

BASIC SUPPLEMENT GUIDE

AN INTRODUCTION TO
SUPPLEMENTS THAT
WORK



Supplements That Work

Supplements can be confusing and expensive! Do they work? Do you need them? How should you take them? This guide is an introduction to supplements that most people need.

Are supplements necessary for results?

sup·ple·ment

noun

'sɒpləmənt/

1. something that completes or enhances something else when added to it.

Supplements aren't necessary for results. They are exactly what the definition above claims. Supplements complete or enhance a healthy diet specific to your own personal fitness and health goals. If you are not following a proper diet, you should fix that before you start worrying about supplementation.

If you need help with your diet, refer to our 14 Day Jump Start Nutrition Guide. The supplements in this guide are affordable and don't require too much complication implementing them into your daily nutrition.



The Basics

The following are basic supplements that help promote a healthy body respond favorably to your fitness routine. These supplements are recommended for everyone.

Multivitamin - In order to get all the necessary vitamins and minerals our bodies require, you need to have a balanced diet of whole foods. Including: fruits, vegetables, meats, fish, and poultry. However, many of the foods we eat today aren't as high quality as they used to be. Soil quality is being depleted, the air is polluted, and food has to sit in a truck then on a shelf until they can be consumed. If you buy all organic, seasonal, local, and eat a wide array of foods: you might not need a multivitamin. This can be hard to achieve for most people. **The recommended dose is one tablet/capsule a day.**

Fish Oil/Omega 3 - The average person does not consume enough Omega 3 Fatty Acids. It is mostly found in fish, but some forms are also found in flax, hemp, and chia seeds. It is important to note that the variation found in flax, hemp, and chia seeds is not the same form of Omega 3 found in fish oil and it isn't as effective. It promotes heart health, joint health, breast and prostate health, brain and nerve health, decreases inflammation, and a few other notable healthy side effects. It is recommended that you refrigerate your fish oil, because exposure to heat can denature it and render it ineffective. **The minimum effective dose is around 1 gram a day up to 6 grams a day.**



Protein Supplements - No matter what your goal, you should be aiming for one gram of protein per pound of lean bodyweight. If you are unable to meet this protein intake through diet, you should start taking a protein supplement. The most common form of protein supplement is whey protein. If you are lactose intolerant you can either look into a whey protein isolate or other forms of protein (soy, pea, hemp, rice, etc...). **Dose as needed to reach your daily protein intake goal.**



Vitamin D3 - Vitamin D is a fat-soluble nutrient and is one of the 24 micronutrients critical to human survival. It is found naturally in fish and eggs and is added to dairy products, but the sun is the major natural source of the nutrient. Supplemental vitamin D is implicated in wide-ranging benefits, such as increasing cognition, immune health, bone health, and well-being; reducing the risks of cancer, heart disease, diabetes, and multiple sclerosis; and increasing testosterone levels in deficient populations. Most people fail to get enough of the vitamin through both diet and sunlight exposure. **The recommended dose is 1000-4000 IU of D3 a day with a meal.**

Zinc - Zinc is an essential mineral involved in regulating a large amount of enzymes in the body. It is known as an antioxidant and immune boosting supplement. It is most commonly supplemented to reduce the frequency of sickness and to support optimal testosterone levels. Calcium can interfere with the absorption of zinc, so be sure to avoid any calcium rich foods or supplements when you take a dose. **The recommended dose is 25-50 mg a day.**

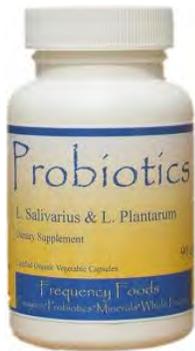
Magnesium - Magnesium is a dietary mineral which is the second most common deficiency in the first world (first being vitamin D). Supplementing with it helps support proper brain function, glucose metabolism, and cardiovascular health. **The recommended dose is 250-500 mg a day.**

Digestive Health

The following are supplements that people who have digestive issues can benefit from. Anyone can take these, but the those who will benefit the most are people who have a hard time consuming enough of fibrous foods.

Fiber - Having sufficient fiber in your diet is crucial to staying healthy. Fiber helps regulate intestinal health, lowers cholesterol, maintains healthy glucose levels, and can keep you feeling full during a caloric deficit. Supplementing with fiber (usually in the form of Psyllium) is not necessary if you already consume healthy amounts of fiber rich foods such as fruits, vegetables, grains, seeds, and legumes. The recommended daily fiber intake is 30-35 grams for men and 20-25 grams for women.
Dose as needed to reach your goal fiber intake.

Probiotic - Bacteria plays a very important role in the efficiency of our digestive tract. Some dietary sources of good bacteria come from things like greek yogurt and fermented foods (kimchi and sauerkraut). If your diet doesn't normally contain these foods it can be very helpful to supplement with a probiotic. Just be sure that you purchase a probiotic that is refrigerated (same goes for sauerkraut and kimchi). When probiotic supplements or fermented foods are left at room temperature all the healthy bacteria will die, destroying all the health benefits. **Dosing varies greatly depending on which probiotic you take. Follow the dose specified on the product you use.**



Fatigue Management

Many people suffer from different forms of chronic and acute fatigue. This has a lot to do with nutrition, exercise and sometimes other underlying health issues. These supplements can be helpful to those who feel fatigued throughout the day or after a hard workout.

B Complex - There are many types of vitamin B. These help regulate energy levels and the production of red blood cells in our bodies. They can be found in a large variety of foods. If you have a hard time consuming the wide variety of foods it is likely you can benefit from either supplementing with a B complex (all forms of vitamin B). If you are a vegetarian or don't frequently eat meat, you can focus on supplementing with single forms of vitamin B, such as B12.

Some foods rich in B vitamins:

- cereals and whole grains (a source of B1, B2, and B3)
- green leafy vegetables (a source of B2 and B9)
- eggs (a source of B7 and B12)
- chicken (a source of B3, B6, and B12)
- citrus fruits (a source of B9)
- nuts (a source of B3 and B9)
- kidney beans (a source of B1 and B2)
- bananas (a source of B6 and B7)

Tyrosine - Tyrosine is an amino acid that is the precursor for the neurotransmitters dopamine, norepinephrine, and epinephrine (adrenaline). It has been shown to help reduce the severity of acute stressors (usually exercise). **Taking 500-2000 mg approximately 30-60 minutes before exercise may help prevent fatigue following exercise.**

Muscle Mass Gain

Creatine - Creatine is one of the most proven supplements in existence. It has undergone thousands of research studies showing that it is effective for building muscle, improving performance, boosts brain power, and can even help fight depression. You can take creatine at any time of day, but research shows it might be most effective if taken after a workout. **The recommended dose is 5-10grams per day.**



Weight Loss

Caffeine - Caffeine can help aid in weight loss. It has been shown to decrease appetite and increase the rate at which our bodies burn calories for energy. Caffeine is also an extremely effective performance enhancer and can increase motivation levels. It's important to take into consideration that caffeine will not cause weight loss by itself. Caffeine can only assist weight loss that is occurring because of proper nutrition and diet. **The recommended single dose is 200 mg. It might be a good idea to assess your tolerance by starting with a smaller dose if you don't normally take stimulants or drink coffee.**



Thermogenics, Diuretics, and Other Supplements- There are many products out there that claim to aid in rapid fat and weight loss. Some of these can be effective and used safely. However, some can be risky and affect you negatively. This guide is meant as an introduction for beginners. If you want to know more about these advanced supplements talk with your trainer about it!