

# \$\$\$SAVER SUPPLEMENT GUIDE



## A MONEY SAVING GUIDE TO SUPPLEMENTS

**Supplement definition:** A thing added to something else in order to complete or enhance it. Supplements apply a finishing touch or improve a deficiency. Supplements are tools to enhance your results. You cannot "out supplement" a bad diet or lack of exercise. If you have both of those elements in check then supplements can help. First make sure you are following your D.P.P.T meal plan and filling in your food logs, if so you're ready for supplements. There is a lot of marketing, false advertising and propaganda involved with the supplement industry so I will help you sift through the BS and tell you what works and what is worth having in your overall fitness plan!

This supplement guide is based from my own experiences, my extensive research and my experience working in the supplement industry. There are a lot of inconclusive studies opting for and against certain supplements. There are a lot of supplements that can be implemented for specific cases. This supplement guide is a basic overview on supplements that can help you with your body composition and general health and wellbeing. The whole point of this guide is to educate you on what I know from experience works, what I use and to hopefully save you a lot of money. I'd like to state that I am not sponsored by any product or company that I recommend. With supplement companies using emotional marketing to target people's lack of knowledge and zone in on their insecurities, wants, needs and desires I think it's important to explain the benefits of the next heading.

## PLACEBO

That's right placebo.

**Placebo is described as a medicine or procedure prescribed for the psychological benefit to the patient rather than for any physiological effect.**


This basically means because you believe you are getting benefits, even though there is no physiological change you may actually experience some benefits. It's more the belief than the supplement. Studies have shown the placebo effect to actually serve some benefits. That means companies can state a lot of proposed benefits with no scientific backing,

extremely under dose their product and heavily mark up the price and if you think it works... it will.

I am guilty of falling for this. When I started my fitness journey I took so many supplements with bright packaging and words like *explosive*, *muscle building*, *shredded* the list goes on. In fact I spent hundreds of dollars every month even more than the money I'd spend on food and thought it would help... and it did. My lifts went through the roof, I experienced accelerated results and was very happy. Until I did more research and realised that the supplements I was taking actually had little to no physiological benefit. To be honest with you I take 1/3rd of the supplements I used to and I will share them with you now.



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▲ Here is my supplement stack as a teenager. I'd spend over \$500 on this, don't ask me where I got the money from. I thought it was going to be beneficial.

## PROTEIN POWDER

The number 1 seller in the supplement industry. We all need protein. If you've read the DPPT Nutrition Guide you see how essential and beneficial protein actually is. Whey is a very bio-available form of protein and for the quality and quantity of protein it is very cost effective. Is it essential? No.

The fact is if you are getting enough complete protein through your diet protein powders aren't a necessity. However whey is a very bioavailable source of protein. Also they are very convenient. I find it difficult getting in the amount I need with food so I supplement. Also it tastes great and can be used to make a lot of great recipes and meal replacements.

The recommended Protein powder dose supplementation is different for everyone depending on their personal stats and how much protein is consumed through their diet already. Therefore protein needs to be calculated on an individual basis. Calculate your overall protein intake, know what your daily

intake will be and use protein powder to fill in the gaps.

### PROTEIN POWDERS ON THE MARKET

- Hydrolysed whey (fastest digesting and most expensive protein)
- WPI Whey protein isolate
- WPC Whey protein concentrate
- Casein protein (Slow digesting protein)
- Egg protein
- Beef protein

### Plant protein (Vegan protein powders)

- Soy protein
- Rice protein
- Pea protein

### Different blends

- Fat loss powders
- Bulk powders
- Recovery powders
- Postworkout blends

### WHICH PROTEIN POWDER SHOULD I BUY?

It doesn't matter as much as you'd think. I prefer a blend of fast and slow digesting proteins. I use protein powders to fill protein gaps within my diet. The anabolic window lasts a lot longer than once thought. For this reason I find hydrolysed whey to be an expense that I could save or use for something else.


### VEGETARIAN AND VEGAN PROTEIN

It is very difficult to get an adequate amount of protein in the vegan diet. Plant based protein supplements are a great addition to the vegan or vegetarian diet. I recommend these supplements for my vegan clients.

**I use optimum nutrition gold standard whey. I don't recommend a protein powder in particular. As long as it is quality whey and mixes well it should suffice, mixability is a great way of telling quality whey. I prefer a blend of fast and slow digested proteins.**



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# PROTEIN SUPPLEMENTS & ALTERNATIVES

We are lucky to live in 2015 where there are so many high protein recipes and supplements. Whatever your goal is, a meal plan high in protein is going to be beneficial.

