

Austin's Supplement List

First thing in the morning (fasted)

Supplement	Dosage	Link
Mix the following: - 14oz of water - 2oz of lemon juice - 2oz of aloe juice - 1 serving greens powder - Glutamine (10g)		Greens powder (recommended for everyone)
		Glutamine
Shot of apple cider vinegar	2oz	
L Carnitine - especially good before fasted cardio for enhanced fat-burning	3g	L Carnitine
Yohimbine	5mg	Yohimbine

With First Meal

Supplement	Dosage	Link
Multivitamin	1 serving	Multi (recommended for everyone)
Heart	1 serving	Heart
Fish Oil	1 serving	Fish Oil (recommended for everyone)
Vitamin D	1 serving	D (recommended for everyone)
Liver	1 serving	Liver
Astralagus	1 serving	Astralagus

Pre-workout

Supplement	Dosage	Link
Pump	1 serving	Pump (personal favorite - I love glycerol)
Pre-workout	1 serving	Stim Pre (recommended for everyone)

		Non-Stim Pre (personal favorite)
Instructions		About 30 minutes before I work out, I'll take 1 scoop of pump and 1 scoop of pre-workout (non-stim if afternoon/night lift, stim if morning). I'll eat two rice krispy treats on the drive to gym.

During Workout

Supplement	Dosage	Link
Mix EAAs + Ignition in your water, sip as you workout	1 serving each	Ignition (personal favorite)
		EAAs

Post Workout

Supplement	Dosage	Link
Creatine (you'll reach saturation in your muscles if you take it every day regardless of timing)	1 serving	Creatine (recommended for everyone)

Before Bed

Supplement	Dosage	Link
Magnesium Glycinate	1 serving	Magnesium (recommended for everyone)

As Needed + Snacks

Supplement	Dosage	Link
Whey Protein		Whey (recommended for everyone)
Apple Crisp Bars		Apple Crisp Bars (personal favorite)
Energy Drinks		1st Phorm Energy Drinks (personal favorite)

Multivitamin

A multivitamin provides a convenient way to cover essential vitamins and minerals that might be missing from your diet. While it's best to get nutrients from whole foods, a quality multivitamin can help fill any gaps and support overall health.

- **Core Benefits:**
 - **Nutrient Coverage:** Ensures you get key vitamins and minerals to support energy, immune function, and overall well-being.
 - **Convenience:** Simplifies your nutrition by covering multiple nutrients in one serving.

For those looking to ensure a balanced nutrient intake, a multivitamin can be a solid addition to your daily routine.

[\[Get Multivitamin here\]](#).

Fish Oil

Rich in omega-3 fatty acids, fish oil is well-known for its anti-inflammatory properties and support for heart, brain, and joint health.

- **Core Benefits:**
 - **Reduces Inflammation:** Omega-3s help lower inflammation, which can aid recovery and joint health.
 - **Supports Heart and Brain Health:** Beneficial for cardiovascular health and may improve cognitive function.

An essential for those looking to support heart health and reduce inflammation.

[\[Get Fish Oil here\]](#).

Creatine Monohydrate

Creatine monohydrate is one of the most researched and effective supplements for boosting muscle growth, strength, and athletic performance. It's widely used by athletes and fitness enthusiasts aiming to elevate performance and recovery.

Core Benefits:

- **Increases Muscle Mass:** Supports muscle hydration, aiding protein synthesis and promoting visible muscle growth.
- **Boosts Strength and Power:** Helps replenish ATP, your body's quick-energy source, enhancing performance in high-intensity activities like lifting and sprinting.
- **Supports Faster Recovery:** Reduces muscle damage and inflammation, speeding up recovery between workouts.
- **Potential Brain Health Benefits:** Emerging studies suggest creatine may support cognitive function and reduce risks of certain neurological conditions.

Dosage and Timing:

- **Loading Phase:** 20 grams per day, split into 4 doses, for 5–7 days.
- **Maintenance Phase:** 3–5 grams daily to maintain saturation.
- **Timing:** Can be taken any time of day; consistency is key for optimal results.

For those focused on increasing strength, endurance, or recovery, creatine monohydrate is a research-backed, reliable choice.

[\[Get Creatine Monohydrate here\]](#).

Pre-Workout

Pre-workouts combine ingredients like caffeine, beta-alanine, and nitric oxide boosters to enhance energy, focus, and endurance during workouts.

- **Core Benefits:**
 - **Increases Energy and Focus:** Provides a mental and physical boost to power through intense workouts.
 - **Enhances Endurance and Strength:** Ingredients like beta-alanine help reduce fatigue and improve performance.

Great for anyone looking to elevate their training sessions.

[\[Get Pre-Workout here\]](#).

Greens Powders

Greens powders are packed with nutrients from vegetables, algae, and grasses, designed to support overall health and provide a concentrated source of vitamins and minerals.

