



ADVANTAGE SPORTS UAE

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SUPPLEMENT GUIDE



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Medical Disclaimer

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Should you purchase and consume the recommended supplements in this guide, you are choosing to do so of your own free will, without coercion and in the full knowledge that the supplements have not been personally recommended to you and that should you suffer from a medical condition of any kind or suspect that the ingredients may cause you a medical problem of any kind whatsoever you should speak to a qualified medical practitioner for advice.

Further, if you choose to consume any of these supplements and feel that you are experiencing any adverse effects, then you should cease using them immediately and consult your doctor.

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Welcome

Welcome to my Supplement guide.

This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, "**When the student is ready, the teacher will appear.**"

And you are ready! That's why you are reading this!



The subject of nutritional supplementation is a fairly controversial one. Supplement companies would have you believe that supplements are absolutely necessary for health; opponents would have you believe that supplements have little or no value and are only promoted to make the supplement companies rich. As with many things in life the truth probably lies somewhere between these two overly simplistic views.

As a health and fitness professional I only offer advice that is evidence-based so you can be rest assured that the efficacy of any supplements included in this book are backed up by research studies.

While we should aim to obtain a full range of macronutrients (proteins, carbohydrates and fats) and micronutrients (vitamins, minerals and phyto-chemicals) from our diet, it is inevitable that we may fall short in certain areas especially if we consider that soil mineral levels are declining due to intensive farming techniques.

Your guide to supplements



Protein Supplement

When protein is lacking in the diet and/or for convenience purposes, a protein supplement may be taken. Ideally, this should be in the form of a high quality milk based protein such as whey protein. The highest quality are low temperature cross-flow and micro-filtrated whey proteins. Ideally, look for whey protein from grass-fed cattle.

However if you're lactose intolerant you may need to look at an ultra low lactose variety or even a different protein altogether; something like a pea or rice protein. If your diet already has adequate protein in it then you may not need a protein supplement.

Note:

- Not recommended for people with chronic or severe medical conditions, pre-existing kidney problems, or people with certain allergies, including foods, dyes, or preservatives.
- Not recommended for people who are lactose intolerant.
- Not suitable for pregnant or breastfeeding women.
- Always read the label to ensure correct consumption.





Protein and Carbohydrate Recovery Drinks

Ideal for clients looking to increase muscle mass and size. This is taken after training to provide the body with a fast release source of amino acids and carbohydrates to increase protein synthesis and replenish muscle glycogen.

Note:

- Always read the label to ensure correct consumption.



Multivitamin and Multi-mineral Supplement

As I mentioned in the introduction, ideally we should aim to obtain all of our nutrition from the food we eat. However this isn't always possible. Many people are marginally deficient in several micronutrients, therefore, I recommend this supplement to most clients.

Note:

- Not all multivitamins and multi-minerals are made equally. Be sure of the quality before you buy, as some contain artificial colours, flavourings and fillers as well as cheap synthetic forms of the nutrients.
- Always read the label to ensure correct consumption.





Fish Oil Supplement

Omega 3 fatty acids are essential to health and have heart-protective and anti-inflammatory properties. Omega 3 fatty acids also improve insulin sensitivity.

A general recommendation is 2-3g of Omega 3 per day, especially if fatty fish like sardines and salmon is not included in the diet. Certain rapid fat loss protocols call for 1g per percentage of body fat per day for short periods of time.

It is important to check that your Omega 3 supplement is molecularly distilled, which means that it has had contaminants like mercury and PCB's removed.

Note:

- Fish oil naturally thins your blood, which is beneficial to heart health. However, if you are taking prescription blood thinners, it is very important to check with your doctor before taking fish oil.
- Always read the label to ensure correct consumption.
- Fish oil consumption must be ceased in the weeks prior to surgery. Please consult your doctor if you are having surgery.





Branch-Chain Amino Acids

There are three BCAA's (amino acids); Valine, Iso-Valine and Leucine. These make up a large percentage of the amino acids in our bodies plus Leucine is involved in protein synthesis.

When we exercise intensely at times of calorie restriction, our body is at risk of using muscle stores for fuel. We recommend taking BCAA's during workouts, when fat loss and muscle preservation is desired.

Note:

- If you are taking any prescribed medication, then check with your doctor before taking BCAA's.
- Not recommended for people who are about to undergo surgery, or have recently had surgery.
- Not recommended if you regularly consume high levels of alcohol.
- If you are pregnant or breastfeeding, it is advisable to consult your doctor before taking BCAA's.
- Always read the label to ensure correct consumption.





Green Drinks

Powdered green food blends are available on the market for people looking to increase their antioxidant, vitamin and mineral levels. These are also highly alkaline – this is great for people eating a high protein diet, which can make the body acidic.



Spirulina and wheatgrass powders are just some examples of green drinks that are available on the market.

Note:

- If you are pregnant or breastfeeding, it is advisable to consult your doctor before consuming green drinks.
- It is important to consume spirulina with sufficient water, to avoid thirst or constipation.
- It is important to read the label to ensure correct consumption.



Creatine

Creatine helps to regenerate energy during strength and power training. Ideal for clients looking for performance improvements and/or strength and size gains.

Creatine is one of the most studied sports supplements. Look for micronised creatine monohydrate as this improves solubility and absorption. Doses are typically 5g per day.

Note:

- Not recommended if you have kidney problems or diabetes.
- If you are pregnant or breastfeeding, it is advisable to consult your doctor before consuming green drinks.
- Always read the label to ensure correct consumption.