

4 SUPPLEMENT CATEGORIES

SECTION 1:

SLEEP SUPPORT STACK

- Magnesium glycinate. COMT needs magnesium to work better at clearing catecholamines
 - Could also add more glycine to help support GABA
- Melatonin at high doses
- 5-HTP with the presence of Vitamin B6 to help people fall to sleep
- Apigenin/theanine if needed

SECTION 2:

DIGESTION SUPPORT

- Nutrition Plan that hits your micronutrients is priority #1. From there we could look at:
 - If symptoms support low stomach acid, Betaine HCL
 - Digestive Bitters and Apple Cider Vinegar
 - Considerations for Zinc Carnosine (watch zinc to copper ratios)

SECTION 3:

**OMEGA-3S / ANTI-INFLAMMATORY
SUPPORT**

- ▶ True tissue recovery requires managing inflammation intelligently – not just killing it.
- ▶ High quality omega-3 support moves the needle here.

SECTION 4:

CREATINE MONOHYDRATE

THE NON-NEGOTIABLE BASELINE FOR ENHANCED ATHLETES

- Creatine isn't optional – it's foundational.
- Enhanced or natural, this is one of the most studied, reliable, and *outcome-producing* supplements in existence for strength, recovery, and neurological health.

WHY IT MATTERS:

- Increases phosphocreatine availability → higher training output
- Improves strength & power capacity → greater mechanical tension exposure
- Supports cellular hydration → better recovery environment
- Neuroprotective effects → *critical* when PEDs are in the system
- Reduced exercise-induced oxidative stress & muscle damage
- Supports mood & cognitive function during prep fatigue phases