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LIFE

Nutrition Beyond Food



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MOST COMMON SUPPLEMENTS:

There's a lot of confusion, misconception and opinions regarding the effectiveness and safety of supplements. Although not everyone is comfortable with supplementation it can be **extremely** beneficial for maximizing your results during any exercise or nutrition program.

All of the supplements described in this program are supported by research to be both safe and very effective for maximizing and speeding up your results.

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MULTIVITAMINS

Multivitamins may be described as the foundation for a healthy diet. They provide micronutrients, including vitamins and minerals, which help your body utilize nutrients from food for fuel, stimulate muscle growth, incremental acuity and support overall healthy function. Consider taking a multivitamin once daily.

There's plenty of products you can try, some are the traditional multivitamins, some (like [intraMIN](#) and [intraMAX](#)) offer minerals only and some focus on specific benefits. Take a look at [Baze](#), [BodyBuilding](#), [CocoaVia](#), [Global Healing](#), [Goop](#) and [Bulletproof](#).

B12

Vitamin B12 is a nutrient that helps keep the body's nerve and blood cells healthy and helps make DNA, the genetic material in all cells. Vitamin B12 also helps prevent a type of anemia called megaloblastic anemia which makes people tired and weak.

Do you get enough vitamin B12? You'll want to make sure that you do, in order to stay healthy. Since your body doesn't make vitamin B12, you have to get it from animal-based foods or from supplements. Your body also doesn't store vitamin B12 for an extended time, so you should look to consume enough of it on a regular basis.

Vegans and plant-based eaters should be very cognizant of Vitamin B12. Most vegans consume enough B12 to avoid anemia and nervous system damage, but there are some who are not getting enough of it with their diets to help with minimizing the potential risk of heart disease or pregnancy complications (for women).

FISH OIL

Fish oil is an important source of the critical Omega-3 fatty acids. Research suggests fish oil helps enhance fat loss and muscle growth supporting cardiovascular and brain health. The Omega-3 fatty acids are essential fats, meaning your body needs to receive them through your diet. Supplementing a healthy diet with fish oil will ensure your body is receiving this essential fat and will support physical performance through its numerous health benefits. Consider taking 2-3 grams of fish oil 2-3 times per day with meals.

CLA

Conjugated Linoleic Acid (CLA) is a fatty acid found naturally in meat and dairy products. Research suggests that CLA may help decrease body fat while improving muscle mass and strength. It's also beneficial for promoting healthy body composition, which is why it can be described as a lean tissue builder and fat burner. Consider taking 2-3 grams of CLA 2-3 times per day with meals.

FAT BURNERS

Fat burners can definitely promote clean energy, acute mental focus, and serious support for your fat loss efforts. There are ingredients that, when taken properly, can help speed up your metabolism and raise the body's internal temperature to help burn fat at a highly efficient and consistent rate. But these supplements should not be used to replace a healthy diet and exercise.

CAFFEINE

Caffeine is a natural stimulant found in many things we consume on a daily basis including coffee, soda, and tea, to name a few. Caffeine stimulates the central nervous system and promotes feelings of energy. When taken properly, caffeine is useful for quick energy and has also been shown to support fat loss and exercise performance. **Caffeine** is usually thought to be safe in moderate amounts. Experts consider 200–300 mg of caffeine a day to be a moderate amount for adults.

GREEN TEA EXTRACT

Green tea extract is a supplement that provides a multitude of health benefits. Due to green tea's complex antioxidant profile, the body can utilize it in many ways. Green tea can optimize your body's calorie burn rate and enhance your metabolism, both of which are beneficial for fat loss. By increasing your metabolic rate, green tea, in combination with exercise and a healthy diet, can support optimal caloric burn and makes it easier for your body to burn fat.

WHITE TEA

White tea has been considered a fat burner for years due to this plant's ability to speed up the metabolism. In addition to its fat burning qualities, white tea has been shown to help prevent cancer. A revealing research study helped to support many doctors' belief that white tea helps to keep cancerous free radicals from harming the human body.

White tea can also strengthen your immune system stronger. Some research actually suggests that white tea may be superior to green tea in many ways. It contains caffeine, so it can actually be used as an effective fat burner when taken by itself. White tea is also used to enhance the effects of caffeine and other stimulants.

PRE-WORKOUT SUPPLEMENTS:

Pre-workout supplements can help you squeeze the most out of your workout, and in turn, help maximize your fat loss efforts. These products tend to include ingredients that increase focus, awareness, endurance and energy. Due to the stimulating effect of some of these ingredients, such as caffeine, pre-workout supplements should be taken in moderation or avoided if you're sensitive to them. As mentioned above, caffeine is usually thought to be safe in moderate amounts. Experts consider 200–300mg of caffeine a day to be a moderate amount for adults. You can read more about pre-workout supplements [here](#).

