

SUPPLEMENTS

YOU ARE GETTING A HUGE AMOUNT OF WHAT YOUR BODY NEEDS FROM YOUR NUTRITION PLAN BUT WE MAY NEED TO SUPPLEMENT THESE NEEDS WITH SOME HIGHER DOSES THAN OUR FOODS WILL ALLOW.

I'VE KEPT THE LIST TO A MINIMUM ALONG WITH A QUICK INTRO OF HOW THEY WORK AND WHY I'VE INCLUDED THEM.

MULTI -VITAMIN

This is really the foundation of your supplement collection, in my opinion a must for everyone. You must keep the vitamins and minerals topped up so they are available to the body when needed in order to complete the reactions required to train optimally and repair muscle.

MAGNESIUM

300mg to 400mg per day – Taken before bedtime is best. Magnesium as well as aiding sleep and stress levels is a component of 100s of enzymes in the body, which are responsible for many chemical reactions including protein synthesis, muscle and nerve function, and glucose control. It is also needed for energy production in the muscle, so we must keep it topped up.

VITAMIN D

4000 to 8000 units per day. In our climate we get very little sunshine and with so many people working indoors under artificial lighting we just don't get enough. It's important to supplement it as it serves many purposes in the body, one of them being to aid the absorption of calcium. Vitamin D is also important for muscle function and the immune system.

VITAMIN C

1000mg to 2000mg per day – make sure to check against the vitamin c contained in your multi-vitamin. Again, this has numerous benefits but the two most important to you are its reduction of the ill effects of stress and it's an antioxidant. It is water soluble therefore it passes through the body quite quickly so we must keep it topped up through diet and supplementation.

OMEGA 3 FISH OIL

The benefits of this are far too long to list, most people are aware of the growing media attention around 'good fats' and especially Omega 3. There are certain days in the programme where I have dropped fats slightly and I have added in Omega 3 capsules because it is so important not to drop fats too low for long periods. I will add in your Omega 3 quantities to your specific diet plan, and they will vary.

PRO-BIOTIC

Basically this is live bacteria and yeasts that live in your gut and are primarily beneficial for your gastrointestinal health. You need to make sure you buy a good brand when it comes to these; I myself opt for the 'Natures Way' brand. These must be kept in the fridge.

MILK THISTLE

Contains potent antioxidants that help to detoxify and repair the liver, but as we know, the liver is responsible for assisting in breaking down fats, retains vitamins and minerals, converts excess glucose to glycogen for storage, and cleanses the blood of harmful substances. If toxins are removed they can be stored in adipose tissue (fat) until they are ready to be removed by a healthy liver. Please check with a GP before taking milk thistle, they will recommend a dose for you.

GREEN TEA EXTRACT (POLYPHENOLS)

I have stated previously that I would like you to drink, if possible, two cups of green tea each day. I would also like you to supplement this with green tea extract. This will increase your metabolism, which is another great source of antioxidants supporting immune function, cardiovascular health, and fat loss. Follow the dose on the product label and make sure you take them with a meal.

DIM

A plant compound that can improve your hormone balance, found naturally in cruciferous vegetables. I strongly recommend this vitamin/supplement to aid the metabolism of oestrogen and therefore decrease its unwanted side effects in both males and females. Follow the instructions given on the label.

