



The Essential Supplements

Supplements can be a minefield these days. With so many different options and promising claims, it can be difficult to know what exactly we should be taking and if it will even work. When truth be told, if a supplement claims to do something that sounds too good to be true, then this is usually the case and you are better off saving your hard-earned cash.

However, **there are a small number of supplements that have been scientifically researched and field-tested to show they work.** And guess what? The ones that work do not have any fancy names or shiny packaging and are usually consumed already via our diets. The supplements recommended below are merely vitamins, minerals or oils that can be sourced to natural origins, not artificial powders or liquids made in a factory.

So why should we supplement natural nutrients when following a healthy eating plan?

Well the research shows that increasing the levels of certain vitamins and minerals is needed to get the most benefit from them. Usually, these levels are much higher than we can typically get from our food sources alone, even when eating high quality foods. We should also consider the overall quality of our foods in today's society - **pollution is higher, crops are sprayed more frequently and many items are heavily processed before reaching us.** The quality of our food is not up to scratch any more and is often lacking some of the key nutrients which it is supposed to provide.

In addition, many of you reading this are also training hard, to push you closer to your ideal body composition and health goals. This can be depleting on the body, as it adds further external stressors, which also require extra energy and nutrients to aid recovery in order to force the body to adapt to the training stimulus.

As you can see, boosting natural levels of some vitamins and minerals via supplementation is important for our optimal performance and health. Providing your nutrition is dialed in, and



you are eating correctly with high quality foods, I strongly believe the below supplements can benefit you and help you reach your goals.

1. Vitamin D – Health, Strength, Muscle Builder & Fat Loss Supplement

Most of us in the UK are deficient in this vitamin, due to the lack of sunlight we get. It has been shown to improve mood, aid immune function, fight off cancers, burn body fat, and improve bone health. It's also been shown to boost muscle strength and growth, mainly due to its potential to increase testosterone levels in males.

Dosage: Take 2000 IU (summer) – 4000 IU (winter) daily of liquid/spray form vitamin D3 (cholecalciferol – the more potent form of the vitamin.)

2. Omega 3 Fish Oil – Health, Fat Loss, Muscle Builder & Strength Supplement

Fish oil contains the essential omega 3 fatty acids EPA and DHA, which are known to provide a number of health and performance benefits due to their highly anti-inflammatory properties. From a health perspective these fatty acids appear to reduce the risk of heart disease and stroke, while from a performance aspect they can help to prevent muscle breakdown, enhance joint healing, improve brain function and achieve greater fat loss.

Dosage: Take a total EPA/DHA value of 1-2g per meal per day. Liquid form being best.

3. Green Tea – Fat Loss, Energy Production & Health Supplement

Green tea contains compounds called catechins, including EGCG, the primary active ingredient for its thermogenic properties. EGCG has the ability to inhibit an enzyme that breaks down norepinephrine, the neurotransmitter involved in regulating metabolic rate and fat burning. Green tea also contains caffeine, which helps boost energy levels and provide further fat burning actions. It can also serve as a great antioxidant, and may help reduce certain cancers and provide other health benefits such as



improved joint healing.

Dosage: 3-4 cups of high quality green tea per day, along with 500mg of green tea extract with every meal. (The extract has been shown to be more effective in smaller doses and may also be absorbed better by the body – if you can choose only one, use the extract)

4. ZMA – Health, Strength, Muscle Builder & Fat Loss Supplement

This is a combination of zinc, magnesium and vitamin B6. Its benefits are supported by clinical research as it has been shown that hard-training individuals may be deficient in these minerals. You will see improved hormone levels aiding better recovery, sleep and strength.

Dosage: Take 30-50mg zinc, magnesium oil spray to back of knees/legs and 10mg vitamin b6 on empty stomach 30 minutes before bed. All-in-one tablet forms are available.

Lastly, I often get asked the question, “Can I just take a multi-vitamin instead?” The answer to that is no - multi vitamins do not have high enough quantities to provide the benefits that the higher dose protocols can. Just like with food, the quality of our supplements matters too - **always buy the highest quality product your budget allows.**

If a supplement falls well short of the typical dosages I recommend it is more than likely poor quality and a waste of your money. Not only that, you would have to take more of these in order to reach the ideal dosages, so in the long run you would be spending just as much. Also, many of the cheaper products contain fillers and further ingredients to bulk up the product, therefore it is always best to buy the higher quality option in order to know exactly what you are taking.