



---

**Athlete Performance  
Nutrition Manual**

---

*"There's a difference between being interested in something and being committed to it."*

## **Table Of Contents**

- 1. Disclaimer and Nutrition Expectations ... pg 1**
- 2. 'The 5 Basics' ... pg 2**
- 3. Nutrient Overview... pg 3-6**
  - a. Protein
  - b. Carbohydrates
  - c. Fats
  - d. Micronutrients
  - e. Water
  - f. Sleep
- 4. Mass and Muscle Gain vs. Body Fat Loss ... pg 7-8**
- 5. Food Sources List ... pg 8**
- 6. Athlete Meal Plan Overview... pg 9**
- 7. Mass and Muscle Building Sample Meal Plan Template ... pg 10**
- 8. Body Composition for Speed & Power Sample Meal Plan Template ... pg 11**
- 9. Workout Nutrition and Protein Shake Recipes ... pg 12-13**
- 10. Supplement Overview and Breakdown ... pg 14-17**
  - a. Supplement Overview
  - b. Whey Protein Powder
  - c. Creatine Monohydrate
  - d. Post-Workout Recovery Formula - Monster Mix
  - e. Fish Oil
  - f. Vitamin D
  - g. Multivitamin
  - h. Greens Complex
  - i. Pre-Workout Supplements



## Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This manual is for information purposes only and is not meant to diagnose, treat, curing, mitigating, or preventing any type of disease or medical condition. We are not doctors or registered dieticians. The following consists of recovery and eating habits that are common among today's serious athletes that have had anecdotal success. Before beginning any type of natural, integrative or conventional nutritional regime, it is advisable to seek the advice of a licensed healthcare professional. If you feel your situation requires special means please let us know so we can refer you to the correct nutrition professional(s).

## Nutrition Expectations

Nutrition and recovery are a vital part of your training and performance development program. Eating well, staying hydrated, and quality sleep are the most powerful tools available to you as an athlete. Regardless of how great your strength training, conditioning, and/or skill work is - you will not see maximum benefit until you learn to optimize your recovery between training. Nutrition information and resources such as this manual are part of our your PowerStrength program - make it count!

There are 168 hours in every week, and you probably practice/train for around 10-15 total hours each week. If you think what you do in those 10-15 hours of work outweighs what you do in the 143+ hours of recovery you're not going to be as successful as you could be as an athlete. Attack your nutrition and sleep as hard as you attack your training, and you'll not only be in a great spot to succeed - you'll also be miles ahead of your competition. We expect you work as hard at the breakfast table as you do in the squat rack, and we'll hold you to that high standard each and every time you step foot into PowerStrength.



## 'The 5 Basics'

If you can nail these basic principles of great nutrition most days throughout the week you'll be astonished how much progress you can make. All of these are simple, but not easy ways to improve your performance instantly. There's a solid chance you may not be able to go '5 for 5' right away, but if you take a week and work on installing one of these basics you can start to build habits. Once you've got that one down, take the next week and add another of these basics. Before you know it, you'll be eating great and performing even better.

It can be tempting to try to improve everything about your nutrition all at once, and that can seem like a very daunting process. A bunch of people have tried to tell you that nutrition is complicated, but that's simply not true. These basics have worked for decades and will always continue to work for anyone who's consistent with them - we have seen it firsthand with thousands of PowerStrength athletes. There is no secret, no silver bullet, no one magical thing that will increase your performance - there's only these simple actions completed every day with massive consistency.

**1** Eat things that were once alive. If you don't recognize the ingredients, it probably wasn't

**2** Carry water with you all day, and drink it consistently

**3** Eat at least 4 meals every day. A meal is anything three mouthfuls or bigger

**4** Every meal should contain a high-quality protein and a high-quality vegetable/fruit

**5** Sleep at least 7 Hours per night, every night

## Nutrient Overview

A dedicated athlete is constantly active. If your goal is to gain weight you must take in more calories than you burn. If you want to lose weight you must burn more calories than you take in. By establishing good nutritional habits, an athlete is able to build muscle and boost their athleticism through our program. It is easy to eat a candy bar, potato chips, and a soft drink, but 'easy' is not found in the foundation of a champion.

