SUPPLEMENTS. THAT'S IT. THAT'S THE TITLE.

BEING HEALTHY SHOULDN'T BE THIS HARD.

PRE-WORKOUT

WHAT IS IT?

- A STIMULANT-BASED SUPPLEMENT
- GOAL: TO HELP BOOST ENERGY LEVELS AND PERFORMANCE DURING EXERCISE
- TYPICALLY PRODUCED AS A POWDER OR DRINK

IS IT NECESSARY?

NO. USAGE IS DEPENDENT ON INDIVIDUAL'S PREFERENCES. THEY TYPICALLY CONTAIN CAFFEINE, BETA-ALANINE (AA), TAURINE (AA), L-CITRULLINE (AA), ETC., BUT SINCE THESE PRODUCTS AREN'T ALWAYS REGULATED OR REVIEWED, IT'S BEST TO CHECK THE NUTRITION LABEL FOR DOSAGES & FURTHER INFORMATION.

*(AA) - AMINO ACID

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PRE-WORKOUT (CONT.)

*NOTE: BETA-ALANINE CAN CAUSE THE "TINGLY" FEELING YOU MAY EXPERIENCE AFTER CONSUMPTION. IT'S BEST TO BUY A NON-STIM PRE-WORKOUT IF THE SENSATION IS BOTHERSOME TO YOU.

PRE-WORKOUT HAS ALSO BEEN KNOWN TO CAUSE:

-DEHYDRATION
-HEADACHES
- ANXIETY
- RISE IN BLOOD PRESSURE

AND A NUMBER OF OTHER SIDE EFFECTS FOR SOME INDIVIDUALS.

ALWAYS BE CAUTIOUS AND AWARE OF HOW YOUR BODY REACTS.

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PROTEIN POWDER

WHAT IS IT?

-A DAIRY-BASED (WHEY & CASEIN) OR PLANT-BASED PROTEIN SUPPLEMENT.

-GOAL: HELP YOU INCREASE PROTEIN INTAKE AND PRESERVE MUSCLE

- CAN CAUSE GAS, INFLAMMATION, STOMACH ISSUES, ACNE, ETC. DEPENDING ON BRAND YOU GET AND HOW WELL IT IS MANUFACTURED.

IS IT NECESSARY?

NOT NECESSARILY, BUT IF YOU HAVE TROUBLE EATING ENOUGH PROTEIN IT CAN BE A CONVENIENT AND EASY WAY TO CONSUME MORE. IT CAN ALSO BE ADVANTAGEOUS TO THOSE WHO REGULARLY LIFT WEIGHTS OR PEOPLE WHO ARE ON LOW CALORIE DIETS.

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CREATINE

WHAT IS IT?

- AN ENDOGENOUS (MADE WITHIN THE BODY) AMINO ACID THAT YOU CAN FIND PRIMARILY IN SKELETAL MUSCLE
- PURPOSE: AS A SUPPLEMENT, IT CAN HELP BOOST THE PRODUCTION OF ENERGY FOR MUSCLE CONTRACTION (MORE ENERGY = INCREASE IN ABILITY TO PERFORM UNDER HIGHER INTENSITY/LIFT MORE)

IS IT NECESSARY?

NO, BUT IT CAN BE BENEFICIAL FOR CERTAIN PEOPLE. MORE RESEARCH NEEDS TO BE CONDUCTED TO FURTHER CONFIRM EFFECTIVENESS AS RESULTS VARY FOR EVERY PERSON.

*NOTE: POSSIBLE SIDE EFFECTS INCLUDE INDIGESTION AND FLUID RETENTION.

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FAT BURNERS

WHAT IS IT?

- SUPPLEMENT THAT CLAIMS TO INCREASE FAT METABOLISM, WEIGHT LOSS, AND/OR FAT OXIDATION (AKA: BREAKING DOWN FAT DURING EXERCISE)
- MAIN INGREDIENT TENDS TO BE CAFFEINE (STIMULANT)
- TYPICALLY COMES IN THE FORM OF A PILL

IS IT NECESSARY?

NO.

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BCAA'S

WHAT IS IT?

- BRANCH CHAIN AMINO ACIDS
(THINK *LEUCINE, ISOLEUCINE, & VALINE*)
- PROMOTES MUSCLE PROTEIN SYNTHESIS (BUILDING), MUSCULAR ENDURANCE, MUSCLE REPAIR
- TYPICALLY PRODUCED AS A POWDER OR ADDITIVE TO SPORTS DRINKS/ENERGY DRINKS

IS IT NECESSARY?

IF YOU EAT ENOUGH PROTEIN IN YOUR DIET, NO.
IF YOU STRUGGLE TO EAT ENOUGH PROTEIN, IT CAN HELP.
JUST DEPENDS ON THE INDIVIDUAL AND THEIR CURRENT NEEDS.

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FISH OIL

WHAT IS IT?

-COMMONLY REFERS TO TWO KINDS OF OMEGA-3 FATTY ACIDS: DHA & EPA

-PURPOSE: REGULATE INFLAMMATORY RESPONSE, PROMOTE GOOD HEART HEALTH AND BRAIN FUNCTION

- ALSO SUPPOSED TO LOWER TRIGLYCERIDE LEVELS

IS IT NECESSARY?

THIS ONE IS HARDER TO ANSWER. STUDIES HAVE SHOWN BOTH POSITIVE *AND* NEGATIVE EFFECTS (ALSO A RECENT AGREEMENT THAT IT MAY NOT HELP HEART HEALTH AS PREVIOUSLY THOUGHT). IT IS BEST TO CONSULT YOUR DOCTOR *AND* CONDUCT RESEARCH WHEN DEBATING ON TAKING THESE.

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COLLAGEN

WHAT IS IT?

- IT'S A PROTEIN THAT IS INTEGRAL TO THE QUALITY AND STRUCTURE OF CONNECTIVE TISSUE (THINK BONES, SKIN, MUSCLE, TENDONS, ETC.)
- SUPPLEMENT FORM IS USUALLY CALLED "HYDROLYZED" COLLAGEN OR ENDS WITH "PEPTIDES" (PRETTY MUCH THE SAME), ALTHOUGH THERE ARE DIFFERENT TYPES OF COLLAGEN.

IS IT NECESSARY?

IT CAN BE IN CERTAIN SITUATIONS.
FOR EXAMPLE: AS WE AGE, COLLAGEN PRODUCTION SLOWS DOWN, SO FOR CERTAIN PEOPLE IT MAY HELP LESSEN INFLAMMATION IN INSTANCES OF OSTEOARTHRITIS/ RHEUMATISM OR IMPROVE THE QUALITY OF SKIN/HAIR/ETC.

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