

# SUPPLEMENTATION GUIDE

*Note: Always consult with your physician before taking any supplements that may interact with any existing medications or preexisting conditions.*

Diet is the most important component of fitness, but supplements can help give that extra boost and aide in expediting one's goals. Knowledge is power, as both the quality and dosage of dietary supplements are fundamental in their benefits. With adequate knowledge, supplementation can become a critical component of one's lifestyle. If you have additional questions related to the right supplements for you, make sure to ask your trainer.

## FUNDAMENTAL SUPPLEMENTS

- **Multi-Vitamin:** the body needs micronutrients in order to efficiently process macronutrients. Most people do not get an adequate amount of micronutrients from vegetables and legumes, so a properly-dosed multi-vitamin is an excellent supplement.
- **Fish Oil:** most Westerners have a diet high in meats but low in fish, which causes an Omega-3 fatty acid deficiency. Omega-3 fatty acids lower blood pressure, reduce triglyceride and LDL levels ("bad" cholesterol) and increase HDL levels ("good" cholesterol). These essential fatty acids are also known to improve cognitive functions, and studies have found that Omega-3s regulate insulin sensitivity, control cortisol (byproduct of stress) levels and greatly reduce inflammation. These acids are a wonder in their own right and should be a staple in everyone's core supplementation and diet.
- **Post-Workout Hydrolyzed Whey Protein Isolate:** proper protein replenishment after a workout is critical. A rapid-assimilating protein is needed to flood the muscles of amino acids for recovery in order to ensure muscle-protein synthesis, i.e. building muscle. Meat or fish protein sources do not absorb as quickly as a hydrolyzed whey protein isolate, which can absorb into the system within 20 minutes.
- **Post-Workout Glucose:** glycogen stores, i.e. energy stores, are depleted after training, so post-workout glucose in the form of a monosaccharide will both replenish glycogen stores and spike insulin levels, which, in turn, will more efficiently facilitate muscle-protein synthesis.

## BENEFICIAL SUPPLEMENTS

- **Sustained-Assimilating Protein:** the day can become too busy to sit down and have a meal, so a sustained-assimilating protein shake is an excellent replacement. This protein supplement is a matrix of both fast- and slow-absorbing proteins that will keep the body anabolic for a longer period of time.

- **Creatine:** ATP, adenosine triphosphate, is used in explosive movements when training, which creatine monohydrate helps replenish. Creatine helps muscles draw water from the body, whereby it increases muscular strength and endurance. It also helps improve muscle-protein synthesis.
- **BCAAs:** branched-chain amino acids keep the body in an anabolic state, versus catabolic. In order to keep the body from eating muscle tissue (catabolism), it must be anabolic. The 3 critical components to BCAAs are leucine, isoleucine and valine, which stimulate the body into anabolism. These are good to drink over the course of a day or during a period when you can't readily get to a meal or protein shake.
- **Premium Greens & Superfoods:** At least 3 servings of vegetables are recommended per day, which tends to be time-consuming and not very palatable to many. A premium greens supplement, soluble in water, is comprised of botanical superfoods, organic grasses, digestive enzymes and probiotics. With a couple of scoops, you can fulfill your daily vegetable targets in just one glass of water. This is the tastiest and most efficient way of meeting your daily vegetable requirements.