- **Core Benefits:**

- **Nutrient Support:** Helps fill in gaps in your diet, particularly if you're not getting enough leafy greens and vegetables.
- **Immune and Digestive Health:** Often includes probiotics, fiber, and digestive enzymes, supporting gut health and nutrient absorption.
- **Alkalizing Effects:** Many greens are alkaline-forming, which may help balance the body's pH levels, though the impact may be mild.

Greens powders are generally considered more essential for daily health support, especially if you're looking to increase your intake of vegetables and other plant nutrients.

[\[Get Greens Powder here\]](#).

Magnesium Glycinate

Magnesium Glycinate is a highly absorbable form of magnesium that supports muscle relaxation, sleep quality, and recovery.

- **Core Benefits:**
 - **Supports Relaxation and Sleep:** Known for its calming effects, helping with muscle relaxation and better sleep quality.
 - **Aids Recovery:** Helps reduce muscle cramps and supports muscle recovery after intense workouts.

A helpful addition for improving sleep and promoting muscle relaxation.

[\[Get Magnesium Glycinate here\]](#).

Vitamin D + K2

Vitamin D is crucial for bone health, immune function, and mood.

- **Core Benefits:**
 - **Bone Health:** Supports calcium absorption and utilization for stronger bones.
 - **Immune Support:** Helps regulate immune function, especially important during winter or with limited sun exposure.

[\[Get Vitamin D here\]](#).

Pump Supplement

Pump supplements are designed to enhance blood flow to the muscles during workouts, improving muscle pumps and nutrient delivery. Ingredients like citrulline and arginine help increase nitric oxide production, supporting endurance and recovery.

- **Core Benefits:**
 - **Increased Blood Flow:** Promotes vascularity and muscle pumps, enhancing workout intensity.

- **Improved Nutrient Delivery:** Boosts delivery of amino acids and nutrients to muscles during exercise.

A popular choice for maximizing workout performance and muscle pumps.

[\[Get Pump Supplement here\]](#).

Glycerol

Glycerol is a hydrating agent that helps retain water in muscle cells, improving hydration and potentially enhancing endurance during workouts.

- **Core Benefits:**
 - **Enhanced Hydration:** Helps maintain fluid balance, which is especially beneficial in prolonged or intense workouts.
 - **Improves Muscle Fullness:** Creates a “fuller” muscle appearance by increasing water retention.

Useful for athletes looking to stay hydrated and improve endurance.

Ignition (Carb Supplement)

Ignition is a carbohydrate supplement often taken during workouts to replenish glycogen stores and provide a quick energy source, especially useful for endurance or intense training.

- **Core Benefits:**
 - **Quick Energy:** Provides an immediate energy boost to fuel workouts.
 - **Replenishes Glycogen:** Helps restore glycogen levels during or after intense exercise, supporting recovery.

Great for those engaging in prolonged or high-intensity workouts.

[\[Get Ignition here\]](#).

Whey Protein

Whey protein is a fast-digesting protein source that helps meet daily protein needs, supporting muscle growth and recovery.

- **Core Benefits:**
 - **Supports Muscle Growth:** Provides a high-quality protein source to fuel muscle repair and growth.
 - **Convenient and Versatile:** Ideal for post-workout recovery or as a quick protein boost throughout the day.

Perfect for anyone looking to boost protein intake and support muscle gains.

[\[Get Whey Protein here\]](#).

Essential Amino Acids (EAAs)

Taking EAAs during your workout can support muscle performance, reduce muscle breakdown, and aid in recovery. EAAs are the building blocks your muscles need, especially during intense or extended training sessions.

- **Core Benefits:**
 - **Supports Muscle Protein Synthesis (MPS):** EAAs, particularly leucine, help activate pathways that drive muscle growth, providing essential building blocks for muscle repair and hypertrophy during and after workouts.
 - **Helps Prevent Muscle Breakdown:** Intense exercise can lead to muscle breakdown. Supplementing with EAAs mid-workout can provide an immediate source of amino acids, helping preserve lean muscle, especially in long or demanding sessions.
 - **Aids Recovery and Reduces Soreness:** EAAs can help reduce muscle soreness by promoting muscle repair, making it easier to recover between workouts.
 - **Boosts Energy and Performance:** EAAs can help sustain energy levels by providing nutrients used in muscle function, which can improve endurance and reduce fatigue during extended workouts.

While not essential, EAAs can be a valuable addition to your intra-workout routine to support muscle maintenance and recovery.

[\[Get Essential Amino Acids here\]](#).

Astragalus

Astragalus is an adaptogenic herb traditionally used for immune support and overall vitality. It's commonly used for its antioxidant properties and to support cellular health.

- **Core Benefits:**
 - **Immune Support:** Helps strengthen immune function, making it popular during cold and flu season.
 - **Anti-Aging and Cellular Health:** Contains antioxidants that protect cells from oxidative damage.

