

	Supplements for general health, performance, recovery and endurance			
Colun	Time / supplement	Dosage	Purpose	Additional comments
	☀️ Morning (Kickstart the Day)			
1	Taurine	1000mg	Supports muscle contraction, endurance, hydration, and electrolyte balance. Also helps reduce muscle cramps and improve cardiovascular function.	
2	Beta-Alanine	2g (split dose)	Increases carnosine levels, which helps buffer acid buildup in muscles and delays fatigue during high-intensity efforts.	
	🍽️ Lunch (With a Meal for Absorption)			
3	Turmeric (w/ Ginger & Black Pepper)	1340mg	Curcumin (the active compound in turmeric) is a potent anti-inflammatory that helps reduce muscle soreness and joint pain, crucial for recovery in high-volume training.	
	🏋️ Pre-Workout (30-60 min Before)			
4	Citrulline Malate	4g (reduced to 4 as paired with beetroot)	Boosts nitric oxide production, improving blood flow, oxygen delivery, and endurance. Also helps with muscle recovery and reducing soreness.	*only on high intensity days
5	Beta-Alanine	2g (2nd half of split dose)	Increases carnosine levels, which helps buffer acid buildup in muscles and delays fatigue during high-intensity efforts.	
6	Beetroot Extract	3000mg	Contains nitrates, which increase oxygen efficiency and endurance. It has been shown to improve VO2 max and time to exhaustion.	
	🥤 Post-Workout Smoothie (Recovery, Electrolyte & Hydration)			
7	Whey Protein (Grass-Fed)	30g	High-quality protein source for muscle repair and recovery.	
8	Creatine Monohydrate	5g	Improves power output, strength, and muscle recovery. Helps buffer ATP energy stores, which is critical for sprinting and sled work in Hyrox.	
9	Himalayan Pink Salt	1/4 tsp	Replenishes sodium lost in sweat, crucial for hydration and muscle function	
10	Coconut Water	1/2 cup	Natural source of potassium, which supports muscle contraction and prevents cramping.	
11	Honey	1 tbsp	Provides fast-absorbing carbs to replenish glycogen stores post-workout.	
12	Lemon Juice	1 whole lemon	Provides vitamin C, which helps with immune function and recovery.	
13	Pineapple Chunks	1/2 cup	Contains bromelain, which helps reduce inflammation and muscle soreness.	
14	Water	1/2 cup (or more)	Essential for hydration and nutrient absorption.	
	🌙 Before Bed (Sleep & Recovery Boosters)			
15	Montmorency Cherry	1000mg	Natural source of melatonin that helps improve sleep quality and reduce muscle soreness (DOMS).	
16	Saffron	28mg	Supports mood, stress reduction, and sleep quality. Some research suggests benefits for reducing inflammation.	*every other day
17	L-Theanine	200mg	Helps promote relaxation without sedation, reducing stress and anxiety for better sleep.	
18	Magnesium Glycinate	300mg	Crucial for muscle relaxation, sleep quality, and recovery. Magnesium also helps regulate electrolyte balance	*every other day