Let me start off by saying that supplements are not necessary for muscle growth.

I repeat.

**Supplements are not necessary for fat loss.**

Now...

This is not to say that the supplements I mention in this guide are not beneficial.

It simply means that they are not necessary.

Unlike consuming the appropriate amount of nutrients, consistently, one can build muscle (or lose fat) without ever coming in contact with supplements, period.

I also would like to mention that none of these supplements will matter at all if you are not following a well-balanced diet along with a practical training program.

But...

Let’s assume your training is in order, your diet is well balanced, and you have a bit of extra money to invest in supplementation.

Then getting that small edge in your nutrition, training, or recovery will benefit you enough to consider adding certain supplements to your daily “ritual”.

**Understand This...**

Listen very closely 😊

If you are not building muscle with your current diet and training, a supplement will be useless.

The difference between an effective diet and training system and a non-effective system is NEVER going to be a supplement, ever.
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.
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**

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**

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**

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**
**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 SERVING 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
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.

<table>
<thead>
<tr>
<th>THE PERFECT HOMEMADE PRE-WORKOUT BLEND</th>
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<tbody>
<tr>
<td>INGREDIENT</td>
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<tr>
<td>----------------------------</td>
</tr>
<tr>
<td>Caffeine</td>
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<tr>
<td>Creatine</td>
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<tr>
<td>Beta Alanine</td>
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<tr>
<td>Citrulline</td>
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(If you are interested in purchasing these ingredients individually, please visit True Nutrition.)