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BCAA ' S

BCAA's are ideal for people who undergo any form of intense physical activity and wish to preserve lean muscle. Protein is what supplies the building blocks necessary to repair and build muscle tissue during and after exercise. These proteins are then broken down and disassembled into amino acids, giving your muscles an efficient energy source. There are 22 different amino acids in the body, all of which have a unique function. Using BCAA's can improve body composition by preventing the breakdown of muscle and increasing muscular endurance and recovery. BCAA's are not only a great option for pre-workout supplementation, but you can also benefit from both intra workout and post workout supplementation.

CREATINE HCL

Creatine HCL is a naturally-occurring nitrogenous organic acid found in many meats. It helps the body supply energy to muscles and other cells. About half of the creatine we need is produced by the body, the rest you must receive from diet and/or supplements. Creatine HCL works for people looking to increase muscle mass and strength. It works at the molecular level to promote exactly what you desire in physical performance: energy, power, strength, endurance and muscle growth.

Creatine HCL, specifically, is arguably the most effective and potent form of creatine available today. Unlike other forms of Creatine, Creatine HCL requires no loading phase, no cycling, no water retention and *no bloating*. By adding the hydrochloride molecule to the creatine, it increases the molecular stability of creatine, also making it more soluble and absorbable by the body.

Our advice to you is to do what works best when it comes to implementing creatine into your supplementation plan; the suggested way is to take it both pre and post-workout, in your pre and post-workout shakes. Creatine HCL is fairly cheap and effective, and this is a great way to enhance your performance. If you decide to use creatine monohydrate or most other forms of creatine, then go with 2.5-5 grams both pre and post-workout. When using Creatine HCL, go with 1.5-2 grams pre and post-workout.

BETA - ALANINE

Beta-alanine is an amino acid that attaches to Histidine to promote more muscular energy. This provides better muscular endurance, more energy for high intensity and explosive movement, and better overall physical performance. Consuming beta-alanine can improve physical performance by providing more energy for your muscles to effectively carry out intense and explosive athletic movements.

L - CITRULLINE MALATE

L-Citrulline is a non-essential amino acid that supports energy, muscular endurance, cardiovascular health, and larger muscular pumps. Citrulline can be obtained through diet and supplementation, or your body can manufacture it from ornithine, through a biochemical process called the urea cycle. This cycle helps your body to remove ammonia, a waste product of protein digestion. Once your body metabolizes citrulline malate into citrulline, enzymes in your liver convert it into arginine. Other enzymes then convert arginine into nitric oxide, which produces muscular endurance and muscular pumps during exercise.

Nitric oxide can also protect you from cardiovascular problems by lowering blood pressure and improving blood flow throughout your body. Although your body can manufacture citrulline on its own, consuming additional citrulline, particularly before exercise, can support significant performance and health benefits.

L - ARGININE AKG

L-Arginine is an amino acid that may increase nitric oxide production and improve blood flow. L-Arginine has also been shown to support athletic performance and help build muscle by providing your muscles with more oxygen. Alpha-ketoglutarate (AKG) is an intermediate in the citric acid cycle or Krebs cycle. The citric acid cycle is a series of reactions involving the breakdown of stored glucose to produce adenosine triphosphate (ATP). ATP is a high-energy molecule that provides fuel to your body's cells. The citric acid cycle plays a critical role in providing the energy needed during exercise.

Combining L-Arginine and Alpha-ketoglutarate accelerates the absorption of L-Arginine which supports steadier energy levels and a more efficient exchange of cell nutrients. This process provides a more rapid delivery of oxygen to the tissues and may produce larger muscular pumps. Supplementing with Arginine AKG promotes faster muscle recovery and may support anaerobic power during resistance training.



POST-WORKOUT SUPPLEMENTS:

Providing your body with proper nutrients immediately after a workout is very important for repair and recovery. If you're also interested in taking a post-workout supplement, we recommend looking for a product with the ingredients listed below or purchasing them separately and creating your own stack.

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PROTEIN

Protein powder has quickly become one of the most popular nutritional supplements among health-conscious individuals. Protein plays a significant role in ensuring your health and wellness. When you think of protein, what is the first image to pop into your mind? If you're like most people, then is usually a plate of chicken breast or a spoonful of peanut butter.

Proteins are molecules that can contain a combination of 20 different amino acids. Each amino acid has a unique shape and function. This contributes to the three-dimensional structure and role of the proteins that merge to form who you are today.

Protein is an important macronutrient that plays a major role in the entire body. It makes hormones and enzymes, while also helping keep your muscles, bones, blood, and hair and nails healthy. Protein helps build, repair and maintain tissues, as well as boost the immune system, increase fat burning and lower the risk for diabetes.

For optimal muscle maintenance, the average individual should consume 0.8 grams of protein per kilogram or 0.35 grams per pound of body weight per day for general health. So for example, a person that weighs 75 kg (165 pounds) should consume an average of 60 grams of protein per day.

There's a lot of [different types of protein powders](#) you can try - [classic](#), [plant-based](#), [whey](#), etc. so you can definitely find one that works for you.

CARNITINE

Carnitine is a compound biosynthesized from the amino acids lysine and methionine. It's required for the transport of fatty acids from the intermembrane space in the mitochondria, to the mitochondrial matrix during the breakdown of fats for the generation of metabolic energy. Consuming carnitine post-workout supports energy, fat loss and muscle recovery. Consider taking 1-2 grams of carnitine as soon as possible after a workout. We've reviewed a few Carnitine supplements [here](#), so you can find the best for your needs.

