



**ANABOLIC  
SLEEPING**  
Overnight Supplement Guide

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**Warning:** All the information presented in the *Anabolic Sleeping Overnight Supplement Guide* is for educational and resource purposes only. It is not a substitute for or in addition to any advice given to you by your physician or health care provider.

Consult your physician before making any changes to your lifestyle, diet, or exercise habits. You are solely responsible for the way information in the *Anabolic Sleeping Overnight Supplement Guide* is perceived and utilized and so, you do so at your own risk.

In no way will Alain Gonzalez, Joe LoGalbo, or any persons associated with the *Anabolic Sleeping Overnight Supplement Guide* be held responsible for any injuries or problems that may occur due to the use of this book or the advice contained within.

## PERSONAL DISCLAIMER

We are not doctors, nor do we possess a degree in nutrition. The advice we give is based on years of practical application, dealing with the needs of our own health and physiques as well as the needs of others. Any recommendations we may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor/s.

# SLEEP

## CHAMOMILE

This herb has been used for thousands of years to promote sleep. Studies show that chamomile helps calm your nervous system, relax your muscles, and improve sleep quality.

*Take one cup of warm chamomile tea 30 minutes before bed to experience higher quality sleep.*

***How Much: 1 Serving Pre-Bedtime***

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## KAVA KAVA

Kava root has been found to have a calming effect that may relieve restlessness and sleeplessness. It's also been shown to improve deep sleep without affecting REM sleep.

*Kava Kava can be prepared as a tea or taken as a dietary supplement in powder form.*

***How Much: 1 Serving Pre-Bedtime***

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## VITAMIN D

Research has shown associations between low Vitamin D levels in the blood and sleep quality.

A more recent study compared subjects who supplemented with Vitamin D and subjects who took a placebo. The 'sleep quality scores' improved in individuals who supplemented with Vitamin D and remained the same in the placebo group.

***How Much: 600-1000IU/Day***

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## VALERIAN

This herb is commonly used to combat sleep disorders such as insomnia, as well as many other non-sleep related conditions like anxiety.

Valerian root has been shown to aid in falling asleep as well as improving sleep quality. If you're having a tough time shutting down, valerian may be the solution to your problem.

Valerian can be added to your bath water or used as flavoring in your food or beverages. Another way to add valerian root to your sleep routine is by preparing it as a tea.

***How Much: 1 Serving Pre-Bedtime***

# MAGNESIUM

Research has shown that one of the most prominent symptoms of magnesium deficiency is insomnia.

In addition, because we live in such a stressful environment these days and magnesium is quickly utilized, it's not likely that we'll get enough magnesium from our diet alone.

Note: Although magnesium supplementation is recommended, some people may experience negative side effects from oral supplements. If that's you—or you prefer not to find out—I recommend boosting your magnesium levels through topical application.

Before bed, apply the topical magnesium:

- Wherever you feel soreness or discomfort
- The center of your chest
- Around the neck and shoulders

How much: 4-6 sprays per area (don't forget to massage it in).

***How Much: 350 mg/Day***

# WHEY PROTEIN

Before we jump into supplements, I want to first clear the air.

## **WHEY PROTEIN IS NOT A SUPPLEMENT**

It is simply the liquid material created as a by-product of cheese production. You also have to consider that whey protein is a macro nutrient and can easily be consumed in the foods we eat.

## **DO WE NEED A PROTEIN POWDER TO BUILD MUSCLE?**



Absolutely not! Again, protein is a macro nutrient and by now, you should know exactly how much protein your body requires daily in order to build muscle. If you are able to consume that amount of protein without touching any protein powders, then there is no reason to invest in one.

## **BENEFITS OF PROTEIN SUPPLEMENTATION...**

- Cost effective
- Convenient
- Great for high protein recipes (shakes, pancakes, smoothies, etc)
- Biological Value (Amino Acid Content)

## **BEST PROTEIN SUPPLEMENT**

If you are someone who has a hard time achieving your protein goals for the day (or you just like to consume shakes), then a basic whey protein will suffice. If you have an intolerance to lactose, then consider a whey isolate product.

# HEALTH AND RECOVERY

## MULTI-VITAMIN

We previously discussed micro nutrients (vitamins and minerals) and their importance. With that in mind, a multi-vitamin that will help ensure you are getting enough of these micro nutrients on a daily basis (considering some days we may not have certain foods available). The typical Men's 1-a-day vitamins should be sufficient.

***How Much: 1 Serving Per Day***

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## EFA (EDA/ PHA): FISH OILS

Although our diet can essentially provide enough EFAs, in a lot of cases it is hard to be 100% sure. Essential fatty acids serve as an anti-inflammatory and do a great deal in terms of effective recovery. Not to mention a number of other misc. benefits such as overall skin health, disease prevention, etc.

***How Much: 2-3 Grams Per Day***

# PERFORMANCE

## CREATINE MONOHYDRATE

When it comes to performance, there is no other supplement that has been more researched or proven to work. Creatine monohydrate ensures 100% saturation of the muscle tissue and has been shown to increase strength, muscle fullness, and power output.

***How Much: 5 Grams Per Day***

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## BETA ALANINE

The muscle endurance version of creatine monohydrate (in a sense). As a bodybuilder who trains both for strength and/or hypertrophy (anaerobic exercise) can always benefit from increased muscle endurance.

***How Much: 3-5 Grams Per Day***

# CONDITIONAL

## CALCIUM

This is something to consider if you are lactose intolerant and/or are avoiding the foods that typically make up one's calcium intake (dairy).

***How Much: 1 Gram Per Day***

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## CAFFEINE

This is a safe, tried and true, healthy choice for a pre-workout stimulant. However, like any other stimulant, the more consistently you take it, the less effective it becomes. This is probably a good idea to take only on days where you need that extra push to get you into the gym.

***How Much: 200-400mg***

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## BCAA

Not needed if your protein intake is where it needs to be but can be beneficial for trainees who are glycogen depleted and have a high intensity session lined up.

***How Much: 10-20 Grams Pre-Workout***

# HOMEMADE PRE-WORKOUT

If you're anything like I am, sometimes you need that little kick before a workout.

Unfortunately, a lot of these pre-workout supplements are pretty pricey.

Not to mention, they're full of filler ingredients that don't do shit and when they do include worthy ingredients, they often times cover up how much (or little) is present with a "proprietary blend".

Fortunately for us, there is science ☺

So instead of paying 50 dollars for a bottle of under-dosed pre-workout, we have the (cost effective) choice to create our own using only the ingredients that work.

**Here is what you need to create the perfect homemade pre-workout drink.**

## THE PERFECT HOMEMADE PRE-WORKOUT BLEND

Ingredient	Amount
Caffeine	200-400mg
Creatine	5 Grams
Beta Alanine	3 Grams
Citrulline	6 Grams

(If you are interested in purchasing these ingredients individually, please visit [True Nutrition](#).)