



**ATHLETE PERFORMANCE
NUTRITION MANUAL**

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

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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, cure, mitigate, or prevent any type of disease or medical condition. We are not doctors or registered dietitians. The following consists of recovery and eating habits that are common among today's serious athletes. 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 getting 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 at how much progress you can make! All of these principles 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 one per week and work on installing these basics you will start to build habits. Once you've got one down, take the next week and add the next one 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 lot of people may have tried to tell you that nutrition is complicated - but that's simply not true. These basics have worked for decades and will continue to work for everyone 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 habits 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

MACRONUTRIENTS OVERVIEW

These are the building blocks of all the food you eat! As we work together to improve your nutrition we're going to have to speak the same language, so some basic knowledge on what nutrients you're looking to stack up is required. We've also included a quick summary of the other two building blocks for high-performing athletes: sleep and hydration.

Knowledge -> Actions -> Habits

PROTEIN

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 try to spread your protein intake out over the course of 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 the main goal we want to achieve is to increase the total amount of protein you get in a full day.

Actionable Goal – aim to consume 1 gram of protein per pound of bodyweight daily

- 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
- PowerStrength Whey Protein Powder

MICRONUTRIENTS

Micronutrients 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 from week-to-week are simple ways to make sure you're getting enough of these 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.

Actionable Goal – Aim to consume fruit/vegetable in every meal

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 carbs both 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. Carbs come in a lot of varieties, but for our purposes we tend to split them into two main groups: slow carbs and fast carbs.

Actionable Goal – aim to consume most of your fast (sugary) carbs around your workout and mostly slow (starchy) 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.

WATER

Most of your body is water, and an even higher proportion of your muscles (about 75%) is made of water. Dehydrated athletes get hurt more, sleep worse, digest and utilize nutrients less efficiently – and ultimately perform worse than hydrated athletes. Even a little dehydration has a massive impact! You don't want to wait until your mouth is dry and you've got a headache, to start drinking 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 it consistently. A good water goal is half your bodyweight in ounces of water – each day as a baseline.

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 – fruits, vegetables, and sports drinks. These drinks often contain a lot of sugar, so they should be used in the pre/during/post workout time block.

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

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 the ones found in fried foods.

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.

Actionable Goal - aim to consume some 'good fats' with every meal other than your pre/post-workout meals. Those would include:

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

SLEEP

The impact of sleep cannot be overstated! If you want to multiply your efforts in everything that has been covered in this manual so far, attack your sleep 'practice' as hard as you attack your training in the gym. If you ignore your sleep, you are essentially minimizing the effort you put into eating and training right. 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 better results out of your training, compete better in practice and games, enjoy better mental health, and reap the benefits of better physical health. Utilizing sleep enhances all aspects of your life, and is an essential nutrient. Just like the other nutrients discussed here - you must get a large amount of high quality sleep if you want to be successful.

Actionable Goal - aim to sleep 7 hours per night, every night

MASS & MUSCLE GAIN VS. BODY FAT LOSS

Gaining weight and losing fat requires 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 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 'proper eating' 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 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

TIPS FOR LOSING WEIGHT



- Avoid skipping meals as a weight loss strategy; it's ineffective and can hinder performance.
- Aim for a modest caloric deficit of 500-600 calories per day for safe, sustainable weight loss (1-2 pounds per week).
- Prioritize healthy food choices and proper nutrient timing to support fat loss and promote athletic performance.
- Avoid relying on long-distance running/jogging for fat loss, as it can be counterproductive for athletes aiming to preserve muscle.

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

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.

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

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 least amount of time possible. To meet your goals, you must eat the right foods and prioritize your recovery.

Achieving results and gaining muscle takes commitment, desire, and discipline. If you're willing to do the "little things" right 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. 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 then use it as a template to build your plan.

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

- ✓ For athletes who need to add 10-30lbs to their frame before next season
- ✓ Want to keep body composition within 5% 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'

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 10-30 mins 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 and Power – Sample Meal Plan

- ✓ The goal is to improve body composition – less body fat and more lean muscle
- ✓ Keep body fat percentage within 3% or less of current % year-round
- ✓ Building muscle is the main focus and doing so through cleaner eating strategies and food choices
- ✓ Don't get married to the numbers – the greatest indicator will be your performance in your training and in your sport

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 ahead 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, promotes 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 these meals about an hour before training. This meal/shake should also include plenty of water.

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

- 1 medium banana (27g carbs)
- 1 slice whole grain bread (15g carbs)
- 2 tablespoons peanut butter (8g protein, 6g carbs)
- 1 scoop whey protein powder mixed with water (15g protein)

POST-WORKOUT MEAL BENEFITS

Aids in restoration of depleted energy stores and 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 Meal

- 6 oz grilled chicken breast (36g protein)
- 1 cup white rice (45g carbs)
- 1 medium sweet potato (26g carbs)
- 1 tablespoon honey drizzled on the sweet potato (17g carbs)

PROTEIN SHAKE RECIPES

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 stress that athletes put their bodies through in training and competition, it can be recommended they use a few proven supplements to aid in growth, repair and recovery. Supplements can also serve as a convenient option for an 'on-the-go' athlete.

Before we go further, please note that **THERE IS NO SUPPLEMENT FOR GOOD WORK ETHIC, SMART TRAINING, and GREAT NUTRITION.** This has always been true and will continue to be true. 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. However, 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 and they are listed here.

As industry leaders, we've 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 elsewhere. By putting our name on it you can be sure we've done the research and sought out the most effective and safest supplements possible.

All of our supplements are GMP Certified which means the raw materials, facility, and packaging process all undergo an extreme quality control 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 see mile-long chemical names on our labels.

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 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 from our diet of protein rich foods, specifically red meat. Scientists found that even protein rich foods only contain small amounts of creatine phosphate

They've 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 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', you 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. 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 of gaining lean mass (muscle only).

PowerStrength Monster Mix is formulated to contain high-quality whey protein powder, creatine, complex carbohydrates, and 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 is 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. 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, which require you taking less pills. 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 available. 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 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

Most athletes don't eat enough vegetables, fruit, and varied food sources - due to their busy schedules. This leads to a 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 - ones 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 GLYCINATE

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 Pow-erStrength, 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 - like training.

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.

Taking a specific pre-workout supplement isn't recommended for young athletes. Besides avoiding potentially harmful ingredients and side-effects, pre-workout supplements 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.