



SUPPLEMENTS

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Supplements are exactly that - "something that completes or makes an addition"! They have been likened to the sprinkles on top of a cake. If the cream and sponge in the cake doesn't taste good – there's no way sprinkles are saving it! This is exactly how to treat supplements when related to your nutrition and training.

The bottom line is that there is no short cut for real results – no matter how shiny the packaging is, or how great the marketing of a product is. On the back of every supplement, there is a disclaimer that the product is effective "in conjunction with a healthy diet and exercise regime". So if fat loss, increasing muscle mass or increasing your cardio fitness levels are on your agenda, you'll want to nail those 2 aspects first!

Here are a list of some popular supplements - What their claims are, when to use them, and a conclusion on their effectiveness. Have a read, you may be surprised!

WHEY PROTEIN:

Whey protein is ultimately the fast-digesting part of dairy protein and is amongst the most well studied supplements with the most research backing its effectiveness! Many people find it difficult to hit their recommended protein intake (particularly if your goal is to increase lean body mass or get "toned"), so consuming a serving of whey protein supplement is an easy way to boost your protein for the day.

Due to its nature of being fast digesting/absorbing, it is recommended that you consume it immediately post – workout, however, consumption at any time of the day is perfectly fine! It's versatile too, so you can add it to recipes or you can drink it mixed with water or a milk of your choice!

Please note: If you are lactose intolerant, Whey is not for you as it is dairy!

FAT BURNERS:

Often advertised as Thermogenic Fat Burners, their claim is that it can be used to "acutely increase fat metabolism or energy expenditure, impair fat absorption, increase weight loss, increase fat oxidation during exercise, or somehow cause long-term adaptations that promote fat metabolism" – which would all be incredible.. if claims were facts. Unfortunately, most fat burners are either ineffective or insufficiently researched.

The word thermogenic simply means to increase a production in heat, so when you take a fat burner you may find yourself sweating more during a session. Sweat does not equal fat loss!

It's also important to note that fat burners often contain a high caffeine content (which is why they can claim to increase energy!) – so if you do choose to take a fat burner, don't take it too close to bed time!

CREATINE:

With over 200 studies conducted on the safety and effectiveness of Creatine, it's safe to say it is one of the most well researched and effective supplements! In both the trained and untrained population 3-5g of creatine taken at any time of day (consistently) can improve the ability to maintain a high intensity effort in training.

How? Creatine phosphate is used for short-term energy in our bodies and by supplementing with creatine we top these stores up!



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By being able to maintain a high intensity in your training you may be able to complete higher volumes of training, and in turn an increase in strength!

PREWORKOUT:

Pre-workout supplements claim to increase focus, enhance physical performance and increase energy – which sounds like the ultimate trio for workouts! Creatine, caffeine, and nitric oxide precursors MAY be found in pre workouts, however the amount is not often enough to evoke a positive effect on your training. Pre workouts can also be quite expensive!

Our thoughts? It isn't backed by science & it's quite costly. For the ultimate workout, drink enough water, sleep well and have a banana and black coffee before your session! Cheaper, effective and accessible!