



# **TOP 5 SUPPLEMENTS FOR BETTER PERFORMANCE**

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# ***CREATINE***

***CREATINE IS HANDS DOWN THE MOST SCIENTIFICALLY RESEARCHED SUPPLEMENT IN THE SPORTS PERFORMANCE WORLD.***

***CREATINE IS A NATURALLY OCCURRING COMPOUND THAT IS PRODUCED IN THE BODY- JUST NOT ENOUGH TO REAP THE BENEFITS. OUR BODIES SYNTHESIZE CREATINE FROM THE AMINO ACIDS ARGININE, GLYCINE, AND METHOININE.***

***CREATINE IS THE FIRST ENERGY SOURCE CALLED UPON BY THE BODY, AND PLAYS A BIG ROLE IN ENERGY METABOLISM BECAUSE OF ITS GREATER EFFICIENCY THAN ATP.***

## ***HOW DOES IT WORK?***

***CREATINE WORKS BY HELPING US PRODUCE ADENOSINE TRIPHOSPHATE, BETTER KNOWN AS ATP. AS YOUR MUSCLES CONTRACT AND GO TO WORK, THE BODY EXPENDS MORE AND MORE ENERGY, WHICH IN RESULTS IN DEPLETED ATP STORES. SUPPLEMENTING CREATINE CAN HELP REPLENISH THESE ATP STORES, AND GIVE THE BODY MORE ENERGY.***

***CREATINE IS FOUND PRIMARILY IN MEAT AND FISH PRODUCTS.***

***CREATINES ABILITY TO INCREASE OVERALL WORK CAPACITY IS NOT THE ONLY BENEFIT. CREATINE SUPPLEMENTATION INDIRETLY IMPACTS:***

- STRENGTH***
- MUSCLE SIZE***
- MUSCLE ENDURANCE***
- MUSCULAR POWER***
- COGNITIVE FUNCITON & FOCUS***
- DECREASE LEVELS OF INFLAMMATION***

## ***RECOMMENDED DOSAGE:***

***2.5-5.0 GRAMS OF CREATINE MONOHYDRATE/DAY IS RECOMMENDED FOR INCREASED SPORTS PERFORMANCE.***





# MULTIVITAMIN

**A STAPLE FOR GENERAL HEALTH AND PERFORMANCE IS A MULTIVITAMIN SUPPLEMENT. A GOOD QUALITY MULTIVITAMIN SUPPLEMENT IS CRUCIAL FOR ENSURING THAT OUR MICRONUTRIENT NEEDS ARE BEING MET.**

**NO MATTER HOW HARD WE TRY, BEING 100% ON TOP OF YOUR NUTRITION 24/7, 365 DAYS OUT OF THE YEAR IS NO EASY TASK. THAT MEANS THERE IS GOING TO BE MORE ROOM FOR ERROR IN REGARDS TO OUR OVERALL VITAMIN AND MINERAL CONSUMPTION. IMPLEMENTING A MULTIVITAMIN SUPPLEMENT INTO YOUR REGIMEN CAN HELP WITH THAT.**

**A GOOD, HIGH QUALITY MULTIVITAMIN SHOULD CONTAIN AN ADEQUATE AMOUNT OF ALL THE VITAMINS (A,B,C,D,E, AND K) AS WELL AS PROVIDE THE IMPORTANT MINERALS (MAGNESIUM AND ZINC).**

**NOT ALL MULTIVITAMIN SUPPLEMENTS WILL PROVIDE 100% RDI (REFERENCE DAILY INTAKE) OF EVERY VITAMIN AND MINERAL. HOWEVER, THIS WILL ACT SOLELY AS AN INSURANCE POLICY AND FURTHER SUPPLEMENT YOUR ALREADY HEALTHY BALANCED DIET. IT'S ALSO WORTH MENTIONING THAT SOME GREAT MULTIVITAMINS CAN ALSO CONTAIN OTHER BENEFICIAL COMPOUNDS LIKE COQ10 AND ASHWAGANDHA.**

**NOTE THAT SIMPLY SUPPLEMENTING WITH A MULTIVITAMIN DOES NOT GIVE YOU LICENSE TO NEGLECT EATING VITAMIN AND MINERAL RICH FOODS, LIKE FRUITS AND VEGETABLES. FRUITS AND VEGETABLES CONTAIN THE FIBER AND PLANT COMPOUNDS NEEDED WITHIN A WELL BALANCED DIET.**