An extra 500-600 calories per day above your daily caloric requirement would add about one pound of bodyweight per week. Again, tracking calories isn't necessary for everybody. You should eat until you're satisfied. If you are choosing healthy options to eat then counting calories isn't an issue. 500-600 calories are not nearly as much food as you think. Two peanut butter and jelly sandwiches and a handful of almonds every day on top of your current (healthy) diet is more than enough. If you don't gain weight or cease to gain weight after implementing such a change, then you simply have to add a bit more.

## Proteins

Protein's primary role is tissue growth and repair – and it's the most powerful nutrient for both gaining muscle and losing fat. Protein will help you recover from your workouts faster and reduce muscle soreness. It takes a while to break down, and your body is essentially always repairing and growing, so you should look to spread your protein intake out over the day. Every meal you eat should include a high-quality protein source. Adding more protein around your workout (your pre-workout and/or post-workout meal) is helpful, but mostly we want to raise the total amount of protein you get in a day.

**Actionable Protein Goal - aim to consume 1-1.5 grams of protein per pound of bodyweight**

# Carbohydrates

Carbohydrates ('carbs') are the primary fuel source for most of your body's processes, and they're what keeps you going in training, practice, and games. Make sure to consume plenty of these pre-workout and post-workout. Carbohydrates provide the body with the energy it needs to perform quality work. When carb levels are low in the muscle and blood, so are your body's energy stores (glycogen). This will cause your muscles to fatigue faster.

Your body eventually breaks all carbohydrates down into sugar (glucose) before it enters the bloodstream. How quickly the sugar gets into the blood is measured by the Glycemic Index (0-100, with 0 taking the longest). Carbs come in a bunch of varieties, but for our purposes we tend to split them into two groups: slow carbs and fast carbs.

**Actionable Carbohydrates Goal – aim to consume most of your fast (high glycemic) carbs around your workout and mostly slow (low glycemic) carbs the rest of the day.**

## Slow Carbs

Slow carbs are more complex and starchy (potatoes, rice, oats, vegetables, etc.) and they'll give you energy for longer – these are the carbs you want to focus on throughout your day.

## Fast Carbs

Fast carbs are more simple and sweet (fruit, juice, etc.) and they're good for quick bursts of energy – these are the carbs you want to consume closer to your training, practice, and games.

\*See Carbohydrate List under Food Sources (page 13) for help on which are slow carbs vs fast carbs.

## Fats

Fats act as a primary source of energy for the body when energy demands are low (i.e. not training or competing). All of the cells in your body are made of fats, your hormones are mostly made from fats, and fats are a great long-term energy source. Fats, and especially good fats, are the glue that holds everything together.

There are 'good' fats and 'bad' fats. It is necessary for the body to consume good fats to maintain proper function. Try to minimize bad fats like those abundant in fried foods. Good fats are generally unsaturated, while bad fats are usually saturated or polyunsaturated.

To be clear: the dietary fat you eat in food isn't automatically made into body fat – they're not the same thing. Good fats from fish, nuts, eggs, etc. are absolutely necessary, and they should be spread throughout your day like protein.

\*See List of Fats under Food Sources for help on which fats are recommended

**Actionable Fats Goal – aim to consume 'good fats' with every meal other than your pre/post-workout meals**

## Micronutrients

This is a blanket term for all the smaller (but still crucially important) nutrients that fall outside the labels of protein, carbohydrate, and fat. This includes things like minerals and vitamins, and it's important that you cover your bases here daily. Low amounts of micronutrients can lead to deficiencies over time, and those deficiencies can affect your performance and health in a bunch of ways. Eating high quality foods, lots of vegetables and fruits, and adding a bit of variety week-to-week are all great, simple ways to make sure you're getting enough of these many micronutrients. In addition to consuming a lot of varieties of vegetables and fruits, certain supplements like a quality multi-vitamin may be a good compliment (not a replacement) in this area.

