

2017 SUPPLEMENT GUIDE

RATING SCALE



Excellent: This supplement's intended function is well-supported by a significant amount of scientific evidence. It can benefit most individuals, and is safe for use.



Great: This supplement has somewhat inconclusive findings, meaning some studies report positive changes following its use, while others report no change. The anecdotal evidence is favorable, and although more research is needed, it is still considered safe for use.



Good: There is currently minimal research available to support this ingredient's claims in a healthy population; however, it may be beneficial for individuals who are deficient in the ingredient. Anecdotal evidence is weak, but it is still considered safe for general use.

Compiled by Krissy Kendall, PhD, CISSN and Ciaran Fairman, MS, CISSN

MUSCLE BUILDING, STRENGTH, RECOVERY

RATING



ADENOSINE TRIPHOSPHATE (ATP)

Function: Increases workout volume, muscle strength, and hypertrophy

COMMON DOSE: 225-400 mg per day

TIMING: Divided into equal doses, taken before breakfast and dinner

RATING



ALANINE

Function: Increases muscle protein synthesis and glycogen resynthesis

COMMON DOSE: 1 g per kg of body weight

TIMING: Half 20 minutes pre-workout and half throughout workout

RATING



ALPHA-KETOISOCAPROIC ACID (KIC)

Function: Improves exercise recovery and glycogen resynthesis

COMMON DOSE: >0.1 g per kg per day

TIMING: Immediately post-workout

RATING



ARGININE

Function: Increases nitric oxide and vasodilation; increases protein synthesis.

COMMON DOSE: 8 g per day

TIMING: Pre- and/or post-workout

2017 SUPPLEMENT GUIDE

MUSCLE BUILDING, STRENGTH, RECOVERY

RATING



ASHWAGANDHA

Function: Increases muscle mass and strength; improves cardiorespiratory endurance

COMMON DOSE: 600 mg per day

TIMING: Divided into 2 equal doses

RATING



BETA-ALANINE

Function: Increases muscle strength and muscle power output

COMMON DOSE: 3.6-6.4 g per day

TIMING: Not time-dependent

RATING



BETAINE

Function: Improves force production, power production, and muscular endurance

COMMON DOSE: 1.25 g twice daily

TIMING: Take 30-60 minutes pre-workout

RATING



BETA-HYDROXY-BETA-METHYLBUTYRATE (HMB)

Function: Increases muscle protein synthesis, hypertrophy, strength, and exercise recovery

COMMON DOSE: 3-6 g per day

TIMING: Immediately post-workout, or take half pre-workout and half post-workout

RATING



BRANCHED-CHAIN AMINO ACIDS (BCAAS)

Function: Increases exercise capacity, protein synthesis, hypertrophy, and exercise recovery.

COMMON DOSE: 6-20 grams per day (ideally 2:1:1 ratio of leucine:isoleucine:valine)

TIMING: Pre-workout and during workout

RATING



CHOLINE

Function: Improves energy, endurance performance, clarity, and exercise recovery

COMMON DOSE: 300-1200 mg per day

TIMING: Divide doses between meals or pre-workout

RATING



CITRULLINE

Function: Boosts nitric oxide production; increases blood flow

COMMON DOSE: 2.4-6 grams per day

TIMING: 60 minutes pre-workout

2017 SUPPLEMENT GUIDE

MUSCLE BUILDING, STRENGTH, RECOVERY

RATING



CITRULLINE MALATE

Function: Increases ATP synthesis and PCr resynthesis; delays muscular fatigue

COMMON DOSE: 6 g per day, divided

TIMING: Divided into 2 equal doses, taken pre-workout and post-workout

RATING



CREATINE

Function: Increases lean body mass; improves body composition

COMMON DOSE: 3-5 g per day

TIMING: Pre-workout or post-workout

RATING



GAMMA-AMINOBUTYRIC ACID (GABA)

Function: Improves exercise recovery; promotes restful sleep

COMMON DOSE: 5-10 g per day

TIMING: 60 minutes before bedtime

RATING



GLUTAMINE

Function: Improves glycogen resynthesis

COMMON DOSE: 8 g per day

TIMING: Immediately post-workout

RATING



GLYCINE-ARGININE KETOISOCAPROATE (GAKIC)

Function: Increases muscular strength; delays muscle fatigue

COMMON DOSE: 11.2 g per day

TIMING: Not time-dependent

RATING



L-CARNITINE L-TARTRATE

Function: Aids post-exercise recovery; reduces post-exercise muscle soreness

COMMON DOSE: 2 grams per day

TIMING: Take 30-60 minutes pre-workout

RATING



LEUCINE

Function: Increases protein synthesis and muscle hypertrophy; improves exercise recovery