These supplements include things like quest bars, other protein bars, protein custard, protein icecream, protein pancakes, protein cookies....the list goes on.

## Are they essential? No.

However some of these supplements taste great and can still satisfy any cravings that may cause you to otherwise break your diet. You will still be within your calories and macronutrients provided the particular supplement isn't too high in carbs or fats. Along with protein powder these products are very efficient and can be consumed at any time. If you have a hectic schedule and your only choice is eating out or getting takeaway, opt for this instead.

## BCAA

BCAA's (Branch chain amino acids) are made up of the amino acids L-Leucine, L-isoleucine and L-valine which are the building blocks of proteins. Sceptics like to say BCAA's are a waste of money, by some they are seen as surplus requirements because BCAA's are found in protein food and protein supplements. BCAA's are simply a pre-digested broken down form of protein. These BCAA's supplements are free-form, require no digestion, and are rapidly absorbed into the muscles making this an ideal supplement to have around your workouts. I feel taking BCAA's free form for fast absorption around your workout has many benefits. I personally have, do and always will use BCAA's but I think for each individual based on their budget and goal will need to be determined

### BENEFITS OF BCAA's:

- Can improve insulin sensitivity.
- Inhibit the breakdown of muscle cells and increase protein synthesis.
- Help with recovery and muscle repair.

- Taking them Intra workout can delay mental and physical fatigue and allow you to push harder for longer.

Another underrated benefit is most blends like Xtend, fusion BCAA and many others usually taste great. Most blends are loaded with electrolytes and at \$1 per serving can satisfy a sweet tooth while benefiting your body and not loading up on sugars.

### BCAA'S ARE A GREAT FAT LOSS SUPPLEMENT FOR THE FOLLOWING BENEFITS:

- They hold little caloric value depending on the blend.
- They often taste great and can satisfy a sweet tooth and are cost effective per serve
- They optimise protein synthesis, aid recovery, protect muscle tissue which in turn make fat more readily available to burn.
- They delay mental and physical fatigue which can play a role in a caloric deficit.
- They are a benefit to people who don't like breakfast. If you want to train fasted then BCAA intake is important to protect muscle and burn bodyfat. Because there is no food to digest it makes fat more readily available to burn.
- BCAA's are instantly absorbed and best consumed around workout time. They optimise protein synthesis which leads to optimal muscle retention and growth. During and after training amino acids provide an alternative energy source to support improved training performance (especially important during a low carb diet) and lay the building blocks.

### ARE THEY FOR YOU?

#### Fasted Training

Taking BCAA's before you train if you are at a fasted state is important. It prevents muscle breakdown and catabolism. The same thing applies for people doing intermittent fasting. It's important to have a stream of amino acids flowing through your body especially during a workout. At a fasted state and during a caloric deficit this can be a factor so BCAA supplements are very beneficial.

#### Workout

Taking BCAA's pre, intra and/or post. This is the only time to take them unless you are doing intermittent fasting or not getting your requirements through diet. Caloric deficit: BCAA's while in a caloric deficit are a great tool in protecting muscle while burning body fat. When cutting people tend to focus more on the fat burning supplement over the muscle preserving supplements. BCAA's have



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proven to help retain more muscle mass which in turn led to greater fat loss. Preserve muscle and let the diet take care of the fat.

#### DOSAGE

There is no exact dosage it really depends on your goal and purpose for using them but a general dosage I go by is 10-20grams around workout times.

## CREATINE

**Creatine is one of the most studied and proven supplements.** There are a lot of creatine's on the market. Some claim to have a lot of extra benefits but the fact is a creatine monohydrate is the most effective and cost effective creatine you can have. Creatine is by far the most studied and proven natural ingredient for assisting in building muscle size and strength.

#### Benefits Include:

- Increase strength
- Creatine greatly improves ATP (Adenosine triphosphate) re-synthesis, which is the primary energy molecule, being used in short-bursts of explosive muscle contractions, such as weightlifting, sprinting and bodybuilding.
- Improves cellular hydration
- Promotes protein synthesis and higher IGF-1 levels.

#### Dosage Protocol

Take 5 grams of creatine monohydrate per day. It doesn't matter what time or with what liquid. As long as you have a quality creapure or micronized creatine you can take it with your post workout, pre workout, intra workout or any other liquid.