## Water and Fluids

Most of your body is water, and an even higher proportion of your muscles (about 75%) is water. Dehydrated athletes get hurt more, sleep worse, digest and use nutrients less efficiently - and ultimately perform worse than hydrated athletes. Even a little dehydration has massive impact – you don't want to wait until your mouth is dry and you've got a headache to drink water. You also don't need to force-feed yourself water and hit the bathroom every 15-minutes, but you do need to drink a decent amount daily and drink with consistency – especially when you're training and competing a lot. A good ballpark number is half your bodyweight in ounces of water each day.

During intense training, especially when it's hot and you're sweating a lot, it's also important to replace electrolytes that were lost. There are a number of electrolyte sources to choose from. These drinks oftentimes contain a lot of sugar, so they should be used in the pre/during/post workout time block, and be conscious of any 'added sugar' content on the label. For post-workout, any zero-sugar electrolyte options should typically be used in conjunction with your regular protein and carbohydrate post-work nutrition.

**Actionable Goal – aim to consume half of your bodyweight in ounces of water per day**

## Sleep



The impact of sleep can't be overstated – if you want to multiply your efforts in everything that has been covered in this manual thus far, attack your sleep practice as hard as you attack your training. If you want to pretty much erase all the effort you've put in to eating and training right, ignore your sleep. The research is very clear: put your phone down across the room, set a consistent bedtime and wake time, and sleep at least 7 hours every night. If you can make those happen with consistency you'll get better grades, train harder, get more out of training (better results), compete better in practice and games, enjoy better mental health, and reap the benefits of better physical health. There is absolutely nothing in your life that isn't enhanced by sleeping better. Sleep is an essential nutrient, and like the other nutrients discussed above you must get a high amount of high quality sleep if you want to be successful.



## Mass & Muscle Gain vs. Body Fat Loss

Gaining weight and losing fat require similar nutrition and recovery strategies, you only need to adjust the total amount of food you eat. If your goal is to gain weight, you must take in more calories than you burn. If your goal is to lose weight, you must take in less calories than you burn.

Keeping your food quality high, your water intake high, and your protein intake high will allow you to gain weight/lose weight more efficiently and effectively. Maintaining great nutrition habits while eating a calorie surplus and gaining weight will allow you to gain the majority of that weight as good, usable muscle.

Maintaining great nutrition habits while eating a calorie deficit and losing weight will allow you to lose the majority of that weight as fat, saving your muscle.

Early in your training, and 'eating proper career', it is entirely possible to do both of these things – gain muscle and lose body fat simultaneously.

Again, basic nutrition principles apply no matter what your primary goal is, which is why we hammer the basics at PowerStrength. If you have a clear goal and consistently follow the eating habits outlined in this manual, it's makes it that much easier to direct and guide you along your nutrition path.

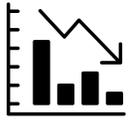


## Tips For Gaining Weight

- NEVER skip meals! Eat Breakfast EVERY DAY
- Always have food stashed in car/locker/bag for between meals
- Sip your drink during meals, don't chug
- Always bring food/shakes to your workout for before and after
- End meals by having a protein shake - it's easier to drink once you're "full" than it is to continue to eat solid food
- Eat a snack before bedtime (especially if you are a "hard gainer"! Ex: Greek Yogurt, granola, and blueberries
- You want to go for healthier options - just consume a lot of them! The goal is to eat how you should 90% of the time, leaving 10% as a buffer to eat however you need to

# Gaining Weight

\*Note: This can be a hard thing to do, especially if you aren't used to eating a lot of food. Be disciplined in your eating habits. You can't eat like a bird and lift like a bull. If your goal is to gain weight and muscle, and you can't prepare the night before or wake up early enough to eat breakfast and plan your food for the day - don't bother coming to train. We don't accept mediocrity in this area just like you wouldn't skip sets/reps during your session at PowerStrength.



