

Supplement Guide

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For each of these, we will answer the questions;

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Let's begin!

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Protein Powder

What is it?

Protein powder is effectively just a source of protein not dissimilar to meat, eggs or tofu. It is not a 'special' supplement that is going to magically build you huge muscles. It's just a very easy, convenient way to increase your protein intake to help repair and rebuild your muscles that break down during workouts.

There are several types available;

- Whey (one of two proteins found in milk)
 - Pea (made from yellow split peas)
 - Hemp (plant based protein)
 - Casein (the other protein found in milk)
- There are several others but these are the main ones you'll see

There are several others but these are the main ones you'll find.

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Protein Powder

The most commonly used protein powder is whey as it digests in the body faster than any other protein. The quick digestion allows the process of muscle recovery to be optimal which is why consumption after workout is beneficial (we break down muscles in workouts and protein helps them repair).

This is typically the recommended type unless you have an intolerance to dairy or any other issue when consuming dairy products.

Who should take it?

Any man or woman that that may be struggling to eat enough protein from their current nutrition consumption.

As a guide, we should be aiming for 1.5g of protein each day for every kg of body weight.

If you weigh 70kg, 105g of protein is optimal.

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Protein Powder

What to look for on the label?

Calories = 110-150g per serve

Protein = 20-25g per serve

Carbs = 0-5g per serve

Fat = 0-5g per serve

What can you mix it with?

Whatever you like - water, milk (or any type), juice, in smoothies.

Just remember;

250ml water = 0 calories

250ml unsweetened almond milk = 40 calories

250ml vanilla almond milk = 80 calories

250ml light milk = 120 calories

250ml full cream milk = 150 calories

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Protein Powder

When should you take it?

Generally, there are two times we would recommend that you should consume protein powder.

1. Mixed in with a smoothie for breakfast
2. After a workout

For those people that work out in the mornings, you can tick both boxes by having it after your workout in a smoothie for breakfast.

We would never suggest you replace your lunch and/or dinner with protein powder - real food is awesome!

How often should you take it?

One serving each day, whether you work out or not, is a good rule of thumb.

We would not recommend to consume any more than one scoop each day.

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Protein Powder

What do we think?

In our opinion, protein powder is the most essential supplement on the market.

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Pre Workout

What is it?

A pre workout powder is designed to be consumed before you exercise to give you a boost of energy for your workout.

It's ingredients typically include caffeine as well as other ingredients including beta alanine, the main purpose of these ingredients are to assist your performance in workouts by helping ward off fatigue, increase focus and improve short term energy.

Contrary to popular belief, pre workout doesn't actually help you lose weight or gain muscle. It's a performance supplement and is used to enhance performance (workouts).

Who should take it?

If you feel like you need a bit of a 'pick-me-up' before a workout, this may be suitable for you. Ensure you consume a reduced amount (half of suggested amount) initially to see how your body responds to the ingredients and stimulants.

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Pre Workout

What to look for on the label?

The caffeine content.

Some products may have over 200g of caffeine. Keep in mind that a 250ml can of Red Bull has 80mg caffeine and one shot of espresso has about 60mg caffeine.

Approach with caution.

What can you mix it with?

About 200-300ml of water.

When should you take it?

About 15 minutes before your workout

How often should you take it?

Only before workouts.

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Pre Workout

What do we think?

We are neutral.

If you take it and you like it, keep taking it . If you don't, perhaps give it a try if you're curious.

It's not a necessity but we know it helps a lot of people to work out regularly.

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BCAAs

Stands for Branched-Chain Amino Acids

What is it?

You may have seen some people with coloured drink in their bottle while they're working out, this is often BCAAs. It's a powder that you mix with water and comes in all different flavours and colours.

It is a recovery supplement that assists muscle recovery by reducing muscle soreness and helping improve recovery time.

Who should take it?

If you are regularly training over 3 times each week, then it may be something to consider.

What to look for on the label?

Ensure there is mention of L-Leucine, L-Isoleucine, L-Valine. If it has Glutamine that's an added bonus.

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BCAAs

What can you mix it with?

600-800g of cold water (a full shaker if you have one)

When should you take it?

During your workout

How often should you take it?

When you work out.

What do we think?

If you have trained consistently at 3 or more times each week for over a year then it may be of assistance. Especially if you are regularly still getting extremely sore after workouts.

If you haven't been training regularly for 12 months, it's not needed for now.