

Online Client's

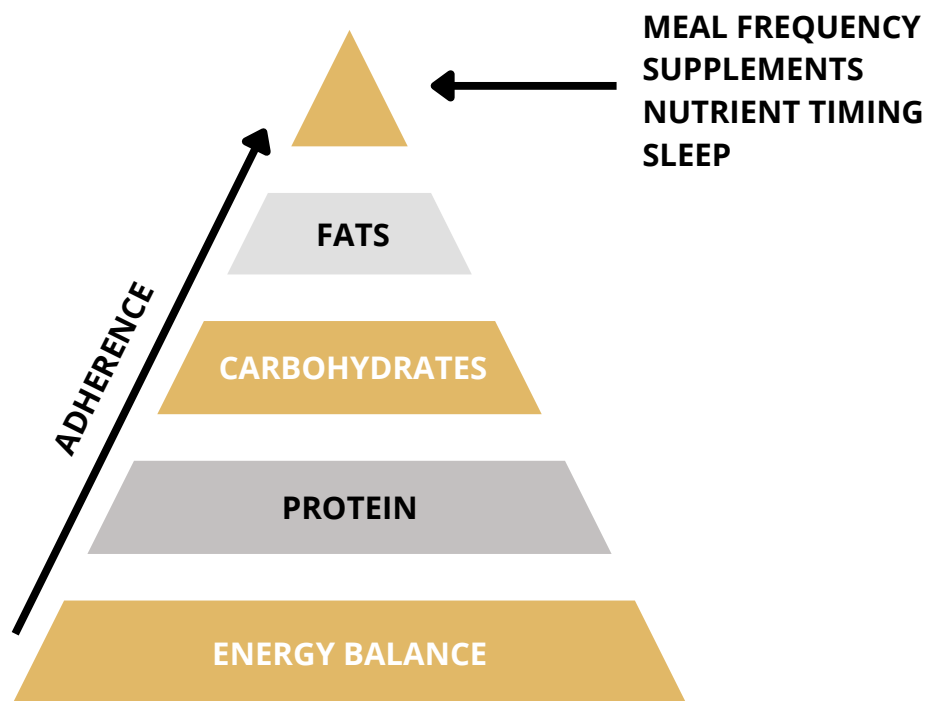
SUPPLEMENT GUIDE

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A BASIC GUIDE TO SUPPLEMENTS

First and foremost, supplementation is not a necessity.

Looking at the pyramid of importance you will see that supplements only play a small role. We need to ensure that all of the other boxes are ticked off first.



As coaches, we are not qualified to prescribe supplements, but we can give evidence based recommendations and advice you of the benefits according UK dietary recommendations.

Here you will find a small list of well researched, evidence based supplements which have both health and performance benefits.

VITAMIN D

WHO WILL BENEFIT

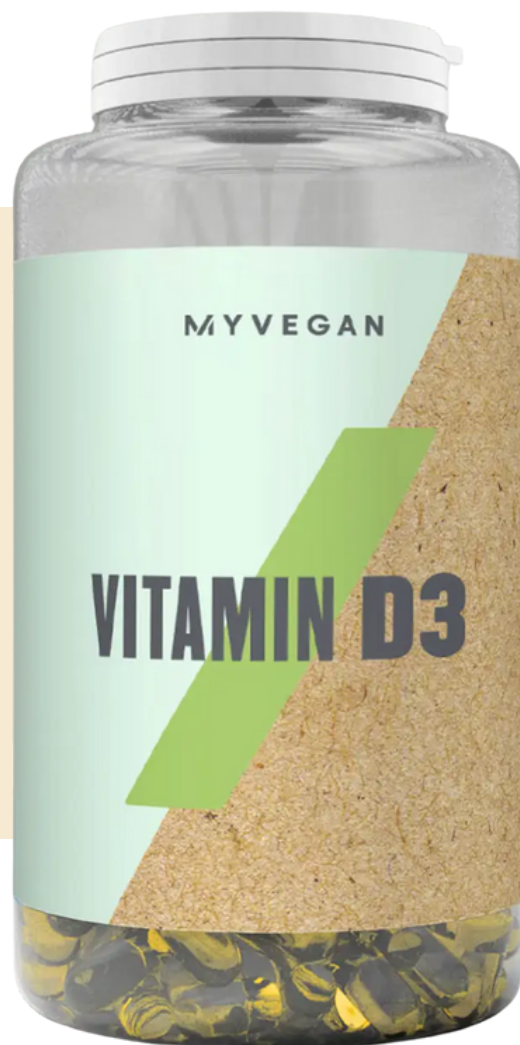
Supplemental vitamin D is associated with a range of benefits, including improved immune health, bone health, and well-being. Supplementation may also reduce the risk of cancer mortality, diabetes, and multiple sclerosis.

KEY BENEFITS

- Improves immune function and overall health
- Improves bone health
- Reduces depressive symptoms
- May aid weight loss
- More than 50% of the population have vitamin D deficiency

SUGGESTED USE:

2000 IU daily



OMEGA 3

WHAT?

Omega-3 is an essential fatty acid that your body can't make itself, so you have to get it from your diet.

WHO WILL BENEFIT?

Anyone who does not eat oily fish twice per week. Oily fish includes Salmon, Herring, Sardines, Mackerel, and Trout.

KEY BENEFITS:

- Supports heart health
- Supports hormone health

SUGGESTED USE:

Aim for 500mg of combined EPA + DHA daily



CREATINE MONOHYDRATE

WHAT?

Creatine is a natural compound that already exists in small amounts in our bodies naturally. The primary benefit of creatine is an improvement in strength and power output during resistance exercise

WHO WILL BENEFIT?

Pretty much everyone as we can't get much from our food (mainly found in small quantities in red meat and fish).

KEY BENEFITS:

- Increases your body's ability to produce energy quickly
- Both endurance and strength performance benefits
- Can help increase power output
- Helps reduce fatigue during exercise
- Supports brain function

SUGGESTED USE:

3-5g per day.



CAFFEINE

WHAT?

Caffeine is a natural chemical with stimulant effects. It is found in coffee, tea, cola, cocoa, guarana, and over 60 other products.

WHO WILL BENEFIT?

People most commonly use caffeine for mental alertness, headache, migraine, athletic performance, memory, and obesity.

KEY BENEFITS:

- Improves both aerobic and anaerobic performance
- Improves reaction time
- Can help ease acute pain in combination with pain killers
- Improves mental alertness

SUGGESTED USE:

150-300mg pre-workout

USE WITH CAUTION

Caffeine products sold in very concentrated or pure forms can be dangerous. Always read the label.

