

SUPPLEMENT GUIDE



DALE NELSON



Supplement Guide (Women)

Disclaimer

This eBook provides information. It does not constitute medical, fitness, dietary or legal advice. Dale Nelson will not assume any liability or be held responsible for any form of injury, personal loss, or illness caused by the utilization of this information.

You must get your physician's approval before beginning this program. Ask your physician for a complete physical examination, especially if you have high cholesterol, high blood pressure, are overweight, or have diabetes.

Discuss all dietary changes with your physician or a registered dietician. This exercise and nutrition program is not a substitute for treatment, meal plans, prescriptions or professional advice made by your physician, dietician or other health care professional. These recommendations are not medical guidelines to treat, diagnose, or cure any illness or condition.

This program is designed for individuals 18 years old and older in good health. All forms of exercise pose some inherent risks. The publishers and editors advise all readers of this eBook to take full responsibility for the risks of exercise and stay within their limits. Ensure all equipment being used is well maintained and in good shape. That means safe barbells, tightened dumbbells, strong collars, and the like. Do not take risks beyond your level of experience and abilities.

Recommend Supplements

Breakfast:

3x Omega 3 Fish Oil

1x Multivitamin

1x Resveratrol

1x Probiotic

1x 5000iu Vitamin D3

1x Vitamin B Complex (if multivitamin doesn't contain a high amount)

1x Iron Supplement (if you are at risk, or know you have low iron levels and the multivitamin is low in iron)

Dinner:

3x Omega 3 Fish Oil

1x Multivitamin

1x Probiotic

Pre-Bed:

3x ZMA

With High Carb Meals & During Refeeds

400mg - 500mg Berberine

400mg Chromium Picolinate

1000mg Fenugreek Extract

Supplement Overview

Whey Protein

What it is: One of the fractions of milk. After being separated during production, whey goes through a series of processing steps to produce a powder that can be used for bars, shakes, and supplements.

What it does: Numerous studies have shown that whey protein is effective for improvements in body composition (increased muscle and less fat) and performance (improved strength) (Miller et al., 2014).

In addition, a number of clinical trials have successfully been performed using whey in the treatment of cancer, HIV, hepatitis B, cardiovascular disease, osteoporosis, and as an antimicrobial agent (Marshall, 2004).

For women specifically, whey protein has been proven effective for body composition (Phillips et al., 2016), reducing hunger (Poppitt et al., 2011) and preventing age-related bone loss (Alekel et al., 2000; Agin et al., 2001; Yamamura et al., 2000).

Taking the supplement: Take 20-30 grams of whey protein (mixed in water) before or after workouts, or as recommended in the meal plans if you are following them.

Creatine

What it is: Creatine is a substance that is found naturally in muscle cells that is obtained through your diet or your body's natural synthesis.

What it does: Creatine may be the most researched sports supplement to date. The literature clearly suggests that Creatine supplementation provides ergogenic benefits while being complexly safe (Kreider et al., 2003).

In women, Creatine supplementation has been shown to improve anaerobic work capacity, force, power, and strength (Eckerson et al., 2004; Brenner et al., 2000), helping you to get the most out of your workouts and improve your performance.

In addition, it can help to prevent the age-related decreases in muscular function (Gotshalk et al., 2008).

Taking the supplement: Consume 5 grams per day, at any point throughout the day or as recommended in the meal plans.

Vitamin D

What it is: Vitamin D is a fat-soluble nutrient that our body synthesizes from our diet or the sun.

What it does: Supplemental vitamin D is associated with a wide range of benefits, including increased cognition, immune health, bone health, and well-being. Supplementation can also reduce the risks of cancer, heart disease, diabetes and multiple sclerosis (Holick, 2010; Zhang et al, 2010).

For women, vitamin D supplementation can play an important role in preventing osteoporosis [Prentice et al., 2013], increasing muscle mass (Ceglia et al., 2013), and burning fat, especially in combination with calcium (Zhu et al., 2013).

Taking the supplement: Vitamin D3 is shown to be safe up to 10,000IU. To optimize your levels, if you do not get regular sun light and live in a sunny tropical climate I recommend 5000IU per day. You can Vitamin D with meals or a source of fat to aid in absorption.

Calcium

What it is: An essential mineral playing many important cellular roles in the body!

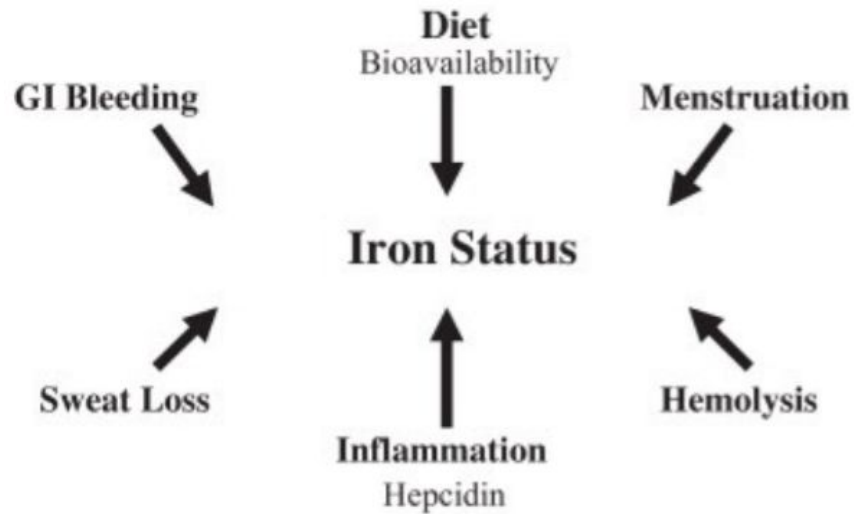
What it does: Everyone knows the role of calcium in promoting optimal bone health (Ströhle et al., 2015), which is of primarily importance for females who might be at a greater risk of developing osteoporosis (Melton et al., 2005). In addition, calcium has many other benefits, improving fat loss and playing a role in muscle contractions (Rüegg, 2012; Zhu et al., 2013).

