

# Supplements Explained

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This is for information purposes only and is not intended to replace the advice or practice of your doctor or other health professional. Always consult your doctor before and while on a supplement program and before using drug treatment for any reason.

## Where to buy

I like to buy supplements in bulk whenever possible from [BulkSupplements.com](https://www.bulk-supplements.com). Otherwise I check out [AllStarHealth.com](https://www.allstarhealth.com), [Vitacost.com](https://www.vitacost.com), and [Amazon.com](https://www.amazon.com).

## Here is my stack:

In the morning on an empty stomach, right when I get up, at least 30 min before food:

- **Collagen** ( [Buy This Specific Product](#) ), I take this in capsule form although the most effective way is through drinking [bone broth](#).
- **Serrapeptase** ( [Buy This Specific Product](#) ). I cycle this taking it for about 4-6 weeks, then stop for 2-4 weeks and so on. [See more info](#)

With Breakfast:

- ***Rainbow Light woman's multi-vitamin*** ([Buy This Specific Product](#)). Choose a whole food vitamin, preferably in capsules. I take 2 tabs with breakfast and 2 with dinner.
- ***Norwegian Cod liver oil*** ( [Buy This Specific Product](#) )

Pre-Workout:

- ***Coffee***. I drink this on my way to the gym.

Intra Workout mixed together in water:

- \*\*Mixture of 2/3 ***Dextrose*** to 1/3 ***Maltodextrin***, I take 2 Tbsp = 20 carbs
- ***ModernBCAA Plus***, 1-2 scoops ( [Buy This Specific Product](#) )
- ***Ascorbic Acid (Vitamin C) - 500g Pure Powder***, 1/8 to 1/4 tsp

Post Workout- within 20 min after lifting session

- I mix all of this into my whey protein drink:
  - ***Whey Protein Powder***
  - ***Creatine Monohydrate - 500g Pure Powder***, I take 5 grams
  - ***Acetyl L-Carnitine (ALCAR) - 250g Pure Powder*** - I take 1/4 to 1/2 tsp
  - ***N-Acetyl L-Glutamine - 250g Pure Powder*** - I take 1/4 to 1/2 tsp

## **Supplements Explained**

There are so many supplements out there of every kind promising you magical results. And many of them are crap, but some are very useful. The right supplements can be very beneficial when working toward that competition body you strive for. Let's cover the basics. As for the rest of the supplements, do your research on the company and the product for quality, results and safety.

### Basic Stack:

- Protein powder
- BCAA's
- Dextrose
- Creatine
- Pre-workout drink with caffeine
- Multi-vitamin
- Glutamine
- Others
  - Vitamin C
  - Vitamin D
  - Collagen
  - Glucosamine
  - Fish oil

## Protein Powders

There are many types and various kinds of protein powders out there. Protein powders are a convenient way to add quantity of protein to your diet and is usually consumed 1-3x per day.

- **Whey protein:** There are three types of whey protein: concentrate, isolate and hydrolysate. Whey protein is derived from whey, a natural by-product of cheese making. Highly digestible. Ideally consumed before, during or after workouts.
  - Concentrate: 50-90% protein, slower to digest. Great for meal away from workouts
  - Isolate: 90-97% protein, digests very quickly. Great for post workout.
  - Hydrolysate: partially digested and broken down into di and tri peptides. Enters the blood stream quickly. Great for post workout.
- **Casein protein:** 80% milk protein. Slower to digest. Consume in meals away from workouts. Ideal for before bedtime.
- **Vegetarian and vegan protein:** plant based protein usually derived from peas, beans, seeds and grains.

When buying protein powders, keep in mind the macronutrients (protein, carbohydrates, fat) it contains. Its easiest to buy a protein with little to no fats and carbs when you are in a cut phase (cutting calories for a contest). That way, it is easiest to fit into daily meals.

There is a lot of debate on which types of proteins are better. To keep it simple, find a protein powder you like and stick with it. If you want to get technical, have different types of protein for different times of the day. The proteins that are more highly digestible should be consumed around your workouts. Keep in mind, protein powder flavor takes a little getting used to. Every time I try a new protein powder brand, it takes me a week to get used to the flavor and then it's pretty good. Although, some are just plain awful! I like to keep a vanilla and chocolate flavor on hand for different recipes and smoothies I make.