COMMON DOSE: 0.5 g per kg of body weight per day

TIMING: Before, during, and/or after workout

2017 SUPPLEMENT GUIDE

MUSCLE BUILDING, STRENGTH, RECOVERY

RATING



ORNITHINE-ALPHA-KETOGLUTARATE (OKG)

Function: Anticatabolic; increases growth hormone; improves exercise recovery

COMMON DOSE: 20-30 g per day (~64% ornithine and 36% AKG)

TIMING: Immediately post-workout

RATING



PHOSPHATIDYLSERINE (PS)

Function: Anticatabolic

COMMON DOSE: 800 mg per day

TIMING: Post-workout

RATING



PROTEIN POWDERS

Function: Enhances recovery and muscle protein synthesis

COMMON DOSE: 20-30 g

TIMING: Post-workout

RATING



TART CHERRY

Function: Reduces delayed-onset muscle soreness; improves post-exercise recovery

COMMON DOSE: 8 oz. of tart cherry juice twice daily, or equivalent of 40-50 cherries

TIMING: 60 minutes pre-workout

RATING



ZINC MONOMETHIONINE ASPARTATE (ZMA)

Function: Improves strength; enhances sleep quality and exercise recovery

COMMON DOSE: Look for ZMA supplements that contain 30 mg of zinc, 450 mg of magnesium, and 10.5 mg of vitamin B-6

TIMING: On an empty stomach before bed

2017 SUPPLEMENT GUIDE

WEIGHT LOSS, ENERGY, ENDURANCE

RATING



BEETROOT EXTRACT

Function: Improves moderate-intensity endurance

COMMON DOSE: 140-500 ml per day

TIMING: 60 minutes pre-workout

RATING



CAFFEINE

Function: Increases thermogenesis, lipolysis, and endurance performance

COMMON DOSE: 3-9 mg per kg of body weight

TIMING: 30-40 minutes pre-workout

RATING



CHROMIUM

Function: Improves body composition

COMMON DOSE: 200-400 mcg per day

TIMING: Not time-dependent

RATING



CO-ENZYME Q10 (COQ10)

Function: Improves exercise recovery, endurance performance, and heart health

COMMON DOSE: 50-300 mg per day

TIMING: Not time-dependent

RATING



COLEUS FORSKOHLII

Function: Testosterone booster; assists fat loss

COMMON DOSE: 250 mg of 10% forskolin extract

TIMING: 250 mg twice daily

RATING



CONJUGATED LINOLEIC ACID (CLA)

Function: Decreases body fat

COMMON DOSE: 4.2 g per day, divided

TIMING: Divided into equal doses, taken with meals

RATING



CORDYCEPS

Function: Increases energy; improves endurance performance

COMMON DOSE: 1-3 g per day, divided

TIMING: Divided into equal doses, taken with meals

2017 SUPPLEMENT GUIDE

WEIGHT LOSS, ENERGY, ENDURANCE

RATING



FENUGREEK (4-HYDROXYISOLEUCINE)

Function: Increases glycogen resynthesis

COMMON DOSE: 2 mg per kg of body weight

TIMING: Not time-dependent

RATING



GINSENG

Function: Increases energy and endurance performance

COMMON DOSE: 200 mg per day, divided

TIMING: 100 mg in the morning and 100 mg 60 minutes pre-workout

RATING



GLYCEROL

Function: Aids hydration; improves heat tolerance and endurance performance

COMMON DOSE: 1.0-1.2 g per kg of body weight per day

TIMING: 1-3 hours pre-workout

RATING



GREEN TEA EXTRACT (EGCG)

Function: Enhances thermogenesis and weight loss

COMMON DOSE: 500-1000 mg (containing at least 30% EGCG)

TIMING: 30-40 minutes before exercise

RATING



HYDROXYCITRIC ACID (HCA)

Function: Aids fat loss; reduces appetite

COMMON DOSE: 900-2400 mg per day

TIMING: On an empty stomach, 30 minutes before each meal

RATING



L-CARNITINE

Function: Antioxidant; enhances weight loss and endurance performance

COMMON DOSE: 1-3 g per day

TIMING: With a carbohydrate-rich meal

RATING



MEDIUM-CHAIN TRIGLYCERIDES (MCT)