**MULTIVITAMINS ARE CRUCIAL IN ENSURING THAT WE ARE NOT DEFICIENT IN ANY OF THE VITAL MICRONUTRIENTS NECESSARY FOR OUR EVERY DAY LIVES.**



# PROTEIN POWDER

**PROTEIN IS ONE OF THE MAIN MACRONUTRIENTS COMPRISED OF AMINO ACIDS- THE BUILDING BLOCKS OF LIFE.**

**DURING DIGESTION, PROTEIN IS BROKEN DOWN INTO INDIVIDUAL AMINO ACIDS THAT CONTRIBUTE TO THE PLASMA POOL OF AMINO ACIDS. THIS POOL IS A STORAGE RESERVE OF AMINO ACIDS THAT CIRCULATES THROUGH THE BLOODSTREAM.**

**OUR BODIES NEED A CONSISTENT FLOW OF PROTEIN AND AMINO ACIDS TO PRODUCE IMPORTANT MOLECULES FOR EVERY DAY LIFE- SUCH AS, ENZYMES, HORMONES, NEUROTRANSMITTERS, AND ANTIBODIES. WITHOUT PROTEIN, OUR BODY CAN'T FUNCTION WELL AT ALL!**

**THERE ARE 20 AMINO ACIDS, EACH ONE HAS THERE OWN UNIQUE ROLE IN THE BODY.**

**PROTEIN ALSO PLAYS A ROLE IN THE MAINTANENCE OF OUR SKIN, NAILS, DIGESTIVE HEALTH, JOINT HEALTH, AND MANY MORE.**

**WE TYPICALLY GET MOST OF OUR PROTEIN SOURCES FROM MEAT AND DAIRY PRODUCTS, THOUGH IT IS ALSO PRESENT IN OTHER SOURCES LIKE NUTS AND LEGUMES.**

**WHEN THINKING ABOUT RECOVERING FROM COMPETITION OR INTENSE TRAINING, ENSURING THAT YOU HAVE A HIGH QUALITY PROTEIN SOURCE ON HAND CAN PROVE TO BE VALUABLE. PROTEIN SOURCES CAN BE IN BOTH ANIMAL OR PLANT FORM.**

**PROTEIN POWDERS SHOULD NOT REPLACCE THE NUTRIENTS THAT YOU CAN OTHERWISE GET FROM MEAT, FISH, AND DAIRY.**

**PROTEIN RECOMMENDATIONS:**

**-WHEY ISOLATE PROTEIN**

**-PEA/BROWN RICE PROTEIN BLEND (FOR PLANT BASED EATERS/ THOSE WITH DAIRY SENSITIVITY)**





# ***GREENS POWDER***

***PLANTS CONTAIN A VARIETY OF ORGANIC COMPOUNDS THAT CONTRIBUTE TO OUR VITALITY AND LONG-TERM HEALTH.***

***IF YOU ARE NOT FAMILIAR WITH GREENS POWDER SUPPLEMENTATION, IT CAN PROVE TO BE A GREAT ADDITION TO THE REGIME OF A BUSY ATHLETE, LIFTER, OR AVERAGE JOE.***

***THERE IS NO DEBATING THE OVERALL BENEFITS THAT ONE CAN GET FROM SIMPLY EATING VEGETABLES. HOWEVER, THE BIGGEST PROBLEM IN TODAY'S SOCIETY IS PEOPLE DON'T LIKE VEGETABLES. MANY STRUGGLE WITH THIS AND TEND TO LEAVE THEM OUT OF THEIR DIET COMPLETELY.***

***IMPLEMENTING A GREENS POWDER SUPPLEMENT CAN HELP COVER OUR BASES IN SITUATIONS THAT WARRANT THEM (THOSE THAT LACK OPTIMAL LEVELS OF PLANT COMPOUNDS).***

***A WARNING, MOST OF THESE GREENS POWDER SUPPLEMENTS DO NOT CONTAIN FIBER. SO BE SURE TO INCLUDE FIBEROUS SOURCES WITHIN YOUR DIET.***