## Body Fat Loss

Some athletes need guidelines for losing body fat loss to increase their performance. Just know that skipping meals is NOT an effective body fat loss strategy. Yes, a caloric deficit is needed, but don't skip out altogether. Minimizing calories by 500-600 per day, either through added exercise or caloric restriction, would allow for a healthy loss of 1-2 pounds per week. Most high-performing athletes should strive to minimize unnecessary body fat. This can be accomplished through intense training and eating properly - healthy choices and proper nutrient timing.

\*Note: Conditioning for fat loss is best done with either intense, short burst activity (sprinting) or very low intense activities (walking). This will help preserve muscle and not take away from your training sessions. Slow, long-distance running/jogging isn't the best means for an athlete to lose body fat if that is a primary goal.

## Food Sources

### Protein

- Whole Eggs
- Lean Meats - beef, chicken, turkey, pork, etc.
- Seafood - fish, shrimp, shellfish, etc.
- Nuts and Nut Butters - almonds, cashews, walnuts, peanuts, etc.
- Dairy - Greek yogurt, cottage cheese, cheese, milk
- Beef Jerky/High Quality Deli Meats
- Whey Protein Powder

### Slow Carbs

- Oats/Oatmeal - rolled/steel cut, not the sugary instant packets
- Potatoes - sweet, red, white
- Rice - brown, wild, white, etc.
- Whole Wheat - bread, pasta, wraps, etc.
- Beans
- Vegetables

### Fast Carbs

- Fruits - preferably fresh, whole fruit
- Fruit products - juice, jelly/jam, dried/frozen fruit
- Gatorade/Sports Drinks

\*For pre-workout/post-workout meals

### Good Fat

- Cooking Oils - olive oil, coconut oil, avocado oil
- Nuts - almonds, cashews, walnuts, pecans, nut butters
- Seafood - fish, shrimp, shellfish, etc.
- Whole Eggs
- Avocado
- Seeds - flex, hemp, sunflower

### Vegetables

- Cruciferous vegetables - broccoli, kale, Brussels sprouts, cauliflower, etc.
- Leafy greens - spinach, romaine, cabbage, etc.
- Nightshades - tomatoes, peppers, eggplant, etc.
- Others - carrots, onion, garlic, mushrooms, beets, peas, green beans, etc.

## Athlete Meal Plan Overview

These guidelines are a **PART** of your training program. The goal is to introduce nutritious foods and work on basic nutritional principles. All athletes are expected to follow these for maximal gains in the fastest amount of time possible. You must have the proper nutritional intake to meet your goals. Keep in mind that an athlete's nutritional needs differ from non-athletes.

Gaining muscle and achieving results takes commitment, desire, and discipline. If you're willing to do the "little things" you will accomplish your goals!

You should have a better understanding of how to prepare your own meals to maximize results. It's time to learn how to cook your own meals, prepare and pack your own food, and take ownership of feeding yourself. Not eating anything because 'your parents didn't make you anything' is an excuse – and excuses are not tolerated. Be responsible for yourself and plan ahead.

Having enough energy for your training sessions and re-feeding your muscles after your workout is **VITAL** to your success and results. Those who take their nutrition seriously will achieve their goals faster than those who don't. Lead from the front and don't fall behind!

Below are two specific templates to help guide you towards your goals. Determine which one best fits your current goals and needs and use as a template to build your plan.