## FISH OIL

### OMEGA 3 ESSENTIAL FATTY ACIDS

**Here is another supplement I always have on hand. I think this is very important. Fish oils have an array of benefits and are very affordable.**

#### The benefits are:

- Improve the cardiovascular system

- Improve blood pressure
- Improve immune system function
- Improve cholesterol
- Improve brain function
- Been proven to increase muscle anabolism and protein synthesis
- Helps prevent muscle catabolism (Muscle wastage).
- Lowers cortisol levels( Stress hormone)
- Omega-3s can increase insulin sensitivity, which leads to less fat storage and more fat release
- Fish oil decreases inflammation and helps with joint support
- Omega-3s may also decrease hunger and boost your metabolic rate because they increase the amount of leptin produced by your body.

#### Recommended Dosage

3 grams of combined EPA and DHA. I suggest either a liquid or, if you don't like the texture, having a high bioavailable fish oil in a stronger dosage so you don't have to take as many capsules.

## APPLE CIDER VINEGAR

**I recommend this supplement to everybody. The benefits are amazing and the cost is even better. It lasts a long time and it's something I suggest everyone have in their household.**

#### The benefits are:

- Apple cider vinegar is thermogenic fat burner and helps lose bodyfat. Thermogenics stimulate the body's central nervous system and raise heat levels which lead to more calories being burned.
- It can help speed up metabolism by helping the body digest protein. Can help with bloating and irritation and also clears the body of toxins.
- It also helps control insulin levels and promotes the use of sugars to be converted to energy not stored as body fat.
- It is an appetite suppressant. It contains water soluble fibre called pectin which is said to make you feel full by absorbing water and filling the stomach.
- Reduces water retention
- Can help improve acne and skin



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- Has an array of vitamins and minerals, rich in enzymes so aids digestion of food, helps balance pH levels in the body, reduces indigestion, can help with problems like headaches, heartburn and muscle cramps. It's also been known to help high cholesterol because it contains apple pectin which can lower LDL levels in the blood (bad cholesterol). It helps lower high blood pressure, treat flue, fatigue, arthritis and a whole array of conditions. Can even be used topically for dandruff, acne and used for other purposes.

#### Recommended Dosage

This can vary but I take about 2 capfuls at a time 2-3 times a day.

#### Source

I like Bragg's organic raw apple cider vinegar because it contains the "Mother" of Vinegar which is a chain of protein enzymes regarded for nutritional and health benefits.

## GLUTAMINE

How did Glutamine go from being one of the most recommended supplements to being rendered by most as being surplus requirements? The reason is that Glutamine has many benefits however people confuse glutamine supplementation with glutamine in your body. Glutamine is a non-essential amino acids meaning your body can make it on its own. Supplementing with it for this reason is a waste of time. 10% of your protein intake has been derived from L-glutamine. Which means 200g of protein per day = 20g of L-glutamine. So for the proposed benefits it isn't as essential as once thought.

#### When should I take glutamine supplements?

Glutamine does play a very important role on immune function. So for people with immune deficiencies or conditions supplementing with glutamine can be beneficial. However I suggest consulting a medical practitioner before trying to solve the problem on your own.

It's been said to play an important role on replacing glycogen after a workout. Although this is true replacing glycogen through diet is just as effective and you don't need glutamine for this.

Glutamine may be helpful for a drastic caloric deficit in people wanting to lose weights. It increases protein synthesis

and it increases growth hormone synthesis. So if you're on a restricted diet and are not getting adequate protein intake then supplementing with glutamine can be an option.

In conclusion Glutamine is one of the most beneficial supplements for gut health but the body produces Glutamine and supplementing with glutamine unless for a specific case is not necessary in my opinion. Glutamine supplements do increase protein synthesis but only for people who have experienced trauma. In most cases it does not translate to the average person. When I stopped supplementing with Glutamine I had seen no change in my recovery or results.

## MICRONUTRIENTS & ANTIOXIDANTS

**Micronutrients are comprised of vitamins and minerals which are required in small amounts to ensure normal metabolism, growth and general physical wellbeing. The beauty of Vitamins, minerals and antioxidants is we get them in our food. Having a healthy balanced diet should cover you. This is where you fill in the holes with your diet.**

In a world of processed food, pesticides and preservatives it's quite difficult to ensure you get all your micronutrients from food. I recommend a balanced diet with wholefoods over everything but I suggest supplementing to fill in any gaps. This is in relation to the broad spectrum of vitamins and minerals. However with deficiencies that simply cannot be filled with food alone must be supplemented. This is good for specific cases eg zinc deficiency, iron deficiency....the list goes on. I recommend getting blood work done before dabbling with individual vitamin supplementation. This is a bit of a grey area in supplements and I will tell you why.

When it comes to vitamins, minerals and antioxidants bioavailability is paramount. In my opinion there is no substitute for getting your micronutrients from food. There is a lot of inconclusive evidence when it comes to multivitamins and other vitamin, mineral and antioxidant supplements and the absorption rate.

