodybuilders were dumb.

We started *really* thinking about it when we realized the more work we did the more nutrients we needed to perform and recover. But we couldn’t add the food (calories) in order to get these nutrients because we wanted to pull calories from our own storage depots—body fat.

By now you should begin seeing the picture in “5-D”. Below-maintenance food causes a decrease in nutrient intake (1 dimension); two forms of increased exercise demands more nutrients to support LBM (dimensions 2 and 4); now add a continuous supply of nutrients without calories (3rd dimension) and a constant manipulation of all (5th and final dimension) until —viola—we were huge and shredded!

5 Components of Fitness

- 1 Food Plan
- 2 Cardio
- 3 Dietary Support
- 4 Resistance
- 5 Personal Assistance

To be sure, my success in bodybuilding was due to developing and mastering this formula before my competitors did. I always had to find an edge because I did not have the perfect genetics for the sport.

In some form or another, the above formula continues to be the structure for all of today’s fitness athletes.

Fast forward

A lot went on during my last years of competition, including putting the “body-building formula” into a program for the masses. But it wasn’t until three years after retiring from the sport that I captured the formula’s “ingredients” into a structured presentation that became the foundation of smart and successful fat loss. The 5 Components as you know them were born on a long plane ride to South Africa where I was to deliver

the first of many lectures built around the system that finally had a title: The 5 Components of Fitness.

Component 3 – Dietary Support

As you know, dietary supplements have certainly evolved beyond simply assisting in LBM maintenance. While the multiple vitamin and mineral supplement is still “king” and always will be, many other isolated compounds have emerged that have shown great potential in assisting individuals in reaching fat loss goals, especially in a world where we are bombarded with a plethora of palatable temptations. What makes matters worse is that these incredible looking and tasting foods are never out of arm’s reach. It would be great if, in order to eat more food than our bodies require, we would have to chase it until we burned the calories it contained. Ain’t gonna happen—so we often look for help.

Nobody pretends that supplements alone can make you skinny. But in a world where extremely palatable food is everywhere and movement is discouraged, success in achieving healthy fat/weight loss is getting more and more difficult. In other words, the environment we’ve created as a society is overwhelming our innate mechanisms that would normally balance energy intake and expenditure to keep us from becoming overweight.

Remember, it only takes a few calories above daily maintenance that, over time, can build into visible and generally unwanted fat deposits. Consider that the average adult female today gains weight on 1700 calories/day, the average male on ~ 2200. Good luck designing a diet with even less calories than this to supply all that is needed to maximize health.

That said, the vast majority of the population only needs a little support for the body's natural appetite and expenditure controls in order to help the brain *just say no* to unneeded food or to taking the escalator instead of the elevator or any of the other environmental "land mines" that keep us from reaching our fitness goals.

The proper supplements matched to the right person may give them the final edge they need to *reverse* that slowly but continually evolving fat storage until they accomplish their desired look.

Your recommended dietary supplement approach in supporting fat loss is a healthy one and can be discontinued when you reach or close in on your goal, unlike addictive and dangerous pharmaceutical methods.

Fast paced world

Now, your multivitamin and mineral—that's another story. There is no chance in today's hurry-up-to-sit-somewhere-else world, where both parents generally have occupations, that most people have time to prepare perfectly structured home-cooked meals that meet all your nutrient requirements three to four times daily. Nor would the entire family be available for every scheduled meal to consume these ideal organic masterpieces. And the world is only going to move faster as we find more ways to communicate or transfer information quicker. In other words, you will have to sit longer in order to push more buttons.

It's easy to go over limits with some nutrients and under with others. You're not going to add up all the individual nutrients of everything you put in your body, which includes traditional foods and whatever else you may be eating or drinking that's spiked (nutrition bars, fortified cereals or orange juice, vitamin water, etc.), a multiple vitamin and any other supplement or shake you may be consuming.

Apex makes it easy – we have done all the research to determine the current safe and optimal nutrient range. We do all the arithmetic by basing everything on an individual using our multiple vitamin and mineral (MVM) formula, which allows you to add all traditional foods or any of our Fitness Fast Foods (FFF) and always remain in the established safe optimal nutrient range – no overages, no shortages – everyday for the rest of your long life.

In summary

Dietary support enhances the other 4 Components of Fitness. Most of us can't or won't move enough to eat enough in order to supply all the necessary nutrients for optimal health. And an individual's food selection process isn't perfect in today's crazy world. Nor does anyone accidentally eat perfectly daily. Let supplements do their job by supporting you as you work toward your health and fitness goals.

Now you're out of excuses.

-Neal Spruce, Founder

What is the Apex difference?

- We develop all our products based on scientific research, not hype.
- Purity and potency of all Apex supplements is guaranteed.
- Our advanced delivery system ensures your body gets the proper amount of the nutrients it needs at the right time.
- Apex products work together to help you stay within a safe and optimal nutrient range.
- We offer unparalleled customer support. If you're not sure a supplement is right for you, our supplement support team can answer your questions and help you make an educated decision.

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