

Some of you may wish to take some supplements on this program. Here are the ones that I feel will provide you with a tangible benefit.

Creatine Monohydrate

Creatine monohydrate has been proven over and over again to help promote increases in strength and muscle growth. There is pretty powerful research behind it.

This study shows some pretty powerful increases in strength output.

This meta analysis study shows improvements in both strength and muscle size.

The best way to take creatine is to simply load creatine with 20g per day for 5 consecutive days, followed by 5g every single day. This will ensure you fully saturate your creatine stores as fast as possible (within the first week). If you don't like having to take creatine every single day, you can simply do a double dose (10g) on your workout days (ideally, right after your workout).

If you don't like to take that much creatine, then you can simply take 5g per day and within the first month, you should be able to fully saturate your stores.

It's not uncommon to gain 4-6+ lbs of lean mass when loading your creatine stores. As far as when to take creatine, you can definitely take it whenever you want. That said, creatine absorbs fastest immediately after training. This is when your muscles are most responsive to absorbing it. But this won't make a huge difference.

I recommend taking it when is most convenient for you.

Bone Broth

This one is something new that I've been doing. But it has proven useful for a few different functions.

First, bone broth is very high in collagen, which serves a few purposes. One of which is helping to repair joint tissue. When you're lifting very heavy and getting very strong, you definitely want to avoid injuries. Having bone broth in your weekly diet can help keep your joints healthy. It also has additional benefits, improving gut health and supporting healthy skin, hair and nails.

You can purchase bone broth at your grocery store and boil it on a pot and add some salt and spices to make it delicious. Or you can purchase a bone broth protein powder from amazon. I usually am against protein powders, but bone broth proteins are great. They are very filling and have only 100 calories (with upwards of 15-20g of protein as well).

Another advantage of bone broth is that it is very anti-inflammatory. As well, it's high in the amino acid glycine, which improves sleep and relaxation and is very beneficial for the joints.

Branched Chain Amino Acids

I'm on the fence about BCAA's - I think of them more as an insurance policy. They probably aren't going to make a huge difference in your training if your overall protein intake is optimal. That said, if

you're training fasted and very devoted to packing on muscle, it doesn't hurt to add some BCAA's on your training days. The best time to take them would be right before your workouts.

The advantage of taking BCAA's before your workouts (if you're training fasted), is that it will increase protein synthesis and help contribute to muscle growth.

You can also add your creatine into your BCAA's. Since BCAA's trigger a strong insulin response, it will make the absorption of creatine faster and more effective. As well, it will also make creatine much tastier.

Caffeine / Pre Workout

Finally, caffeine before training is exceptionally helpful and boosting workout performance and focus. You can opt for having a cup of coffee or two before training or take a high quality pre-workout.

I couldn't find a pre-workout that I liked that met the criteria I was looking for: all naturally flavored, no chemicals or artificial ingredients, and something without all the stimulants that make you feel like you want to scratch your head off...

So I decided to just make my own pre-workout. One I would want to take before every workout, that had the ingredients that complimented the Kinobody systems perfectly and that didn't have the artificial ingredients that are terrible for you... It's called OCTANE, and you can read about it (and get yours) here - <https://store.kinobody.com/collections/supplements...>

Sleep / Hormonal Supplement

Another great supplement to take is something to improve sleep, recovery and hormonal performance. Recovery is so important while following Kinobody since you're lifting heavy and taxing your central nervous system each workout - so you must get adequate and high quality sleep each night to fully optimize this stage of the process.