

Colin's Supplemental Guide

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Topic: The Natty Stack

1. *Protein: Whey Protein and Casein Protein*

Whey is faster absorbing and therefore less difficult for the enzymes in the body to break down, in a time when your body is already depleted of energy i.e. after working out, the cells ability to uptake is heightened and therefore drinking whey after a session is beneficial for repair and growth of new muscle tissue.



Casein is very good if you are having a late session and you are trying to sleep very soon. Casein is slower absorbed and 1 doesn't cause as much thermic effect as Whey so insomnia is less likely to occur and given it's absorbed slowly over time, it's good to take this one right before sleeping so you can grow more efficiently in your sleep.

Whey overall is better, hence its popularity and wide spread studies, but both is good to have in your arsenal especially if you're looking forward to bulk.



2. **Creatine** (20g) should be loaded but sparingly used to prevent too much water retention. I just take the Walmart Version, \$21 and it's good, 8g to sustain and each scoop is 8 grams of creatine.



- **Multi-Vitamins and Minerals:** Niacin, Vitamin D, Vitamin B6 and B12 are super Important
- Minerals such as Zinc, Magnesium, Potassium (From banana), Calcium and Sodium are important for intra and post workout recovery, zinc is a part of testosterone synthesis so it's a good way to up your test naturally. I personally use a supplement called Calm. I add it to my tea
- Biotin for aesthetic purposes.



- **Fulvic Acid:** For immunity and Natural testosterone boost.



- **Probiotics** are for bloating and easier absorption and even test and immunity boost. Most Probiotics protects from UTI's all the way up a metabolism boost.



Ashwagandha KSM 66, I'll say no further comment. Wait... KSM 66 works a bit like, and in accordance with (So stackable with) **L-Citrulline**. It stimulates the production of Nitric Oxide. Nitric Oxide is a vasodilator which opens up the blood vessels, cause blood to move more freely, better pump, and better blood flow means more energy and strength recovery to the muscles, so more gains overall. KSM 66 uses range from a mood enhancer all the way to testosterone boosting to immune boosting effects.



- **Tongkat Ali [LongJack]** Is a natural herb from Indonesia, it acts as an Aromatase Inhibitor, meaning that it stops the conversion of Testosterone to Estrogen in the body which inevitably boost the amount of natural Testosterone in the body, hence why it's marketed as a Libido booster.



- **Sleep Aids** I personally take a Sleep 3, and I'm out like a rock. 10mg of Melatonin and A whole host of other herbs for relaxation in the compressed formula.



- **Pre Workout** is good for getting that extra energy and strength to pull through your workout.

JOINT HEALTH as we get older our joints worsen so we have to take care of them as early as possible before things get worse. MSM, Chondroitin, Glucosamine, Turmeric are some natural ingredients that helps to fight off inflammation all the way up to cartilage repair.

