



TOP 5 PROVEN SUPPLEMENTS

www.thefitnessexperts.co.uk



Medical Disclaimer

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Should you purchase and consume the recommended supplements in this guide, you are choosing to do so of your own free will, without coercion and in the full knowledge that the supplements have not been personally recommended to you and that should you suffer from a medical condition of any kind or suspect that the ingredients may cause you a medical problem of any kind whatsoever you should speak to a qualified medical practitioner for advice.

Further, if you choose to consume any of these supplements and feel that you are experiencing any adverse effects, then you should cease using them immediately and consult your doctor.

Image credits:

Front Cover and Creatine Page: Piotr Trojanowski@123RF.com

Introduction Page: NejrN@123RF.com

Omega 3 Page: Heinz Leitner@123RF.com

Caffeine Page: Ivan Kruk@123RF.com

© Copyright 2018 The Fitness Experts and its licensors

All rights reserved.

No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or means whatsoever without the prior consent and written permission of the author.

Top 5 Proven Supplements



INTRODUCTION

There are literally hundreds of health and sports supplements on the market today. It's no wonder that people can feel overwhelmed by the amount of choice available to them. Unfortunately, the supplement industry is not very well regulated and this has led to some supplement companies trying to cash in on people's ignorance.

The aim of this guide is to help you decide which supplements, if any, might be appropriate for you and your goals.

First, let's look at what the term "supplement" actually means.

Supplement - A thing added to something else in order to complete or enhance it.

We should always aim to get the majority of our nutrients from food. Think 'Food first, supplements second'. But there are some supplements that are worth considering. For example, vitamin D is probably a good idea for anyone who doesn't get much sun exposure.



In this guide, we will cover five supplements which, through scientific studies conducted over the years, have been shown to work and may provide benefits, especially to people who exercise regularly.

These supplements are:

- **Whey protein**
- **Creatine**
- **Omega 3**
- **Caffeine**
- **Vitamin D3**

Whey protein / protein powders

Whey protein started to become popular in the 1990's. Whey protein is naturally occurring in milk and offers a high quality source of protein, rich in essential amino acids. Amino acids are the building blocks of protein and our bodies need protein to grow and repair.

Whey protein offers a quick, convenient and cost effective way to boost your protein intake.

There are also vegan protein powders available, such as pea protein.

How much to take and when

If you are meeting your daily protein targets from whole foods then you do not need to take whey protein.

A serving of 30g of protein from whey will maximise muscle protein synthesis in most individuals.

It doesn't really matter when you take whey protein, although it's often taken to the gym to be consumed after training because it is highly portable (i.e. can be taken in a shaker).



You can also add whey protein to yoghurt to make a high protein sweet treat.

Creatine

Creatine is one of the most researched and proven legal performance enhancing supplements available on the market today.

Creatine gained a lot of popularity with strength and power athletes in the 1990's and has been shown to increase strength and lean muscle mass. Creatine supplementation increases levels of phosphocreatine within the muscle, and this increases the ability of the muscles to perform better in short powerful bursts, such as lifting heavy weights or sprinting.

Research has also shown creatine to have a beneficial effect on brain health.

How much to take and when

The traditional way to take creatine is to implement a "loading phase" of 4 x 5g servings throughout the day for 5 days. Then a "maintenance" dose of 5g per day is implemented.

There are opposing views about whether or not a person needs to "cycle" creatine or stop taking it for a while before taking it again.

If you plan on taking creatine long term then you won't need to implement a "loading phase" because levels will build up over time. But a loading phase is recommended for the fastest, most optimal results.

Creatine can be added to a protein shake and consumed after training or added to water or juice to be consumed at any time. The most important thing is just to remember to take it.



Omega 3

Omega 3 fatty acids are also known as Omega 3 essential fatty acids. This means our bodies don't produce them and so we need to consume them either through our diet or a supplement or a combination of both.

Omega 3 is a natural anti-inflammatory, helping with joint health, mood, brain health and maintaining healthy triglyceride levels.

Fatty fish like salmon, mackerel and sardines are rich sources of Omega 3 fatty acids. But not everyone likes fish or consumes enough fish to obtain enough Omega 3.

How much to take and when

An intake for Omega 3 of 250-500mg Omega 3 per day seems to be the minimum recommendation but there is no official recommended daily allowance. Another popular recommendation is to consume 2-3 servings of fatty fish per week.



If you eat a lot of fatty fish then you probably don't need to take Omega 3. But if you don't, then a high strength daily Omega 3 supplement would be prudent, taken as directed on the container.

Caffeine

Caffeine is a well known stimulant that can be a bit of a double edged sword if it's not used respectfully.

Many of us know the benefits of a good cup of coffee. It can help us feel alert, improve our concentration, feel more energised and can even suppress appetite.

Caffeine has also been associated with a reduced risk of Alzheimers, cirrhosis and liver cancer.



Studies have shown caffeine enhances both endurance and strength, making it one of the most easily available performance enhancing supplements.

But unfortunately it's not all good news and there is perhaps a "darker side" to caffeine. It does effect individuals differently but there are some people who are particularly sensitive to caffeine. Too much caffeine can cause an unwanted increase in stress hormones and disrupt sleep.

Over time, people also become tolerant to caffeine and can end up increasing their intake more and more until there is always caffeine active in their bodies. The saying "tired but wired" describes this situation perfectly. You're tired so you drink more caffeine, then you don't sleep well even though you're tired, and the cycle continues on into the next day.

How much to take and when

Some people do better without caffeine, others cope well and enjoy the benefits of caffeine, so it's up to you to decide what works for you.

If you are looking for an increase in fat burning, a mild appetite suppressant and perhaps a little more energy for the gym, then a strong coffee one hour before training should do the trick. But only if you haven't become tolerant to caffeine.

If you train late in the evening, it's probably best to avoid caffeine.

Vitamin D

Vitamin D has become a hot topic in recent years with market reports predicting the vitamin D market to be worth a staggering \$2.5 billion by the year 2020.

Vitamin D is important for the regulation of the minerals calcium and phosphorus, and for immune system function. It's also important for the normal growth and development of bones and teeth.



Research has shown that vitamin D can decrease the likelihood of developing the flu.

How much to take and when

The vitamin D council recommends adults take 5000IU daily. This might seem high but it really depends on how much sun exposure you get. It makes sense to adjust your intake according to the seasons and how much you get out in the sun.

Vitamin D blood tests are fairly cheap and easily accessible, and will give you an indication of how much you should take. It's widely accepted that the best form of vitamin D is D3.

You should take your vitamin D3 with a fat-containing meal, because it's a fat soluble vitamin and needs fat to be absorbed. So for example, if you want to take your vitamin D3 with breakfast, consume eggs, avocado or nuts with it.