

## Supplements: Interview with Mike of GNC

**Jeff Taylor** Hi I'm with Mike Gulf from GNC. I've got some questions. A lot of our new competitors are always worrying about "*What do I buy, I don't know what to do*". You know you walk into a supplement store and you're like... Even I know every supplement out there and I'm like overwhelmed. So, what are people buying that are getting ready for a show, or thinking about competing. What's their typical stack? What are people buying at GNC these days?

**Mike of GNC** Well, any real champion knows that you need the fundamentals. That's whey protein, fish oils, and a multivitamin. Pre workouts, creatine, those are great great things to add into a workout. But you need to have those fundamentals first.

**Jeff Taylor** You've gotta start somewhere right?

**Mike of GNC** You've gotta build the foundation before you build the house. And that's what it really takes. Those three things will get you to where you need to be.

**Jeff Taylor** Perfect, great tips! Mike Gulf!