I've lumped all of these things together because they are absolutely essential for general health and wellbeing. They protect our body from free radicals and fight illness and disease. They make us feel good, give us energy, help with



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vital organs, gut health and digestion and all things important which can be overlooked and can have a direct impact of body composition.

They should be consumed in your diet with lots of high micronutrient dense food such as vegetables, fruits and salads. Supplementing in these areas is a way to ensure you are not deficient or to get some nutrients in if you have poor nutrition.

**Supplements I suggest are:**

#### POWDERED GREENS

Greens are simply vegetable extracts in powder form. Powdered greens deliver additional nutritional support in the form of vitamins, minerals, enzymes, probiotics and antioxidants. Powdered greens are not meant to be in place of a diet high in micronutrients from vegetables, fruits. They help alkalise our bodies. Great source of phytonutrients. They are absorbed by the body and I recommend they are in most people's supplement plan. A typical diet for building muscle or burning body fat can be quite acidic so alkalising and detoxing your body is important.

#### MULTIVITAMINS

Bio-availability is absolutely crucial in relation to multi vitamins. You may save a few dollars buying the cheapest standard one a day multi's from your local discount chemist but absorption rate is next to nothing. In fact these multivitamins are made from synthetically manufactured substances which are not typically absorbed by the body. The term expensive pee comes to mind. The fluoro urine that comes out rejecting the multivitamin almost in full form. Don't cheap out on a quality multi vitamin. Avoid synthetic multi vitamins and find a whole food multi vitamin. You get what you pay for. I prefer juicing fruits/vegetables and/or powdered greens, that way I know I am getting my micronutrients and they are being absorbed.

## VITAMINS THAT I SUPPLEMENT WITH INDIVIDUALLY

#### VITAMIN C

1g post workout enhances recovery and growth in muscle cells. Vitamin C is also an antioxidant and protects muscles

from free radical damage. Vitamin C has been shown to drastically lower cortisol and the cortisol to testosterone ratio. It's highly water soluble. Vitamin C assists in amino acid metabolism. It also assists the formation of collagen which is very important to keep joints and cartilage healthy when exercising with heavy weights. Vitamin C is mainly known for boosting your immunity and is an inexpensive supplement that should be in most households.

#### VITAMIN D3

5,000 to 10,000 IU's Vitamin D3: Powerful antioxidant that can help protect cells from free radical damage. It can assist in protecting brain cells and help maintain a healthy inflammatory response. If deficient in vitamin d3 it can lower testosterone levels so supplementing with vitamin d3 can help restore testosterone to baseline levels. Vitamin D3 helps to maintain a healthy liver even under challenging circumstances. It improves energy levels and mood, strengthens immune system and enhances calcium and phosphorus absorption, among a long list of other health benefits.

#### Dosage:

2000 IU - 5000 IU Daily 10,000IU if at a high deficiency

#### Directions:

Consume 2000-5000 IU of Vitamin D at any time of the day.

#### B COMPLEX


## MINERALS

**Minerals are important for heavy training individuals as your body depletes these minerals with heavy exercise.**

Meats, nuts, seeds and spinach make up a majority of the food sources for zinc, magnesium and iron. These 3 minerals I have included into my supplement guide because they are very important and deficiencies can hinder results and cause other health detriment.



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# MAGNESIUM

**Magnesium is involved in more than 300 essential metabolic reactions. For this reason it is a very beneficial supplement across the board.** It maintains muscle and nerve function and relaxes the muscles and nerves. Because of this it is also known to cure insomnia, migraines, and symptoms of depression, panic attacks, anxiety, irritability and stress. It has SO many other benefits. It promotes a cardiovascular health and blood pressure, it strengthens and supports bone metabolism, it supports a healthy immune system, it increases insulin sensitivity plus much more.

Research has also shown it aids the production of testosterone because magnesium is pivotal in Lipid (fat) metabolism. Studies also show that optimal intake of magnesium increased growth hormone and IGF-1 levels.

Depending on your age size and gender dosage will vary. Magnesium is depleted from your body through sweat and needs replenishment.

200-400mg per day is a general recommended dose. A rough estimate is 420g for men and 320g for women of magnesium through supplementation and nutrition combined. There are so many forms of magnesium on the market. I suggest sticking with Magnesium Citrate, Magnesium Chloride, Magnesium Taurate and Magnesium Gluconate. Keep in mind that magnesium can be consumed through food with food like spinach, dark cocoa, a variety of seeds and nuts, coffee etc. However the recommended dosage is difficult to hit with diet alone. Don't exceed 500mg per day through supplementation.