Function: Increases metabolic rate and fat loss; supports healthy skin

COMMON DOSE: 5-10 g per day

TIMING: Not time-dependent

2017 SUPPLEMENT GUIDE

WEIGHT LOSS, ENERGY, ENDURANCE

RATING



PYRUVATE

Function: Enhances weight loss

COMMON DOSE: 6-12 g per day

TIMING: Not time-dependent

RATING



RHODIOLA ROSEA

Function: Increases energy and endurance performance

COMMON DOSE: 100-600 mg per day, divided

TIMING: Divided into 2 equal doses, taken before breakfast and lunch

RATING



SODIUM BICARBONATE

Function: Delays muscle fatigue; reduces lactic acid; enhances performance

COMMON DOSE: 200-300 mg per kg of body weight per day

TIMING: 1-3 hours pre-workout

RATING



SYNEPHRINE

Function: Supports weight loss, alertness

COMMON DOSE: 10-20 mg

TIMING: Take 10-20 mg 3 times per day

RATING



TAURINE

Function: Improves energy; antioxidant

COMMON DOSE: 100-500 mg per kg of body weight per day

TIMING: Before meals on an empty stomach

RATING



YOHIMBINE

Function: Supports fat loss

COMMON DOSE: 0.2 mg per kg of body weight

TIMING: On an empty stomach before meals

2017 SUPPLEMENT GUIDE

JOINT, GUT, AND HEART HEALTH, IMMUNITY

RATING



7-KETO-DHEA

Function: Supports the immune system; increase fat oxidation

COMMON DOSE: 50-400 mg per day, divided

TIMING: Divide into 2 equal doses, take with meals

RATING



BETA-GLUCAN

Function: Supports the immune system

COMMON DOSE: 250-500 mg per day

TIMING: Not time-dependent

RATING



CHONDROITIN SULFATE

Function: Alleviates joint pain associated with exercise

COMMON DOSE: 800-1500 mg per day

TIMING: Avoid using with aspirin as it may contribute to bleeding

RATING



COLOSTRUM

Function: Supports the immune system

COMMON DOSE: 20-60 g per day

TIMING: Shortly after a meal

RATING



ECHINACEA

Supports the immune system; improves endurance performance

COMMON DOSE: 900-1500 mg per day, divided

TIMING: Divide into 3 equal doses, taken throughout the day

RATING



EPA+DHA

Function: Supports brain and cardiovascular health

COMMON DOSE: 1.5-3.0 g of EPA+DHA combined per day

TIMING: With food, preferably breakfast

RATING



FLAXSEED

Function: Provides relief for pain

COMMON DOSE: 30-50 g per day (or 3-5 tbsp per day)

TIMING: Not time-dependent

2017 SUPPLEMENT GUIDE

JOINT, GUT, AND HEART HEALTH, IMMUNITY

RATING



GLUCOSAMINE SULFATE

Function: Alleviates joint pain associated with exercise

COMMON DOSE: 1500-2000 mg per day

TIMING: With a meal and plenty of water

RATING



GREEN TEA

Function: Antioxidant; increases metabolism

COMMON DOSE: 200-500 mg per day

TIMING: With breakfast

RATING



LINOLEIC ACID (LA)

Function: Antioxidant

COMMON DOSE: 300-600 mg per day, divided

TIMING: Divide into 3 equal doses, taken with meals

RATING



PROBIOTIC

Function: Supports healthy digestion

COMMON DOSE: 10 million-10 billion CFUs

TIMING: With food, preferably breakfast

RATING



SAW PALMETTO

Function: Support for the immune system

COMMON DOSE: 200-350 mg per day

TIMING: Not time-dependent

2017 SUPPLEMENT GUIDE

MENTAL FUNCTION, MOOD, SLEEP

RATING



5-HYDROXYTRYPTOPHAN (5-HTP)

Function: Increases serotonin; promotes restful sleep; improves exercise recovery

COMMON DOSE: 100-300 mg

TIMING: 30-60 minutes before bedtime

RATING



ALPHA-GPC

Function: Provides cognitive support

COMMON DOSE: 400-600 mg per day

TIMING: Not time-dependent

RATING



BACOPA MONNIERI

Function: Enhances memory; reduces stress

COMMON DOSE: 300-450 mg per day

TIMING: Not time-dependent

RATING



DIMETHYLAMINOETHANOL (DMAE)