### Template #1-Mass and Muscle Building Sample Meal Plan

- ✓ For athletes who need to add 20-50lbs to their frame before next season
- ✓ Want to keep body composition within 5-8% of current body fat % and optimize as the season gets closer
- ✓ Building muscle is the main focus, understand that some body fat will be added as well, which will be addressed through specific conditioning and goals
- ✓ Track your weight daily, but don't get married to the numbers – the greatest indicator will be your performance in your training and in your sport
- ✓ Saturday and Sunday are more than a quarter of your week – keep calories high even when you're not on your usual routine

# Template #1-Mass and Muscle Building Sample Meal Plan

## Wake-up

- Have most foods prepared the night before, set up the rest of your day
- Attack the day and make breakfast happen
- Drink 8 oz. of water immediately

## Meal #1- Breakfast

- Sample Meal: 4-6 eggs with cheese and vegetables, 3-4 slices 100% whole wheat toast, 2 fruits with nut butter
- Other foods to add: Oatmeal, lean ground beef, leftover chicken/steak, nuts, milk/chocolate milk

## Meal #2- Snack (if needed)

- Sample Meal: Protein shake/balls/bars, trail mix/nuts, 1-2 servings of fruit

## Meal #3- Lunch

- Sample Meal: Leftovers from the night before, 2 sandwiches with vegetables and meat, yogurt/cheese/milk, add high quality school food

## Meal #4- SNACK (if needed)

- Sample Meal: Protein shake/balls/bars, trail mix/nuts, 1-2 servings of fruit

## Meal #5- Pre-Workout

- Option 1: Protein shake, 2 bananas, 2 granola bars
- Dry option 2: Peanut Butter/Peanut Butter Honey sandwich on 100% whole wheat, 2 apples

## Meal #6- Post-Workout

\*Consume shake within 10-30mins after training, the earlier the better

- Option 1: Protein Shake, Peanut Butter/Peanut Butter Honey sandwich
- Option 2: 16oz Chocolate Milk, 2 granola bars
- \*Consume at least 30oz (1L) of water/Gatorade during and after every workout

## Meal #7- Dinner

- Option 1: Whatever is prepared at home – two full plates
- Option 2: If you must prepare it for yourself - chicken/steak/lean ground beef/eggs, pasta/rice/potatoes, vegetables, 1 cup of mixed nuts/avocado, water

## Meal #8- Bedtime Snack (if needed)

- Option 1: Dinner leftovers again
- Option 2: Blender protein drink - protein powder, berries, oats, cashews, milk
- Option 3: Cottage cheese/yogurt, berries, almonds/peanuts/walnuts, peanut butter

# Template #2-Body Composition for Speed & Power Sample Meal Plan

- For athletes who need to add 0-15lbs to their frame before next season
- The goal is to improve body composition – less body fat and more lean muscle
- Keep body fat percentage within 5% or less of current % year-round
- Building muscle is the main focus and doing so through cleaner eating strategies and food choices
- As the season gets closer, more specific conditioning can be done to drop the last 1-3% of body fat for our goal
- Don't get married to the numbers – the greatest indicator will be your performance in your training and in your sport

## Template #2-Body Composition for Speed & Power Sample Meal Plan

### Wake-up

- Have most foods prepared the night before, set up the rest of your day
- Attack the day and make breakfast happen
- Drink 8 oz. of water immediately

### Meal #1- Breakfast

- Sample Meal: 2-6 eggs with cheese and vegetables, 1-2 slices 100% whole wheat toast, 2 fruits with nut butter

### Meal #2- Snack (if needed)

- Sample Meal: Protein shake/balls/bars, nuts, fruit

### Meal #3- Lunch

- Sample Meal: 2 sandwiches with vegetables and meat, side salad with vegetable variety, yogurt/cheese/milk

### Meal #4- SNACK (if needed)

- Option 1: Protein shake, banana, granola bar
- Dry option 2: PBJ/PBH sandwich on 100% whole wheat, apple

### Meal #5- Pre-Workout

\*Consume shake within 10-30mins after training, the earlier the better

- Option 1: Protein Shake, Peanut Butter/Peanut Butter Honey sandwich
- Option 2: 16oz Chocolate Milk, 2 granola bars
- \*Consume at least 30oz (1L) of water/Gatorade during and after every workout

### Meal #6- Dinner

- Option 1: Whatever is prepared at home – plate and a half
- Option 2: If you must prepare it for yourself - chicken/steak/lean ground beef/eggs, pasta/rice/potatoes, vegetables, water

## Workout Nutrition and Protein Shake Recipes

It is strongly recommended that you consume calories within an hour before and after your training session. NEVER come or leave on an empty stomach. PowerStrength encourages athletes to prepare a protein shake and pack an appropriate snack head of time in order to replenish nutrients quickly after the session.