# ZINC

**Zinc is vital for many biological functions and plays a crucial role in more than 300 enzymes in the human body. Zinc participates in over 200 reactions in the body, and it may be especially important if you exercise. Research suggests that athletes and people who work out may need more zinc in their diet.**

Deficiencies in zinc can reduce the body's basal metabolic rate. If you're trying to lose weight, a zinc deficiency could work against you by slowing down your metabolism. Zinc deficiency can also lead to a lot of other problems such as low testosterone plus much more.

## Benefits of zinc supplementation:

- Enhances cellular immunity.
- Increases protein and DNA synthesis.
- Aids in increase testosterone production
- Helps maintaining healthy, balanced hormone levels.
- It will also decrease inflammation,
- Vital for taste, smell, appetite, vital for skin, hair, nails and vision.
- Helps with the uptake of other nutrients.

Your body doesn't store zinc so it must be consumed through diet and supplementation.

## Foods high in zinc

Eggs, pumpkin seeds, lamb, brazil nuts, oysters, chicken, beef, yogurt, cocoa and yoghurt.

## Supplement dosage

30-50mg per day. Do not exceed this limit without being advised from a health care practitioner.

# GUT HEALTH

## DIGESTIVE ENZYMES

Take these if you are taking 3+x your bodyweight in protein to help your body absorb and digest the protein. When you don't have enough digestive enzymes in your gut, you can't properly convert the foods you eat into the raw materials necessary to run your body and brain. Take broad-spectrum digestive enzymes with your food to solve the problem. Not a necessity but if you are having digestive problems digestive enzymes can be of benefits.

## PREBIOTIC


Another word for fibre supplements. Soluble and insoluble fibre is essential for digestive health. If you are not getting enough fibre a prebiotic supplement can help. You do not need to supplement with a prebiotic. Recommended fibre intake can easily be achieved through wholefoods in your diet.

## PROBIOTIC

Probiotics are live bacteria (Known as good bacteria) and yeasts that are good for your digestive system which help maintain a healthy gut and overall health. Because good bacteria populate your digestive tract they help food breakdown and absorption. This can help your body absorb more amino acids from a high protein meal. Probiotics aid



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healthy digestion, healthy immune system and healthy gut. If you're not digesting your protein it will inhibit protein synthesis and growth. Taking a daily probiotic allows your good bacteria to replenish in number. This, in turn, reduces cortisol, slows fat gain, and increases muscle growth.

#### Dosage

It is difficult to generalise but I personally take one dose a day of a probiotic product containing at least 1 billion CFUs (colony-forming units) with a whole food meal. To maintain a healthy digestive tract, a probiotic with one to two million CFUs is recommended. However a dosage of up to 10 billion CFU's can be taken for bacterial imbalances or if you are taking antibiotics.

#### TEA

Tea has an anti-inflammatory, anti-oxidant effect on the body. This means that tea will assist your gut in healing itself when exposed to foods or chemicals which harm it. If you have a sluggish metabolism due to an inflamed gut then tea can help reduce inflammation and increase metabolism. Green tea is the most recommended and most popular tea. Other good teas to drink are Black tea, rooibos tea and Kombucha tea.

#### GREEN TEA OR GREEN TEA EXTRACT

If you don't like drinking green tea I suggest green tea extract.

One hour prior to exercise consume anywhere from 200-400mg of EGCG (Epigallocatechin Gallate, the chemical found in green tea responsible for most of the health benefits associated with green tea).

#### Benefits:

- It will help aid in weight loss,
- Boost energy,
- Speed up metabolism, and
- Block fat absorption.
- Promotes healthy skin,
- Enhance focus and mental functions,
- Fight against diseases
- Boosts immune system

Do not consume on an empty stomach as it can make you feel nauseous.

#### Dosage

A daily intake of 3 to 5 cups/day (1,200 mL) of green tea will provide at least 250 mg/day of catechins. This is a good dose but if supplementing with capsules or green tea supplements

such as x50 or lean tea the dosage is much more potent.

I recommend green tea for many benefits with health and results. Not a necessity but a good, healthy cost effective supplement to include.

## MCT OIL

**MCT Medium-chain triglycerides are fast-burning fats that help prevent muscle breakdown and support energy needs while dieting .**

MCT oil goes straight to the liver and is burned for energy like a carbohydrate. What does this mean for fat loss? More energy on a carbohydrate restricted diet. Very little fat is stored from MCT oil because it's burned so quickly. This also aids in muscle retention because it is burned over muscle tissue. On top of that MCT's can improve blood sugar regulation, can improve thyroid function, improve metabolism (especially fat metabolism) and suppress appetite.