IMPORTANT NOTE

If your primary goal is fat loss, then the best way to take carnitine is with your largest meal of the day. If your primary goal is muscle growth, performance, or recovery, then it's best to take carnitine before and after your workouts with high GI (Glycemic Index) carbs that do a good job of spiking your insulin such as regular pasta, white rice, dextrose, vitargo, etc.

GLUTAMINE

Glutamine is produced in the muscles and distributed by the blood to the organs that need it. Glutamine may help gut function, the immune system, and other essential processes in the body, especially in times of stress. It's also important for providing fuel, such as nitrogen and carbon, to many different cells in the body. The body can lose up to 50% of its glutamine levels during rigorous exercise, and if your immune system or other parts of your body become glutamine-deficient, your muscles' glutamine stores are first to be robbed, creating an environment for catabolism. Consuming glutamine supplements can help prevent catabolism and fatigue by helping your muscles quickly recover after exercise. Consider taking about 3 grams of glutamine as soon as possible after workouts.

SUPPLEMENT CONS:

While supplements are meant to provide nutrients that we are not getting naturally from our diets, some studies have been found that they offer no benefit to the body. Although there are a multitude of scientifically proven benefits associating with taking the supplements discussed in this guide, there are also some scientifically proven concerns that we want you to know about. You should always be aware of the pros and cons of any supplement you're considering.

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SINGLE AMINO ACID

When it comes to Single Amino Acids, there are studies that show that they can be potentially harmful, because the body was not designed to handle high concentrations of amino acids found in supplements. Large doses have been known to cause diarrhea, an upset stomach, and toxicity. In addition, having an excess of one amino acid can limit the absorption of another, possibly creating a deficiency.

BCAA 'S

In some studies, when compared to glucose and fatty acids found naturally in foods, BCAA's were found to provide very little fuel. When taken in large doses, BCAA's can also raise plasma ammonia concentrations, which can be toxic to the brain.

CARNITINE

Although there have been a multitude of studies to show the positive benefits of Carnitine, there have also been some that show that additional carnitine does nothing for the body. However, milk and meat products have been confirmed to be excellent sources of Carnitine and will do the job if you include them in your diet.

CREATINE

While science to back up the benefits of creatine is confirmed, studies are typically based on using it in the short term supplementation (about one year) and only for strength/lifting (not endurance). The safety of these studies only looked at the use of 5 grams in total per day.

There are a few 'cons' in regards to some of the supplements we touch on in our supplement guide. As always, it's best to consult with your doctor before starting to take any new supplements. Different supplements and different supplement types work differently for everyone! There is no one size fits all supplement stack. The best way to figure out what works and what doesn't is to consult with your doctor on what you can and cannot take, then figure it out through trial and error.

Our nutritionist Silvia and the rest of Team 1AND1 Life will continuously be looking to provide content that keeps you up to date with the latest science and research that comes out in regard to the many different supplements that are out there. If there are any supplements you'd like to specifically know about, please do not hesitate to get in contact with us! We are always willing to answer any questions you may have.



Which points from the Nutrition Guide have you applied in your life? Have you had any specific realizations that have been game-changers for you? We'd love to hear your feedback. Feel free to write to us at connect@1and1life.com, or share your experience in our [Facebook group](#).



Soji James

Certified personal trainer
(AFAA-CPT, NSCA-CSCS, AFAA-Group
Fitness)

I grew up as an overweight kid who used video games and food as a crutch—to help find some measure of “control” within my chaotic childhood. Needless to say, my relationship with food spiraled out of control—and I developed a deep lack of self-confidence. But when I picked up a basketball for the first time, everything changed.

I played basketball at SUNY New Paltz, where I discovered the profound benefits of the weight room. Through my fitness studies, I met a network of truly powerful human beings, and helped everyone from celebrity chefs to soccer moms to high school athletes live their best lives. I realize fitness goals vary from person to person—but that’s no barrier; I’m passionate about helping all people learn to master their minds and bodies.

ABOUT THE AUTHORS



Silvia Carli

MS, RD, CSCS

I started my career as a clinical dietitian in the acute care setting. After almost two years, my chance to enter the sports nutrition world presented itself and led me to move to New York, where I recently created and managed the sports nutrition program at Wagner College in Staten Island. At Wagner, I have been a resource for all twenty-two varsity teams. There, I provided them with individual nutrition education, pre- and post-workout snacks and shakes, and counseling. I helped athletes with eating disorders, using a multidisciplinary approach to recovery. I also worked with the food service company on campus to help optimally fuel our student-athletes, and served as a strength coach.

With my experience as a professional and collegiate volleyball player and my diverse professional and academic background, I believe in a holistic approach to fitness, wellness and nutrition. I value science-based nutrition education as a precious tool to empower clients in finding their own way to reach performance and health goals.



Medical Disclaimer

This content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from 1AND1 Life, Inc.

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