



SUPPLEMENT GUIDE

POWER OF WILL

POW! FITNESS

95% OF ALL SUPPLEMENTS WILL DO NOTHING FOR YOU EXCEPT GIVE YOU EXPENSIVE URINE. TOO MANY PEOPLE OBSESS OVER THEM AND DO NOT FOCUS ON THE BASIC PRINCIPLES LAYED OUT PREVIOUSLY.

This topic is one that I hesitate to write about as most people do not focus on their nutrition, diet and lifestyle choices. They prioritise fancy supps thinking that they will work magic. A lot of the time people will get more than enough from their diet and there is no need for any supplementation.

SUPPLEMENT RECOMMENDATIONS

I have put together a list of supplements that I feel are a worthwhile investment if you cannot meet your needs through diet alone. All of these supplements are evidence based health sups and 100% safe.

IF YOU DO NOT RESPECT YOUR TARGETS, SLEEP AND TRAINING; NO SUPPLEMENT ON THE PLANET IS GOING TO HELP YOU.

LESS IS MORE

A common misconception is the the more you take the better, this is far from the truth! Humans have spend thousands of years evolving to the food we eat and utilising the nutrients that we get from it. Whereas, a man made supplement has only been around for a short time, meaning it is far harder for us to utilise efficiently.

EATING 'CLEAN' & DIETING

A common misconception is the the more you take the better, this is far from the truth! Humans have spend thousands of years evolving to the food we eat and utilising the nutrients that we get from it. Whereas, a man made supplement has only been around for a short time, meaning it is far harder for us to utilise efficiently.

DO I NEED A MULTI-VITAMIN?

No. Multivitamins are commonly under dosed and full of fillers. If eating a good range of veg and fruit in your diet you will be more than covered.

VITAMIN D

Vitamin D is a fat soluble nutrient essential for human survival. It hosts a range of health benefits including better immune health, increased mental function, improved bone health and helps keep testosterone levels healthy. Supplementation can help reduce the risks of cancer, heart disease, type 2 diabetes and multiple sclerosis, thus prolonging life expectancy.

The sun is the major natural source of the nutrient, fish and eggs also contain some vitamin D. Most people around the world are not deficient in it, they just do not have optimal levels of vitamin D in their bodies. This is more commonly associated in countries with less sunlight.



1,000 - 2,000 IU A DAY IS MORE THAN ENOUGH TO KEEP YOUR LEVELS OPTIMAL, IT IS ALSO ADVISED THAT YOU TAKE YOUR SERVING WITH A FAT SOURCE LIKE FISH OILS OR A FATTY MEAL.



VITAMIN K

Vitamin K is one of four fat soluble vitamins, usually found in plants but can all be produced in our gut by the micro biome (bacteria) found in our digestive tracts. Best supplemented with fish or fish oils as it is fat soluble.



A DAILY DOSE OF 500MCG IS MORE THAN ENOUGH.



FISH OIL

Fish oil is the richest source of omega 3 fatty acids DHA & EPA. Supplementing with fish oil hosts a range of suggested benefits including better cognitive function, improved joint health, improved skin health and memory development. If you're eating oily fish 3-4 times a week there is no need to be supplementing as you will get plenty through this alone.



THE STUDIES ARE SOMEWHAT MIXED. I PERSONALLY HIGHLY RECOMMEND YOU TAKE 3000MG OF HIGH QUALITY FISH OIL A DAY.