## **Branch Chain Amino Acids (BCAA's)**

Branched chain amino acids are also known as BCAA's. These are usually sipped on during your lifting session. They bypass digestion and are a highly absorptive amino acid source during your workout. Studies have shown BCAA's aid in increase lean muscle mass. (Journal *Medicina Dello Sport*, Effects of Supplemental BCAA's on bodybuilding Progress)

## **Dextrose and/or Maltodextrin**

These two carbohydrates come in a white powder form. Consuming a combination of them, or just dextrose itself, during or within 30 minutes of your lifting session (not your cardio session) will spike your insulin levels shunting nutrients to your muscles to aid in repair, recovery and growth during this anabolic window.

Dextrose is glucose found mostly in fruits. Your body utilizes glucose as its primary energy source. It is sweet and highly digestible.

Maltodextrin is a short chain of dextrose molecules linked together classified as a complex carb. It is a highly digestible carbohydrate source and virtually tasteless.

I drink a combo during my workouts of 2/3 dextrose and 1/3 maltodextrin. The combo is best (if you want to get technical) The combination makes dextrose more digestible leading to faster and greater absorption and circulation of carbohydrates during your anabolic window (pre, intra or post workout)

## **Creatine**

Creatine is a combination of 3 amino acids normally produced by the body; glycine, arginine and methionine. Two forms are available, creatine monohydrate and creatine HCL. Buy the creatine monohydrate. It is very important in energy production and replenishment in skeletal muscle. This aids in recovery, strength and performance.

Even though optimum dosage has yet to be scientifically determined, 5g – 10g per day is an average dose. Some will creatine load for 5-10 days at 20g per day and then maintain at 5g per day. Others start out with the maintenance dose and stick with it. Both have shown to be effective. Take creatine before during or after your workout. Some do all three. Its recommended to take 5-10g with your post workout meal. Buy the powder forms, not the liquid. It degrades over time in water.

## **Pre-workout drinks**

Pre-workout drinks are taken 20 minutes before your workout. They usually contain caffeine and other herbs and supplements to help boost your energy levels. Your body will adapt to them over time which decreases their effectiveness. Many swear by a regular ol cup of coffee pre-workout for that added caffeine boost.

## **Caffeine**

Caffeine increases alertness, lowers perceived exertions of exercise and decreases reaction time but, it also acts as a fat burner. Caffeine increases the rate of fatty acid metabolism and decreases the rate of carbohydrate (glucose) metabolism during aerobic exercise. Caffeine can also boost performance in short term athletic events. Side affects of caffeine include slowed heart rate, hypertension, nervousness, irritability, insomnia and gastrointestinal distress.

## **Multi-vitamin**

Taking a whole food multi-vitamin is a good idea for highly active people such as bodybuilders as your nutrient requirements increase with activity. Make sure the vitamin uses bio-available vitamins.

# Glutamine

This is the most common amino acid found in your muscles. It plays a key role in protein metabolism, cell volumizing and anti-catabolism. Glutamine is depleted during your workouts and should be supplemented in the morning, after your workout or before bed. Many protein powders have this added already so check its content before adding additional glutamine to your diet.

## Others:

Other supplements that can be beneficial during prep include vitamin C and D, glutamine and fish oil.

### Vitamin C:

An immune booster to help the body stay healthy during the extra stressors of cut phase.

### Vitamin D:

The sunshine vitamin! This vitamin helps you absorb calcium and phosphorus and supports immune function to name a few.

### Fish Oil:

Contains essential Omega-3 fatty acids. It supports overall health

Collagen: Collagen is a major component in forming tendon's, ligaments, cartilage and muscles. As you age your body produces less and less. Benefits include increasing circulation, decreasing arthritis pain, promoting healing of injuries and the list goes on. Its most bio-available form is from drinking a bone broth over taking capsules or powders.

Glucosamine: Studies on Glucosamine have shown that it aids in dense connective tissue synthesis as cartilage, tendons and ligaments are comprised of dense connective tissue. (*British Journal of Sports Medicine, University of Liege-Belgium, The Journal of Pharmacology and Experimental Therapeutics*)

Serrapeptase: I take this to help decrease inflammation. Continuous use long term effects are not known, so, I cycle this by taking it for several weeks, then stop for several weeks. There are a lot of supplements to help with decrease inflammation. Find one that's right for you. Preferably a more holistic type such as turmeric tonic.

Some places I shop:

[BulkSupplements.com](http://BulkSupplements.com)

[AllStarHealth.com](http://AllStarHealth.com)

[Vitacost.com](http://Vitacost.com)

[Amazon.com](http://Amazon.com)

Walgreens.com