It's not a necessity but can give you a little added boost. You can add a spoonful into your morning coffee or shake. Because MCT oil is basically the concentrated form of coconut oil you can get some of these benefits by cooking with coconut oil.


## NATURAL SLEEPING AIDS & ADRENAL SUPPORT

**Gamma-Amino Butyric acid (GABA) is an amino acid which acts as a neurotransmitter in the central nervous system. It inhibits nerve transmission in the brain, calming nervous activity. As a supplement it is sold and promoted for these neurotransmitter effects as a natural tranquilizer.**

We all know how important sleep is. GABA Promotes Sleep GABA powder might make it easier to fall asleep by lowering the activity of neurons in the brain. GABA powder might also increase the amount of human growth hormone in the body, which might improve sleep cycles and decrease disruptions in sleep. Gaba powder is safe to take and is non sedative meaning you do not wake up drowsy the next day. If you can't relax or wind down you may be deficient in GABA. GABA is the major 'inhibitory' neurotransmitter, meaning it controls relaxation.



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**Dosage**

I take 1.5 grams of GABA powder every day I have P.T sessions early in the morning.

Side effects are if you take a high amount you have a hard time breathing temporarily.

## MAGNESIUM

The benefits of Magnesium are listed above. Because of the fact that it relaxes muscles and nerves it assists in getting a better sleep and can help regulate cortisol levels. It relax my muscles and nerves, and to assist with getting better sleep. I take Magnesium before bed for these reasons. My dosage is 400mg

**MELATONIN**

Melatonin is a hormone that helps you sleep and it is released when it gets dark. Make sure you are in a dark room, turn off night lights, close the blinds or curtains. For added melatonin if you have trouble sleeping I suggest 1mg per night. Range is 1-3mg if you find it hard to sleep.

**TAURINE**

Taurine helps relax by facilitation the production of GABA and melatonin. It helps relax you and works synergistically with Magnesium before bed to help you get a good night sleep amongst other benefits. Dosage: Recommended dosage is between 1-3g

**L-TYROSINE**

L-Tyrosine is a nonessential amino acid. It's part of the chemical reactions in your body that create the neurotransmitter dopamine and other hormones. Dopamine is a neurotransmitter released by the brain and is known as the 'motivation' neurotransmitter. Deficient levels of dopamine activity in the brain can cause depression. To increase dopamine through supplementation thus enhancing motivation and your mood. Supplementing with L-Tyrosine can help this

**Dosage**

Tyrosine 500-1500 mg (up to 5000 with severe depression or addiction) on an empty stomach in the morning.  
General broken up to 3 servings of 500mg

## RHODIOLA

Rhodiola (*Rhodiola rosea*), is considered an adaptogenic herb, which means that it acts in non-specific ways to increase resistance to stress, without disturbing normal biological functions.

**Rhodiola benefits:**

- Aids in prevention physical, mental and emotional stress by reducing the stress hormones, in particular cortisol.
- Burns body fat by reducing cortisol, regulaings blood sugar and activateinga hormone called 'hormone sensitive lipase'
- Increases energy by improving the oxygen carrying capacity of red blood cells
- Improves focus, memory and mood and by improving the brains sensitivity to dopamine and serotonin

**Dosage**

300mg-500 mg (3% standardised) 1-3 times per day.

## TESTOSTERONE BOOSTERS

For most people I recommend that you do not buy any testosterone boosting supplement. A lot of them do not work and even the ones that slightly elevate baseline testosterone levels it is not even close to enough to change your body composition.

Testosterone is the most important hormone for building muscle. However to have increased fat loss or muscle building from testosterone enhancement it will need to be in the 1000+% associated with steroid use NOT testosterone boosters. The only benefit you may receive is a boost in libido.

The only time I recommend supplementation with testosterone boosters is if you have a low testosterone then testosterone boosters can be helpful to restore levels close to or to base line levels.

**The supplements I recommend are:**

- Zinc
- Magnesium
- ZMA (Zinc, Magnesium, Vitamin B6)



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- Vitamin D3
- Omega 3 Fatty Acids
- D-aspartic Acid

## GLUCOSAMINE


This is the most popular supplement used for joint support. Glucosamine plays a vital role in building cartilage. Glucosamine is a naturally occurring substance found in the fluid around our joints. People who can benefit by supplementing with glucosamine are people who lift heavy weight, have joint soreness and people with arthritis.

**Dosage:**

Therapeutic dosage is a range of 800mg-1500mg per day. For arthritis it's best taken 500mg dosage 3x daily.