Your pre-workout/post-workout meals apply to training, practice, and games. On a day in which you don't have any of those activities, you may choose to skip the post-workout meal.

You may want to include snacks between any of the listed meals. These should consist of slow carbs, protein, vegetables/fruit, and good fats.

### Pre-Workout Meal Benefits

- A pre-workout shake aids in preserving lean muscle and promoting muscle building, improves protein synthesis, and provides energy throughout the workout. Experiment and learn what your stomach can handle, but you NEED something so you're not training on an empty stomach! Consume about an hour before training. This meal/shake should also include plenty of water.

Sample Pre-Workout Meal: 15g Protein, 45-60g of Carbs

### Post-Workout Shake Benefits

- Aids in restoration of depleted glycogen (energy) stores, increases insulin in the blood, which accelerates the uptake of nutrients into the muscle tissue quicker. Decreases recovery time, decreases post-workout soreness, and increases growth hormone levels. This is the first stage of recovery - if you can't recover you can't grow and get better! Consume fast carbohydrate and protein immediately following your training session.

Sample Post-Workout Shake: 20-40g Whey Protein 40-80g Fast-Acting Carbohydrate

## PowerStrength Monster Mix

- 12-16oz Water/Milk,
- 2 scoops of PowerStrength Monster Mix Formula powder
- shake and enjoy

## PowerStrength Whey Protein Shake

- 12-16oz Water/Milk
- 1-1.5 scoops of PowerStrength Whey Protein powder
- shake and enjoy

## Basic Shake

- 8-12 oz. Water/Milk
- 1-2 Scoops Whey Protein
- 1 Cup Dry Oats
- 1-2tbsp. Extra Virgin Olive Oil
- optional: add frozen berries and/or spinach (you can't taste the frozen spinach), make sure to blend it

## Chocolate Peanut Butter

- 8-12oz. Milk/Chocolate Milk
- 1 scoop Whey Protein
- 1 Cup Dry Oats
- 1-2tbsp. Extra Virgin Olive Oil
- 2 tbsp. Peanut Butter
- optional: add banana and/or honey, make sure to blend it

## Fruit Smoothie

- 8-12oz. Water/Milk
- ice
- 1 Scoop Whey Protein
- 1 Cup Frozen Berries
- 1 Banana
- non-fat or low-fat yogurt
- 1-2tbsp. Extra Virgin Olive Oil
- optional: ½ cup nuts, make sure to blend it

## Supplement Overview and Breakdown

With the abuse that athletes put their bodies through in training and competition, it is sometimes recommended they use a few proven supplements to aid not only in growth, but also in repair and recovery. Supplements can also serve as a convenient option for on-the-go athlete.

Before we go further, please note that **THERE IS NO SUPPLEMENT FOR GOOD WORK ETHIC, SMART TRAINING, and A HEALTHY DIET.** This has always been true and will continue to be so. Despite this fact, there are more and more nutritional supplements being created. The reality is that every nutritional supplement has not always been proven to work, while some are heavily researched and proven. In short, taking nutritional supplements is optional and will not make, or break, your athletic career. There are only a few that we recommended that are listed below in this manual.

As industry leaders, we had to deal with manipulative marketing and inferior supplements for far too long- so we decided to get it done ourselves! We are proud to pair with a trusted manufacturer and distributor to bring you our very own line of high-grade, **PowerStrength Supplements.**



We've done this in order to provide the highest quality supplements we could find and deliver them at an affordable price we wouldn't be able to get otherwise. By putting our name on it you can be sure we've done the research and sought out the most effective and safe supplements possible. All of our supplements are GMP Certified which means the raw materials, facility, and packaging all undergo an extreme certification process. We have personally met the manufacturers and toured the facility ourselves just to ensure we left no stone unturned. You won't hear any confusing marketing or mile-long chemical names from us.