***GENERAL RECOMMENDATIONS:***

***WHEN LOOKING FOR A GREENS POWDER, ENSURE THAT THE PRODUCT HAS A LABEL THAT IS COMPLETELY TRANSPARENT, AND NO PROPRIETARY BLENDS.***



# **FISH OIL**

***FISH OIL HAS SHOWN TO HAVE TREMENDOUS BENEFITS, SUPPORTING THE CARDIOVASCULAR, VASCULAR, BRAIN, AND MUSCULAR SYSTEMS.***

***FISH OIL IS RICH IN OMEGA-3 FATTY ACIDS. EPA AND DHA ARE THE PRIMARY OMEGA-3 FATTY ACIDS FOUND IN FISH OIL.***

***BECAUSE COLD WATER FATTY FISH ARE HARD TO COME BY FOR MOST PEOPLE, SUPPLEMENTING WITH A FISH OIL PRODUCT CAN PROVE TO SUPPORT A GOOD OMEGA-3 PROFILE IN THE BODY.***

***ON THE OTHERHAND, IF YOU CONSUME A LOT OF FATTY FISH REGULARLY, YOU MAY NOT REQUIRE A FISH OIL SUPPLEMENT AT ALL.***

***GENERAL RECOMMENDATIONS:***

***I NORMALLY RECOMMEND THAT CLIENTS/ATHLETES TAKE 1 GRAM OF EPA/DHA PER DAY.***

***FOR VEGANS, THERE ARE ALGAE-BASED OMEGA-3 SUPPLEMENTS THAT CAN EASILY REPLACE THE STANDARD FISH-BASED OMEGA-3 SUPPLEMENT. WHETHER IT COMES FROM FISH OR ALGAE, MARINE-BASED SOURCES TEND TO PERFORM WELL.***



***CHECK WITH YOUR PRIMARY CARE PHYSICIANS BEFORE TAKING ANY NUTRITIONAL SUPPLEMENTS!***

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## ***ABOUT COACH JULIAN***

***JULIAN IS THE DIRECTOR OF NUTRITION AND HEAD STRENGTH COACH AT CHALLENGER STRENGTH. HE HAS HELPED SERVE NUMEROUS ROLES AS A STRENGTH COACH SINCE JOINING ON WITH CHALLENGER STRENGTH IN 2018 AND HAS SINCE BECOME A CERTIFIED NUTRITION COACH SERVING AS THE HEAD OF CHALLENGER STRENGTH NUTRITIONAL SERVICES.***

***JULIAN ALSO HAS STUDIED UNDER, AND IS CERTIFIED BY INDUSTRY LEGENDS JOE DEFRANCO AND JAMES SMITH. AS A CERTIFIED PHYSICAL PREPARATION SPECIALIST HE SPECIALIZES IN ATHLETIC PERFORMANCE, PRE-MOVEMENT PREPARATION, STRENGTH, POWER, SPEED, CORE TRAINING, PROGRAM DESIGN, AND MENTAL TOUGHNESS, ALL BUILT ON THE SEVEN PILLARS OF ATHLETIC PERFORMANCE. ASIDE FROM BEING A CERTIFIED PHYSICAL PREPARATION SPECIALIST, HE IS AN ISSA CERTIFIED PERSONAL TRAINER, WITH A BACKGROUND IN PERSONAL TRAINING, GENERAL FITNESS, AND HYPERTROPHY/BODY COMPOSITION.***

***IN ADDITION, JULIAN HAS A B.S.B IN BIOLOGY FROM CALDWELL UNIVERSITY, AND IS PN LEVEL 1 CERTIFIED IN SPORTS NUTRITION. JULIAN HAS EXPERIENCE IN THE NPC BODYBUILDING FEDERATION, PLACING AS HIGH AS 2ND OVERALL IN HIS RESPECTIVE CLASSES, AS WELL AS COMPETING IN BOTH BASKETBALL AND LACROSSE AT THE HIGH SCHOOL AND COLLEGIATE LEVEL.***

***IF YOU ARE INTERESTED IN WORKING WITH COACH JULIAN, BOTH HIS ONE-ON-ONE COACHING AND ONLINE PROGRAMS CAN BE FOUND AT:***

***[WWW.CHALLENGERSTRENGTH.COM](http://WWW.CHALLENGERSTRENGTH.COM)***