

Teir 1 Supplements- Must take at all times

<i>Supplement Name:</i>	<u>multi Vitamine</u>
<i>How many times / day:</i>	3 times per day
<i>How much to take:</i>	read bottle instructions
<i>Take with food (yes/no)</i>	yes
<i>Powder, pill, liquid</i>	pill
<i>When to take it:</i>	spaced out throuout the day
<i>Why take it:</i>	body needs vitamines and minerals
<i>Good Manufacturers:</i>	Swanson, NOW, Optimum, any other
<i>Other notes:</i>	
<i>Supplement Name:</i>	<u>Glutamine</u>
<i>How many times / day:</i>	3 times per day
<i>How much to take:</i>	2-5 g in each serving
<i>Take with food (yes/no)</i>	yes
<i>Powder, pill, liquid</i>	powder, pill
<i>When to take it:</i>	before workout, after workout (PWO), before bed
<i>Why take it:</i>	amino acid that we can not get enough of. Helps protein metabolism, reduce muscle deterioration, aid muscle recovery, reduce lactic acid build up, stimulates GH release.
<i>Good Manufacturers:</i>	NOW, Optimum, no preference
<i>Other notes:</i>	
<i>Supplement Name:</i>	<u>BCAA</u>
<i>How many times / day:</i>	3 times per day
<i>How much to take:</i>	5g total per serving
<i>Take with food (yes/no)</i>	no
<i>Powder, pill, liquid</i>	powder, pill
<i>When to take it:</i>	before workout, after workout (PWO), before bed
<i>Why take it:</i>	3 essential amino acids that we can not get enough of.
<i>Good Manufacturers:</i>	NOW, Optimum, no preference
<i>Other notes:</i>	

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<i>Supplement Name:</i>	<u>Whey Protein</u>
<i>How many times / day:</i>	at least 2 times, more if protein intake low
<i>How much to take:</i>	40-60g per serving, more PWO
<i>Take with food (yes/no)</i>	does not matter
<i>Powder, pill, liquid</i>	powder, liquid
<i>When to take it:</i>	when wake up, PWO, as needed durring day
<i>Why take it:</i>	fast acting protein to get in your system after you wake up and PWO, body needs 1-5-2g per bodyweight.
<i>Good Manufacturers:</i>	Elite, Labrada, no preference
<i>Other notes:</i>	Whet gets into your system in 30-90 minutes.
<i>Supplement Name:</i>	<u>Casein Protein</u>
<i>How many times / day:</i>	at least 1 times
<i>How much to take:</i>	40-60g per serving
<i>Take with food (yes/no)</i>	does not matter
<i>Powder, pill, liquid</i>	powder, liquid
<i>When to take it:</i>	before bed
<i>Why take it:</i>	slow acting protein that is good to take when you know you will go more then 4-5 hours without another meal.
<i>Good Manufacturers:</i>	muscle milk, evopro, no preference
<i>Other notes:</i>	Casien takes 4-6 hours to digest.
<i>Supplement Name:</i>	
<i>How many times / day:</i>	
<i>How much to take:</i>	
<i>Take with food (yes/no)</i>	
<i>Powder, pill, liquid</i>	
<i>When to take it:</i>	
<i>Why take it:</i>	
<i>Good Manufacturers:</i>	
<i>Other notes:</i>	

Teir 2 Supplements- very important

<i>Supplement Name:</i>	<u>Creatine</u>
<i>How many times / day:</i>	1-2 times per day, some front load for a week
<i>How much to take:</i>	5-15 g per serving
<i>Take with food (yes/no)</i>	depends on brand
<i>Powder, pill, liquid</i>	powder usually
<i>When to take it:</i>	PWO, and 1 other time in evening
<i>Why take it:</i>	Produced by liver and kidneys and provides energy for muscles, super hydrates muscle cells. Provides energy, min protien breakdown, inc recovery
<i>Good Manufacturers:</i>	BSN-Cell Mass, Cell-Tech, no preference
<i>Other notes:</i>	
<i>Supplement Name:</i>	<u>NOX</u>
<i>How many times / day:</i>	1 time per day
<i>How much to take:</i>	recommended bottle serving size
<i>Take with food (yes/no)</i>	depends on brand
<i>Powder, pill, liquid</i>	powder usually
<i>When to take it:</i>	before workout
<i>Why take it:</i>	energy, size, strength, pumps, performance, mental focus, and training intensity
<i>Good Manufacturers:</i>	BSN- no-xplode, no preference
<i>Other notes:</i>	
<i>Supplement Name:</i>	<u>ZMA</u>
<i>How many times / day:</i>	1 time per day
<i>How much to take:</i>	30mg Z, 450 mg Mag
<i>Take with food (yes/no)</i>	no- empty stomach
<i>Powder, pill, liquid</i>	Pill usually
<i>When to take it:</i>	before bed
<i>Why take it:</i>	Zinc Monomethionine Aspartate, Magnesium Aspartate and vitamin B-6, elevate Testosterone levels
<i>Good Manufacturers:</i>	NOW, Optimum, no preference
<i>Other notes:</i>	

<i>Supplement Name:</i>	<u>R-ALA</u>
<i>How many times / day:</i>	
<i>How much to take:</i>	
<i>Take with food (yes/no)</i>	
<i>Powder, pill, liquid</i>	
<i>When to take it:</i>	
<i>Why take it:</i>	
<i>Good Manufacturers:</i>	
<i>Other notes:</i>	
<i>Supplement Name:</i>	<u>CLA</u>
<i>How many times / day:</i>	
<i>How much to take:</i>	
<i>Take with food (yes/no)</i>	
<i>Powder, pill, liquid</i>	
<i>When to take it:</i>	
<i>Why take it:</i>	
<i>Good Manufacturers:</i>	
<i>Other notes:</i>	
<i>Supplement Name:</i>	<u>L-Arginine</u>
<i>How many times / day:</i>	
<i>How much to take:</i>	
<i>Take with food (yes/no)</i>	
<i>Powder, pill, liquid</i>	
<i>When to take it:</i>	
<i>Why take it:</i>	
<i>Good Manufacturers:</i>	
<i>Other notes:</i>	