

## SECTION C – Live Like You’re A Professional

### Module 15: Which Supplements Can Make You Fitter, Faster, and Stronger

Should you use supplements?

That depends on several factors but I would NOT encourage the use of supplements if:

- 1) *You are under the age of 16*
- 2) *You are not consistent with your training*
- 3) *You are not consistent with proper hydration*
- 4) *You are not consistent with proper nutrition*

Supplements can aid in your training and help you get faster results. However, if these other components are not in place you will be wasting your money.

When supplements are used in combination with consistent training, hydration, and nutrition you can expect:

- Faster recovery after training / playing
- Increased energy levels and stamina
- Speed up the process of muscle growth
- Reduce unnecessary fatigue and exhaustion
- Give you that extra 10%

### **How should I use supplements to get the best results?**

#### **1) All natural**

Supplements can range from basic vitamins to sport-performance powders. Whenever selecting a supplement you want to choose the most natural option.

Especially when you look at sports supplements like pre-workouts and BCAAs you will quickly discover that most of the options come with artificial sugars, chemicals, and excessive amounts of caffeine.

If you are going to use supplements try to select the most natural option available (limited or zero “Non-Medical” ingredients).

## **2) Least amount for maximum result**

There are so many different supplements on the market, it’s easy to become overwhelmed and find a reason to take everything possible.

You want to be smart about your supplementation intake. Based on your needs try to determine which supplements you truly need and which you can do without.

## **3) Consistently**

In order to get the real benefits of supplements you need to use them on a consistent basis. You can’t take a vitamin 1 day and expect it to have an impact on your body. The real benefits come from consistent use.

However, when my goals are cleansing / detoxification or fat loss I will eliminate performance supplements (list below) from my routine because they have adverse effects on my insulin levels which will work against my goals.

If my goals are optimum performance or muscle building, I will be consistent with the sports performance supplements (list below).

## **What supplements do I use?**

### **1) Energy**

B Complex (w/ B12), Vitamin D, Co-Enzyme Q10 (daily)  
Ginseng and Rhodilia (only when noticeably low on energy)

### **2) Recovery**

Magnesium, Potassium, Zinc. Omega 3 (daily w/ food)

### **3) Performance**

Vega Natural Sports Performance:

- Energy Booster (before)
- Electrolytes (during)
- Recovery Accelerator (after)

Branch Chain Amino Acids (BCAA) – pre and post training

Creatine – pre and post training

Citruline – pre training

Glutamine – post training

### **4) Sleep**

Melatonin (30 mins before bed)