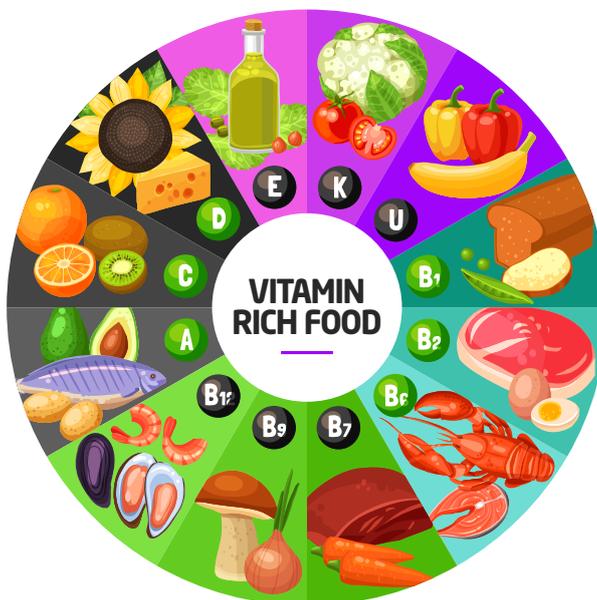


MAGNESIUM

Magnesium is an essential dietary mineral and the second most important mineral in the body next to sodium. Magnesium has a strong bond with insulin and thus helps metabolise carbohydrates. It has been shown that most people are deficient in magnesium so supplementing is a good idea. Magnesium will act as a sedative for sleep if you struggle to get the head down at night.



I RECOMMEND USING A MIX OF HIGH QUALITY MAGNESIUM CITRATE (400MG SERVING) ALONG WITH MAGNESIUM BATH SALTS 2-3 TIMES PER WEEK.



WHEY PROTEIN

Protein shakes should only be taken for convenience, when travelling or if you struggle to meet your daily needs through whole foods.



MYTH BUSTER

YOU DO NOT HAVE TO TAKE PROTEIN SHAKES

WHAT IS WHEY?

Whey is one of two proteins found in milk, the other being casein. Once the curds and solids have been removed, whey is the water soluble portion that remains. Casein is the curds and gel forming substance that is left.

Whey supplements come in many forms including bars, shakes and ready to drink mixes. The various forms of whey include :

- **Whey concentrate**
- **Whey isolate**
- **Hydrolysed whey**
- **Whey hydrolysate**

Whey protein digests super fast and is very convenient after workouts or when on the go. It hosts a range of amino acids and can taste really good if you need a sweet treat.

Casein protein on the other hand digests slower and would be a good option if you cannot reach a protein source for a while or if you are wanting to take it before bed.

Is it bad for my kidneys or liver?

In short, **NO**. If you have a pre existing problem with either your kidneys or liver then there could be damage done. Always consult with your doctor if you have any problems with either your kidney or liver before supplementing with whey protein.

What if I have a dairy intolerance?

If you have a dairy intolerance you should avoid regular whey consumption. There are plenty of other protein sources on the market today including, beef isolate and plant based protein supplements.

CREATINE

There has been tonnes of research showing the positive benefits of supplementing with creatine. It is the most researched performance supplement on the market today. Remember that supplements are the smallest part of the equation and will only really boost your efforts by 5-10%. Focus on your other variables FIRST.

An optimal dose would be between 2.5g - 5g daily, there is no need to load and timing of day is of little importance

PRE WORKOUT SUPPLEMENTS

The use of pre workouts has sky rocketed in recent years, due to the society we live in **(ALL OR NOTHING)**. The main ingredient in most of these supplements is caffeine anhydrous. This is a man made version of natural caffeine and is far more potent.

TIMING

A common mistake people make is consuming their pre workout drink minutes before a session. Caffeine will be at peak levels around 30 - 45 minutes after consumption so give yourself more time if taking this supplement.

Remember that caffeine has a half life of 8 hours meaning that half the amount taken will still be floating around 8 hours after consumption.

Personally I would only consider using a pre workout if you train in the morning and have had a bad night rest the evening before.

GENERAL HEALTH

Below are my top supplements for general health, I use these myself and with all of my clients. If investing in any supplements I would choose these to start:

- Vitamin D
- Vitamin K
- Magnesium citrate
- Whey protein
- Creatine
- Pre-Workout boost

These 6 supplements are fundamental and should be used wisely to get the most out of your training.

TAKE HOME

Always remember that your nutrition sleep and stress levels need to be inline before considering any supplementation programme. Invest in your general health ones first and then try the performance ones once you have everything else in order. Do not fixate on the use of supplements as they will only help a small part of the total equation.

HAPPY TRAINING!

— Coach POW

POWER OF WILL

POW! FITNESS