When choosing a supplement, aim to make sure it's GMP Certified. This means it has been tested and proven to be safe and free of harmful ingredients that could cause a positive drug test or worse, as well as having the manufacturing and packaging facility approved and certified.

## Whey Protein Powder

Protein Powder is a convenient way to make sure you get enough protein in your daily diet. It's more practical to consume a couple protein shakes a day compared to carrying around various sources of meat or other whole food protein sources with you everywhere you go. You want to find a brand that dissolves well in water and contains as few ingredients as possible. Using a lower quality protein powder may cause bloating and it won't be digested very well. We stand by our PowerStrength Whey Protein powder. It is a high-quality powder, contains few ingredients, mixes easily, and is easily digestible.

## Creatine Monohydrate

Within the last two decades creatine monohydrate has arguably been the most researched supplement on the market. Creatine is responsible for high-intensity muscle contractions, making it one of the most important sources of energy for power sports and intense athletic training. Only a small portion of our creatine phosphate stores are synthesized in the body. The rest comes through our diet of protein-rich foods, specifically red meat. Scientists found that even protein-rich foods only contain small amounts of creatine phosphate.

They studied further to see if creatine supplementation had the ability to enhance high-intensity muscle performance if more of this energy source was stored in the muscles. It was quickly found that creatine phosphate precursors, such as creatine monohydrate (what you would buy in the store as a supplement), is readily converted to creatine phosphate in the body. When taken as a supplement, creatine monohydrate increased creatine phosphate stores in the muscles far beyond the levels that can be reached through a daily diet.

**If you decide to supplement with creatine, here are recommended suggestions:**

- Use regular Creatine Monohydrate with no extra ingredients or fillers (like PowerStrength Creatine Monohydrate)
- Take 5 grams per day – on both training and non-training days. Timing doesn't matter too much, but if it's easier for your routine, consume with your post-workout shake (or in the morning on non-training days)
- No need to do a 'loading phase' when starting out
- No need to 'cycle on or off', can use creatine year-round

There has been concern of negative side effects associated with creatine supplementation such as muscle cramping, altered liver and kidney function, and an increased risk of muscle strains. Take note that formal scientific studies have found these claims to be unsupported by any scientific evidence, with the only real side effect being muscle weight gain due to increased water storage. It has also been concluded that long-term creatine supplementation is safe in populations ranging from teen athletes to 80+ year old Alzheimer's patients.



## Post-workout Recovery Formula – PowerStrength Monster Mix

Some supplements combine protein and carbohydrates into a higher calorie mix that is meant to cause weight gain. This type of mix, while effective, should be used with caution. It is not meant to replace meals, nor should it be taken all the time for most athletes. Many mass gainers also contain extra ingredients that may or may not reflect the goal to gain lean (muscle only) mass.

PowerStrength Monster Mix is formulated to contain high-quality whey protein powder, creatine, complex carbohydrates, and more added amino acids to boost muscle gain when used responsibly.

These are the ingredients that are proven to increase muscle gain – so, that’s all we put in it! It’s basically **four supplements rolled into one!** It is a great option for pre- and post-workout and is a convenient way to maximize workout nutrition.

## Fish Oil

It is recommended by the American Heart Association to eat fish at least twice per week to provide our bodies with healthy fat. Even if this accomplished, it doesn’t provide enough of the essential fatty acids EPA and DHA to meet our body’s needs - especially during intense training. The benefits of fish oil have been well documented and publicized throughout the last decade. It can help prevent arthritis, heart disease, psychological disorders, gastrointestinal problems, eye issues, and dozens of other causes of inflammation. You want to shoot for about 3,000 milligrams of EPA and DHA combined per day. Inferior brands of fish oil will have you taking 6-8 pills daily to meet this goal, while higher quality oil will contain more EPA and DHA. Lower quality fish oil pills will also contain contaminants that you definitely don’t want in your body.