Recommended for those looking to support immune health and longevity.

Liver Supplement

Liver supplements are rich in vitamins A, B12, iron, and other essential nutrients, often sourced from desiccated liver powder, providing a natural and bioavailable way to boost nutrition.

- **Core Benefits:**

- **Nutrient-Dense:** Provides a concentrated source of vitamins and minerals, especially B12 and iron.
- **Supports Energy and Vitality:** Known for enhancing energy levels and supporting red blood cell production.

Ideal for those seeking a natural boost in essential nutrients.

[\[Get Liver Supplement here\]](#).

Heart Health Supplement

Designed to support cardiovascular health, heart supplements often contain ingredients like CoQ10, omega-3s, and antioxidants to help protect the heart and improve circulation.

- **Core Benefits:**
 - **Supports Heart Function:** Provides nutrients to maintain healthy cardiovascular function.
 - **Antioxidant Support:** Helps reduce oxidative stress, which is beneficial for heart health over time.

A well-rounded choice for those focused on supporting long-term cardiovascular health.

[\[Get Heart Health Supplement here\]](#).

L-Glutamine

L-Glutamine is a key amino acid that supports muscle recovery, immune health, and gut function, especially useful for those pushing hard in their training. While your body produces Glutamine naturally, intense workouts can deplete it more quickly, and supplementing can help maintain optimal levels to aid recovery.

- **Core Benefits:**
 - **Reduces Muscle Soreness:** Can help ease post-workout soreness, making recovery a bit smoother.
 - **Supports Immune Health:** A good addition when training heavily, as it may help bolster immune defenses.
 - **Enhances Gut Health:** Known to support the gut lining, which can be helpful for overall digestion and comfort.

If you're looking to speed up recovery and keep your body ready for the next session, L-Glutamine can be a valuable addition.

[\[Get L-Glutamine here\]](#).

L-Carnitine

L-Carnitine, often taken in the morning on an empty stomach, can be a useful addition for those looking to enhance mental clarity, energy levels, and fat metabolism—especially if you're someone who likes to start the day strong.

- **Core Benefits:**
 - **Improved Absorption:** Taking L Carnitine in a fasted state can lead to quicker absorption, helping you feel its effects on energy and focus sooner.
 - **Increased Mental Clarity:** Known to support acetylcholine production, L Carnitine can help improve alertness and cognitive function—great for starting the day focused or gearing up for a workout.
 - **Supports Fat Metabolism:** For those doing fasted cardio, L Carnitine assists in fat transport to mitochondria, where it's burned for energy. This can help with endurance and may delay fatigue during exercise.
 - **Eases Exercise Fatigue:** Regular L Carnitine use may reduce fatigue and aid in post-workout recovery, making it a solid choice if you exercise in the morning.

While not essential, L Carnitine can be a helpful addition for mental clarity and energy if you're working out or starting your day fasted.

[\[Get Acetyl-L-Carnitine here\]](#).

Yohimbine

Yohimbine, taken fasted in the morning, can support fat loss efforts by enhancing fat mobilization and energy output. For those who practice fasted cardio, it's particularly effective in helping the body utilize stored fat as an energy source.

- **Core Benefits:**
 - **Increased Fat Mobilization:** Yohimbine blocks alpha-2 adrenergic receptors, allowing the body to break down fat more effectively. When taken fasted, it can be especially helpful for tapping into stored fat, including areas like the lower abdomen and thighs.
 - **Boosts Energy and Performance:** By increasing norepinephrine and adrenaline levels, Yohimbine can improve endurance and delay fatigue, making it useful for intense workouts.
 - **Supports Thermogenesis:** Yohimbine may increase calorie burn during and after exercise, which can complement weight-loss efforts when combined with a caloric deficit.
 - **Optimal for Fasted Cardio:** Yohimbine is most effective in a fasted state, as insulin can interfere with its fat-burning effects. Taking it before fasted exercise allows the body to prioritize fat as fuel.

While not a must, Yohimbine can be a helpful addition for those looking to target fat loss and enhance performance during fasted cardio.

Reds Powders

Reds powders focus on fruits and berries, which are rich in antioxidants and polyphenols, offering benefits for heart health, energy, and more.

- **Core Benefits:**
 - **High in Antioxidants:** Provides a concentrated dose of antioxidants to combat oxidative stress and support skin health.
 - **Heart Health:** Reds powders often contain berries and fruits associated with heart health, thanks to their polyphenols and other compounds.
 - **Boosts Energy and Blood Flow:** Ingredients like beetroot and pomegranate can improve circulation and naturally boost energy, making it great for active lifestyles.

If you're looking to increase antioxidant intake or support heart health, reds powders can be a valuable addition to your routine.

[\[Get Reds Powder here\]](#).

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