**Lesson #8: Supplements**

Supplements.

All right. So supplements are definitely an important part of your diet, but they are probably not as important as most of you think alright. They're definitely not as important as they are marketed, but supplements do help, and there are definitely supplements that everyone should be taking.

Now how many supplements you take basically depends on your budget, alright. Pretty much all supplements do work to some extent, but is what they do worth the money? That is the question you guys need to be asking. I, for example, get my supplements for free, so I take quite a few.

So first I'm going to tell you the supplements that I think everyone should be using, and these are the supplements that I used before I got them for free.

Creatine.

All right. Creatine is the best and the most researched supplement out there. I say that with complete confidence. It's produced from amino acids in your body and found naturally in high protein foods like meat and fish. Creatine help s regenerate a molecule in the body called ATP, which is your body's main source of energy, so taking creatine will increase your strength and power output. Basically, all you need to know is that it helps you make some gains, guys. So you should be taking about five grams of creatine per day. A great source of creatine is 1 Up Nutrition's Pure Rebuild. It has five grams of creatine per scoop, which is super convenient because that is exactly how much you should be taking per day. So there are a lot of myths about creatine out there, but guys, they are just myths. Creatine is safe. It does not need to be cycled. Anyone can use it, and you can take it at any point during the day.

Whey protein.

So whey protein is hardly a supplement. It's a protein, a macro-nutrient. It does not do anything magical that other proteins don't do. It is useful, though, because it is convenient, especially when people are on low-calorie diets, it is hard to get enough protein during the day. This is what whey protein is used for. Usually one scoop will give you about 25 grams of pure protein. That being said, one way it is different than most proteins is that it is quick-digesting. It gets into your system very quickly. For this reason, a lot of people like to take this protein right after their workout. It's also one of the rare sweet-tasting proteins out there. So it's useful i f you want to make a meal that's sweet, but is also protein packed. But if you're getting enough protein with your diet alone, then whey protein is not really mandatory, and remember, you should track whey protein just like you do everything else. My favorite whey protein is 1 Up Nutrition's coconut ice cream flavored whey protein. Remember guys, all whey proteins are pretty much the same except how they taste, and that one tastes very good.

BCAAs.

So branch chain amino acids, or BCAAs, are leucine, isoleucine, and valine. They make up about one-third of the essential amino acids in your muscles. Essential amino acids are the building blocks of protein that your body cannot produce on its own. BCAAs are super useful because they increase protein synthesis and they decrease protein breakdown and increase workout intensity. These are great to take somewhere around your workout before, during, or after. I like to sip on about 10 grams of BCAAs throughout my workout. My favorite BCAA supplement is 1 Up Nutrition's pineapple flavored BCAAs. Alright, so other supplements.

So I occasionally take a pre-workout, but I don't take one that often, only when I'm feeling pretty tired or unmotivated to go to the gym, which is not that often. Over time, your body gets used to pre-workout, and you actually have to take more and more of it to get the same effect. Some people end up where they cannot get to the gym without it. Because I don't want to have to rely on it, and I don't want my body to build up a tolerance to it, I only take it occasionally. If you do take it, I recommend taking breaks to let your body reset itself and get back to normal. When I do take it, I like to take 1 Up Nutrition's all-in-one pre-workout.

So I do take a few other supplements, but I'll be honest with you, I was not taking them before I got them for free, but I have seen results from them, so even if I stopped getting them for free, I would still take them now.

So the first is CLA.

CLA is a naturally occurring fatty acid. So a number of studies have shown that CLA reduces body fat while increasing lean body mass. I take four grams of 1 Up Nutrition CLA per day.

The second is L-carnitine.

L-carnitine helps burn fat by transporting the fatty acids to the mitochondria, and it also helps increase workout intensity by increasing oxygen in the muscle during your workout. I take three grams of 1 Up Nutrition L-carnitine with my biggest meal of the day.