Fortunately, in addition to our other supplements, Ultra Omega-3, is a high-quality fish oil supplement in the PowerStrength Supplement line!

## Vitamin D

Vitamin D is a fat-soluble vitamin used in many processes in your body. Among those processes, the most important to athletes is the production of hormones. Many of the most important hormones produced in your body depend on vitamin D being around to be made. These include melatonin (sleep), dopamine (mood), serotonin (mood), and the big one – testosterone (muscle, performance).

Without an adequate supply of vitamin D through sun exposure or diet, people become lethargic, irritable, and develop low testosterone levels. In the winter, most people do not get enough sun exposure, and thus not enough vitamin D. This is referred to as “Seasonal Affective Disorder” and shows all the symptoms mentioned above. This can be solved by simply supplementing with 2000-5000 IUs of vitamin D (specifically D3, “cholecalciferol”) a day. This should always be taken with fats and dosages can be reduced in the summer when you start to go outside more.

Our PowerStrength supplement line has allowed us to bring you the aforementioned Vitamin D-3 supplement.

## Multivitamin

Owing to their hectic schedule, most athletes don't eat enough vegetables, fruit, and varied food sources. This leads to deficiency in many of the micronutrients that their bodies need to perform at their highest level. Multivitamin supplements are an insurance policy, taken to ensure that none of the essential micronutrients are missing. Deficiencies in vitamins and minerals can have unanticipated effects on performance and health that athletes should strive to avoid.

The PowerStrength Mega Multivitamin supplies the vitamins and minerals athletes need to fill the potential gaps in their nutrition

## Magnesium Biglycinate

Magnesium is involved in hundreds of essential biochemical reactions that keep the body functioning properly. It is a crucial mineral as it is involved in more than 600 of the body's enzymatic reactions. Unfortunately, much of the US population is deficient in magnesium. Magnesium deficiencies have been associated with a variety of conditions such as muscle cramping, fatigue, irritability, and sleeplessness. Magnesium is essential for the health of the heart and blood vessels, brain, bones, muscles, and lungs.

Supplementing with a quality magnesium supplement, like Magnesium Biglycinate from PowerStrength, could be especially helpful when athletes are sweating a lot and frequently – such as training or competing in the hot summer months. Because the supplement helps to promote restful sleep and muscle relaxation, it is recommended to be taken in the evening.

## Greens Complex

It's recommended to eat your greens, fruits, and vegetables multiple times per day as they help supply a variety of nutrients for overall health & immunity, function & performance, and energy. To help aid in this bodily need, it sometimes makes sense for busy athletes to supplement with a Greens supplement. Know this is another insurance policy for these nutrients and needs, and not a replacement for whole foods. The PowerStrength Greens Complex helps to supply additional vitamins, minerals, and nutrients to fill the potential gaps in an athlete's nutrition.

## Zinc

Zinc is an essential mineral found in every body cell. It is essential for a wide range of physiological functions and is an important cofactor for more than 200 enzymes. Zinc promotes the optimal functioning of the body's immune response and promotes the activation of a type of white blood cell that helps moderate the body's inflammatory response during times of immune stress.

## Pre-Workout Supplements

These are booming in the supplement industry and they aren't going away. A lot of them are useless (and expensive) and could potentially contain ingredients that would make an athlete test positive for banned substances. They also contain ingredients that younger athletes should probably avoid – mainly because they can alter their sleep schedule and quality to say the least.

Taking a specific pre-workout supplement isn't recommended for young athletes. Besides from avoiding potentially harmful ingredients and side-effects, they should not be used as a crutch. Athletes should be motivated on their own to ramp up for a great workout.

If in doubt, ask your PowerStrength coach before you buy a pre-workout supplement.

