

HUSKER SUPPLEMENT GUIDE

Supplements can be effective in helping you achieve your body composition and performance goals. However, they **ARE NOT** a substitute for hard work and a balanced diet.

THE GOOD – These supplements if used correctly can be beneficial to your training.

Creatine (Cell-Tech, FSI, Sci-Fit, Evolve, ect.)

What does it do?

Creatine helps to provide energy during an-aerobic activities (i.e. lifting weights).

This extra energy combined with hard work in the weight room result in gains of strength and power.

When should I use it and how much should I use?

Creatine is absorbed best immediately after workout or first thing in the morning. Dosage 2.5-5g/Day

What should I be aware of?

1. The loading phase is not recommended.
2. Hydration is very important. Drink lots of fluid

References: Sports Med 18:268-290 1994, AM J Physiol 271:E31-E37, 1996, Clin Sci 83:367-374, 1992

Glutamine (FSI, GNC, Juven, ect.)

What does it do?

Glutamine is an amino acid made by the body to support immune function, muscle recovery, reduce muscle breakdown, and support intestinal health. Strenuous exercise can lead to rapid glutamine depletion.

When should I use it and how much should I use?

Glutamine can be taken in doses of 2-10 grams 45 minutes before and/or immediately after a workout.

What should I be aware of?

1. As with all supplements do not take more than the recommended dose

References: Am J Physiol Cell Physiol C1259-C1265 2001, Biochem J 217:289-296,1984

Glucosamine-Chondroitin (FSI, GNC, ect.)

What does it do?

Glucosamine-Chondroitin helps to maintain the integrity of joint cartilage and may help to repair damaged cartilage.

When should I use it and how much should I use?

Glucosamine can be taken in doses of 1000-1500 mg/day twice a day.

What should I be aware of?

1. As with all supplements do not take more than the recommended dose
2. Do not consume if you are allergic to shellfish

References: JPEN 24:133-139 2000, Int J Sports Med 20:503-509

HMB (GNC, Juven, ect.)

What does it do?

HMB decreases muscle breakdown associated with strenuous exercise. Works best at the beginning of a training cycle (i.e. winter conditioning).

When should I use it and how much should I use?

HMB can be taken in doses of 1.5-3 grams 45 minutes before and/or immediately after a workout.

What should I be aware of?

1. As with all supplements do not take more than the recommended dose

References: Arch Int Med 163:1514-1522 2003, Br J Sports Med 37:45-49 2003

Protein Supplements (Amplify, Met-rx, EAS, ect.)

What does it do?

Protein supplements are designed to shift the body from a catabolic state (breaking down) to an anabolic state (building) while providing nutrients needed for muscle growth, recovery, and energy.

When should I use it and how much should I use?

200-300 calories, 20-50g/protein immediately after workout and/or as a snack.

What should I be aware of?

1. As with all supplements do not take more than the recommended dose. Extra may be converted to fat.

References: Am J Physiol 268:515-520 1995, Am J Physiol 273:122-129 1997

Anti-Oxidants (Vitamins A,C,E and the mineral Selenium.)

What does it do?

These vitamins support recovery by reducing free radical damage (destruction of cells and tissues) associated with stress (Exercise, tobacco, Every day stress)

When should I use it and how much should I use?

Provided free of charge in Nutrition office. Take immediately after workout

Vitamin A 3,000-20,000 µg

Vitamin C 60-1,000 µg

Vitamin E 45- 400 IU

What should I be aware of?

- 1 As with all supplements do not take more than the recommended dose
- 2 Hydration is very important. Drink lots of fluid

References: www.nifs.org

ZMA (SNAC)

What does it do?

This zinc and magnesium supplement allows for a deeper sleep cycle which enhances sleep quality and recovery. This supplement is also thought to support natural levels of anabolic hormones.

When should I use it and how much should I use?

30mg at night before sleeping on an empty stomach.

What should I be aware of?

- 1 As with all supplements do not take more than the recommended dose
- 2 Hydration is very important. Drink lots of fluid

References: Sports Medicine, Training and Rehabilitation Journal November 1998

Psyllium Husk

What does it do?

Provides fiber and bulk to the diet slowing digestion and fat storage

When should I use it and how much should I use?

5-10g with lunch and dinner

What should I be aware of?

- 1 As with all supplements do not take more than the recommended dose
- 2 Hydration is very important. Drink lots of fluid
- 3 Extreme gas and flatulence the first few days

THE Bad – These supplements are not recommended due to lack of research, health risk, or appearance on the banned substance list.

NO2

What does it claim to do?

Provide a constant “muscle pump” (the feeling you get at the end of a workout). Enhance recovery

Why is it bad?

- 1 No valid research
- 2 May cause damage and excess bleeding in muscles (bruises)
- 3 May slow recovery

Ephedra

What does it claim to do?

Burn Fat

Why is it bad?

- 1 It is banned by the NCAA
- 2 People have died using it
- 3 Results are unpredictable

Weight Gainer Supplements

What does it claim to do?

Provide enough calories to build mass

Why is it bad?

- 1 Usually high in sugar
- 2 Promotes fat gain
- 3 Not a substitute for healthy eating

Release

What does it claim to do?

Burn Fat

Why is it bad?

- 1 It is banned by the NCAA
- 2 Results are unpredictable
- 3 No valid research

CLA Conjugated Linoleic Acid

What does it claim to do?

Burn Fat

Why is it bad?

- 1 Does not work in humans
- 2 No valid research