Function: Improves mental acuity

COMMON DOSE: 100-1000 mg per day

TIMING: With breakfast

RATING



GINGKO BILOBA

Function: Supports mental concentration

COMMON DOSE: 160-240 mg per day

TIMING: To support cognitive function, take 1-4 hours before needed

RATING



HUPERZINE A

Function: Improves memory and enhances cognitive functions

COMMON DOSE: 50-200 mcg per day

TIMING: Not time-dependent

RATING



KAVA-KAVA

Function: Reduces stress

COMMON DOSE: 100-300 mg per day, divided

TIMING: Divide into equal portions to be taken with meals

2017 SUPPLEMENT GUIDE

MENTAL FUNCTION, MOOD, SLEEP

RATING



L-THEANINE

Function: Reduces stress; increases mental acuity

COMMON DOSE: 50-200 mg

TIMING: With caffeine to increase mental acuity

RATING



L-TRYPTOPHAN

Function: Increases production of melatonin; decreases time to fall asleep

COMMON DOSE: 2-5 g per day

TIMING: 60 minutes before bedtime

RATING



MELATONIN

Function: Sleep aid; promotes uninterrupted sleep

COMMON DOSE: 3-5 mg

TIMING: 60 minutes before bedtime

RATING



PHOSPHATIDYLSERINE

Function: Improves mood and mental function

COMMON DOSE: 200-600 mg per day

TIMING: Not time-dependent

RATING



ST. JOHN'S WORT

Function: Provides mood support

COMMON DOSE: 300 mg per dose

TIMING: Take 300 mg 3 times evenly spread throughout the day

RATING



TEACRINE®

Function: Increases energy; improves focus

COMMON DOSE: 200 mg per day

TIMING: 30-60 minutes before workout

RATING



TYROSINE

Function: Increases mental acuity, energy, and mood

COMMON DOSE: 50-150 mg per kg of body weight

TIMING: 60-90 minutes before exercise

2017 SUPPLEMENT GUIDE

VITAMINS, MINERALS, ANTIOXIDANTS, HAIR AND SKIN SUPPORT

RATING



VALERIAN ROOT

Function: Promotes sleep

COMMON DOSE: 100-1800 mg per day

TIMING: 60 minutes before bedtime

2017 SUPPLEMENT GUIDE

VITAMINS, MINERALS, ANTIOXIDANTS, HAIR AND SKIN SUPPORT

RATING



ALPHA-LIPOIC ACID (ALA)

Function: Antioxidant

COMMON DOSE: 300-600 mg per day

TIMING: Immediately post-exercise

RATING



BIOTIN

Function: Promotes hair and nail health

COMMON DOSE: 5,000 mcg per day

TIMING: Not time-dependent

RATING



CALCIUM

Function: Supports bone health

COMMON DOSE: If deficient, aim for the RDA of 1000 mg per day

TIMING: Calcium carbonate should be taken at mealtime, either lunch or dinner; calcium citrate can be taken on an empty stomach between meals

RATING



COLLAGEN

Function: Improves the look and feel of skin

COMMON DOSE: 2.5 g per day

TIMING: Not time-dependent

RATING



IRON

Function: Aids in immune function; improves oxygen-carrying capacity

COMMON DOSE: 8 mg for men; 18 mg for women

TIMING: With breakfast. Consume with vitamin C to increase absorption. Avoid taking with calcium.

RATING



LUTEIN

Function: Antioxidant; supports eye health

COMMON DOSE: 6-15 mg

TIMING: Not time-dependent

RATING



LYCOPENE

Function: Antioxidant

COMMON DOSE: 5-20 mg per day

TIMING: Not time-dependent

2017 SUPPLEMENT GUIDE

VITAMINS, MINERALS, ANTIOXIDANTS, HAIR AND SKIN SUPPORT

RATING



MAGNESIUM

Function: Supports metabolism and bone health

COMMON DOSE: 280-400 mg per day

TIMING: On an empty stomach, preferably without calcium

RATING



QUERCETIN

Function: Antioxidant

COMMON DOSE: 12.5-25 mg per kg of body weight per day

TIMING: Not time-dependent

RATING



VITAMIN A

Function: Antioxidant; supports eye and cell health

COMMON DOSE: 0.25-0.5 mg per kg of body weight per day

TIMING: With a fat-containing meal to increase absorption

RATING



VITAMIN B-12

Function: Improves energy; supports cardiovascular health

COMMON DOSE: 25-100 mcg per day

TIMING: With breakfast

RATING



VITAMIN C

Function: Antioxidant; reduces soreness associated with exercise

COMMON DOSE: 400-1000 mg per day

TIMING: With breakfast

RATING



VITAMIN E

Function: Antioxidant; reduces soreness associated with exercise

COMMON DOSE: 400-1200 IU per day

TIMING: With breakfast

RATING



ZINC

Function: Supports the immune system; antioxidant; assists with digestion and metabolism

COMMON DOSE: 12-15 mg per day

TIMING: 1-2 hours before or 2 hours after a meal