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## MY PRE WORKOUT

This is an area where people spend a lot of money up to \$70 or \$80 for an underdosed, overstimulated pre workout. Most of them are proprietary blends that do not have therapeutic dosages of the supplements they are promoting on the label.

**My opinion is if you can train perfectly fine without them then don't take them.**

*Overall are pre workouts important?* No. They won't affect your body composition too much but you will have better workout performance.

### If not here is what i suggest

Either make your own pre workout using these individual ingredients like I do or buy a blend that fits this ingredient profile and dosage.

### I make my own pre workout with these ingredients:

#### ACETYL L-CARNITINE

One of the most important supplements while dieting down & dropping body fat. Acetyl L-Carnitine is used by the body to transport long chain fatty acids to the mitochondria in your cells, where they are burned for energy. So basically makes fat more ready available to be burned for energy. It also helps cognitive function and taken pre workout will allow for more focus during your workout or throughout the day. This is especially important while on caloric deficit.

- Increases fat burning
- Mental focus
- Improve performance
- Improve mood

The main benefit with oral supplementation of L-carnitine is that it helps build neurotransmitters so it helps you stay focused and motivated on a diet. Not only does it help you lose weight by directly transporting fat, it also increases mental acuity and will help you to think better while dieting. This in turn will allow you to function better throughout the day and better performance in the gym.

#### Dosage:

Recommended dose is 2g

#### CAFFEINE

Caffeine is the main ingredient in most stimulated pre workouts. Caffeine has its benefits although it is quite easy to build a tolerance. I suggest using caffeine only pre workout to give you a boost if you need it.

The fat loss benefit is the increased thermogenesis (calories burned from heat) from coffee consumption. Other benefits including improved focus, elevated alertness, faster reaction time, reduced fatigue, increased endurance and elevated mood. The stigma associated to caffeine is due to its drain on your adrenals from overstimulating by excessive caffeine throughout the day. Limit it to pre workout and you'll feel the benefits.

#### Dosage:

I suggest 100-200mg of Caffeine per day depending on your tolerance levels. Some people require 300mg+ but at this point I'd give the caffeine a break to avoid building a tolerance and draining your adrenals. This can be taken in capsules, powder, through pre workout supplements, green tea or the old school bodybuilding pre workout remedy; a black coffee.

#### TAURINE

L-Taurine is an amino acid that is produced in small amounts within the human body. It is commonly found in eggs, dairy products, red meat, and fish. The main pre workout benefits of consuming taurine are cell hydration and expansion and can work synergistically with creatine.

L-Taurine may play a useful role in supporting a variety of other processes these include:

- Protein synthesis
- Can help improve insulin sensitivity and metabolism
- It helps with anti-stress and anxiety by lowering cortisol.
- May assist in increasing testosterone.
- Improve cognitive function
- May help recovery and performance in aerobic and an aerobic training by increasing force production and endurance.

#### Dosage:

Between 1-3g for these benefits have with your pre workout.

#### BETA ALANINE

If you've ever had a pre workout and you feel all tingly it will be from the beta alanine. It supports strength and muscular endurance by elevating carnosine a peptide which is a protein building block that is naturally produced in the body. High carnosine levels are correlated with increased lifespan, better



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muscular performance, increased antioxidant protection and greatly improved blood glucose levels. It's used to prevent muscle fatigue and push out that extra rep or two. Just like creatine this does not need to be taken pre workout to receive the benefits. In fact it works synergistically with creatine. Beta alanine should be consumed daily to receive the benefits. The reason why it's in most pre workout formulas is because the tingly sensation from beta alanine can make you feel good, amped and ready to workout.

The main benefit you may experience is basically this helps push through a few extra reps for serious lifters on a hypertrophy training routine. It is more effective in people who are on a hypertrophy training routine as opposed to a strength based routine due to it being more effective at higher rep ranges. 8-10 reps per set and upwards.

No need to load or cycle. Can be taken with anything. Can be taken at any time. Stick to a pure powder. It doesn't matter the source just make sure that uses carnoSyn as the source. You may see this on labels when you buy a pre workout. This ensures you are getting beta alanine. Take it consistently to elevate carnosine levels.

#### Dosage:

To fully saturate your muscles and get 100% of the benefits. 3.2-6.4g+ per day  
If you don't like the tingling sensation then taking the lower end of the scale is fine and I suggest it broken up to 1-1.5g 2-3x per day.  
I take 6g pre workout and 2g post workout for simplicity and because my body has built up a tolerance. (Although I like the tingling effect)

#### Side effects:

Taking too much at once will increase the effects of the histamine response which flushing tingling sensation. IF taken a large amount this can progress to a irritable burning sensation. Find your body's tolerance and slowly increase the dose if need be.

