



Publication: Gym Bunny Dublin

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My top 5 supplements to beat the winter blues!



🕒 October 29, 2017 📌 [gymbunnydubin, multivitamins, supplements](#) 📄 [Blog, Healthy Product Reviews](#)

So I'm typically sent all kinds of supplements to try out for you gym bunnies out there but I've decided to revise my favourites as there are quite a few game-changers currently on the market that I wanted to share with you because they are simply divine! Please note: These are not paid adverts but I did receive complimentary product to trial and test, with no obligation for review. (I was sent other samples from each brand but only chose my favourites!).



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1. Hydrolyzed Whey Protein Powder XS™ Cocoa – Chocolate Flavour – XS Nutrition by Amway

A relatively new player on the Irish market, this whey protein packs a mean 29g of protein in each serving, compared to it's 20/30g counterparts. I've actually asked the very hard to please gym lads I train with to give it a go and it's gotten 5 stars all round. It's very palatable, mixes well with milk or water AND you can cook very easy with it too. The reason it's here is that I tend to become more 'flexible' with my diet when I don't have any pending bikini holidays- I know!!!- so adding more protein to my diet makes for less cravings and a more sated feeling. This is an excellent quality protein and also crams in 5 grams of naturally occurring BCAAs. You can buy it [here](#).

2. Revive Active Beauty Complex – Revive Active

So anyone who knows me personally will know I am a skincare fiend! I use hyaluronic acid only skin of hydration so was SO excited to try this supplement which contains HA and collagen. You take it on an empty tummy first thing in the morning and mix with water. It tastes like pineapple and is actually gorgeous. My skin is brighter and is getting clearer (I've been using this for two and a half weeks) and I feel like my energy levels are good and look more rested. I was sent this by the wonderful folk at Lloyd's Pharmacy and you can buy this online [here](#).

3. Femme Omega – Ros Nutrition

Omega-3 oils have so many incredible functions in the body- including the regeneration of cells, the formation of cell membranes, maintenance of hormonal balance, healthy skin (needed in my case due to weather changes!) and the production of healthy cholesterol. These little bad boys may even help to maintain or improve cardiovascular health, cholesterol, and mood. This has been given the thumbs up by my nerdy other half who has an MA in Nutrition and is VERY hard to please! You can buy it [here](#).

4. Vitamin D – The Edge: Clontarf

We all know that when the weather starts to change (bleeeeh!) we should be increasing our intake of vitamin d, but did you know that recent studies show a direct correlation with less sunlight and the influx of 'flu season' as we know it. Vitamin D is necessary for a healthy immune system, so with these deliciously chewy tablets, I'm sold. You can buy them [here](#).



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5. B-Complex – The Edge: Clontarf

So for anyone suffering from stress, leading a hectic schedule (ehhh Christmas much??), taking an oral contraceptive, suffering with mood swings- you need to give this a try. Our busy lifestyles can leave us often feeling tired and low on energy. B-Active is formulated as a one-a day capsule for just this situation. You can buy this [here](#).

I hope you found this helpful and that you are soldiering into the winter in good health!

Please note, as with all of my posts, this is purely informational and before embarking on any radical dietary changes or new supplementary choices, please speak to a health professional or your GP.

X

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