Taking the supplement: Aim for 1,000-1,200 mg per day.

Iron

What it is: A mineral that is a part of numerous proteins and enzymes important for general health and well-being, as well as a component of red blood cells, helping deliver oxygen to our cells.

What it does: Studies confirm that females are at a much higher risk of being iron deficient, which leads to a reduction in performance, increased fatigue, decreased cognitive function, and impaired immune function (Capek & Proulx, 2009; McClung et al., 2014).



Randomized trials of iron-depleted females have shown that oral iron supplementation in doses of 100-mg/day (approximately 20 mg elemental iron) improves iron status and may improve measures of physical performance and quality of life (DellaValle et al., 2013; Pasricha et al., 2014).

Taking the supplement: Take 100mg per day either on an empty stomach, or with meals containing vitamin C. Avoid taking near exercise bouts and/or with dairy, coffee, or tea.

DHEA

What it is: A hormone produced naturally by the body. It is the most prevalent hormone circulating in the body, being converted to about 20 different hormones, with the two main end products being testosterone and estrogen.

What it does: DHEA has been shown to reduce accumulation of abdominal visceral fat and protect against insulin resistance in women (Villareal & Holloszy, 2004).

It has also been shown to reverse age-related changes in fat mass, fat-free mass, and bone mineral density in older women (Villareal et al., 2010).

Not only does supplementation result in improved body composition in the short term, but it looks like it can be beneficial in preventing against development of longer term issues such as diabetes, metabolic syndrome, and osteoporosis.

Taking the supplement: Supplementation of DHEA appears to be effective in the dosage range of 25-100mg daily.

Caffeine

What it is: A powerful stimulant extracted from coffee beans

What it does: For most people, the benefits of stimulants like caffeine relate primarily to enhancing motivation and focus.

Caffeine is recognized for its ability to enhance sport performance [Goldstein et al., 2010] and improve body composition (Acheson et al., 1980).

For women, has been shown be effective in protection against neurocognitive decline (Ritchie et al., 2007; Ascherio et al., 2003) as well as decrease the risk of breast cancer (Baker et al., 2006).

Taking the supplement: Caffeine dosages should be tailored to individuals. If you are new to caffeine supplements, start with a 200mg dose. People who take caffeine or drink several cups of coffee per day may use up to 400mg or even 600mg.

Caffeine can be supplemented through popular beverages, like Coffee, Tea and Sugar free Energy Drinks, but for the most part I recommend you take it in pill form (available in health stores or online very cheaply) or as part of your pre workout mix.

Fish Oil / Omega 3

What it is: The oily part of fish, commonly used to refer to two kinds of omega-3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

What it does: Studies have shown omega-3 fatty acids to be beneficial for proper fetal development, improved cardiovascular health, improvements and protection of neurocognitive health as well as supporting neuronal, retinal, and immune function (Swanson et al., 2012; Siriwardhana et al., 2012).

But, it also has been shown to be beneficial for weight management in women (Munro & Garg, 2012; Huerta et al., 2015), as well as amplifies the effects of resistance training on increasing muscle mass and functionality (Rodacki et al., 2012; Smith et al., 2015).

Taking the supplement: Fish oil doses vary depending on the goal of supplementation and quality. Aim for a high concentrated version with a high amount of EPA and DHA per 1g fish oil. A good quality oil will have AT LEAST 500 - 750 EPA and DHA per 1g fish oil.

Take around 3 - 5g per day and make sure each gram has at least 500mg of EPA and DHA so you are not wasting your money.

Folate/Folic Acid

What it is: Folate is the essential vitamin or mineral sometimes referred to as Vitamin B9, but more commonly known by its synthetic supplemental form 'folic acid'.

What it does: For women of childbearing age, folate supplementation is recommended to prevent something known as 'neural tube defects' (NTDs), which can result in birth defects (Bestwick et al., 2014). In addition, there is also promising research in positive effects on treatment of depression with folate supplementation (Okereke et al., 2014).

Taking the supplement: When supplementing folate, use up to 400 DFE (400 mcg folate) When supplementing folic acid, use up to 400 DFE (200 mcg is taken on an empty stomach, 240 mcg if taken with a meal)

Multivitamin

What it is: A blend of adequate amounts of vitamins and minerals

What it does: Multivitamins are nutritional insurance policies to make sure that you are not deficient in any major micronutrients.

Taking the supplement: Take one HIGH QUALITY multivitamin per day. Make sure to get a women-specific product, which contains a specific formula for female needs.