#### CITRULLINE MALATE

Citrulline malate supports increased blood flow and amino acid delivery to skeletal muscle. This leads to increased protein synthesis (muscle growth), enhanced ATP production and supports cell volumisation. It is a potent precursor to arginine. Citrulline malate is a combination of L-citrulline and malic acids bonded together for better absorption

#### Who I suggest to:

Not essential by any means but can have added benefits to advanced lifters. This means people who train at least 5x per week with a high workload during exercise. It will help with muscle fatigue during workouts. This helps get out a few extra reps by assisting clearing out metabolic waste products such as ammonia and lactate. It is more effective for high rep ranges and low rest periods. It also helps with DOMS and improves recovery.

#### Side effects:

May cause stomach discomfort with food.

#### Is it essential?

No. Can be expensive on a gram to gram basis. If you are a natural lifter wanting to get the best out of your training performance then I recommend it otherwise it isn't necessary.

#### Is it for you?

If you are training at a high frequency, higher rep range, shorter intervals then you may benefit from Citrulline Malate.

#### Dosage:

Dosage is 6-8grams taken pre workout (30-45minutes pre workout) and mixed with whatever liquid you're consuming

#### L-TYROSINE

Pre workout benefits of L-Tyrosine are it works synergistically with caffeine which is great for a pre workout. It improves cognitive function -Improve mental focus, performance and fat loss when combined with caffeine. Dopamine is the 'motivation' neurotransmitter. supplement with a dopamine precursor such as Tyrosine for a little kick.

#### Dosage:

Dosage L-tyrosine 1-3g pre workout



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## SUMMARY

**Protein powder:** If protein deficient or great protein alternative.

**Protein alternative:** Same as protein powder, great way to satisfy cravings and stay on track with diet.

**BCAA:** Have their place, not a must have.

**Creatine:** Must have for anyone trying to build muscle, gain strength, maintain muscle during a caloric deficit.

**Fish oil:** I recommend to everyone.

**Apple cider vinegar:** I recommend to everyone.

**Green tea or green tea extract:** I recommend to everyone.

**Powdered greens:** I recommend to everyone unless you know for a fact your micronutrient and other needs are met. They can be quite expensive so if they are within your budget I suggest you get them.

**Multivitamins:** Unless you know for a fact you have a highly bioavailable source I would get my vitamins from whole foods or super greens.

**Digestive enzymes:** If having digestion problems.

**Prebiotic:** Supplemental fibre to make up gaps in diet.

**Probiotic:** For people with a high protein diet. Serious lifters, competitors or bodybuilders.

**Testosterone booster:** For people with low baseline testosterone levels.

**Pre workout:** If you need a kick in the gym. Not needed though.

**Sleep aids:** Of you have trouble sleeping.


**Stress relief and adrenal support:** If you are under physical, mental or emotional stress.

Other than these I like to stay away from proprietary blends, fat burners, test and growth hormone boosters and the newest fads. Remember supplements are just a finishing touch, they are not a crutch and cannot effect body composition on their own. Results come from exercise, nutrition and living a healthy lifestyle. Also this guide is just for general health/wellbeing and body composition. If you have a specific requirement or deficiency then targeted treatment is required and you should see a physician.

Look through [dppt.com.au](http://dppt.com.au) to see the importance of protein, water, fibre, macronutrients, sleep, stress ect. When you do this you will further see the benefits of these supplements and how/if they can help you in your fitness routine.



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Time	Supplement
Morning	Fish oil with morning meal (Protein and essential fatty acids)
	Apple cider vinegar, lemon, pink rock salt and warm water
	Greens (Depends on workout time, if I train in the morning I consume in the afternoon)
Snack	Quest bar (definitely not essential but I like them)
	Green tea sometimes
Pre workout	
	Beta alanine, creatine, l-carnitine, caffeine, l-tyrosine, taurine,
Intra	Bcaa (Xtend)
Post workout	Protein shake, Vitamin C
Before bed	Probiotic, vitamin d3
	Magnesium, zinc Rhodiola sometimes GABA powder
Supplements	

## MY SUPPLEMENT PLAN



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## CONCLUSION

This guide is just a general guideline to supplements. There are supplements I haven't listed that may be of benefit to you. However supplements play a minor role in your overall fitness plan and these are the supplements I find most beneficial.

I usually do a top 10 tips but I am not going to do that as 4 will do.

1. Do not buy into any gimmicks or over-marketed products.
2. Make sure you know what you are getting as far as the product and quality.
3. There is no substitution for real food and training.
4. Drink adequate water. If this was a supplement it would be number 1.



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