

## IMPORTANT DISCLAIMER

**Always consult a qualified healthcare professional before starting any supplement routine. This is particularly important if you have allergies, medical conditions, take medications, are pregnant or breastfeeding, or have concerns about nutrient interactions or dosage. Supplements are intended to support health and performance and should never replace a balanced diet, proper training, sleep, or medical care. Individual responses may vary.**

## Top 5 Core Supplements

These supplements provide the strongest evidence for improving overall health, performance, and recovery.

**Creatine Monohydrate** supports strength, power output, muscle growth, and brain energy production. It is one of the most researched and effective performance supplements available. A daily dose of 3–5 g is recommended and can be taken at any time, though many take it post-workout. Some individuals may experience mild water retention or stomach discomfort if taken in excessive amounts.

**Omega-3 (Fish Oil – EPA/DHA)** supports heart health, brain function, joint health, and inflammation control. A daily intake of 1–2 g of combined EPA and DHA is recommended, taken with meals containing fat. Lower-quality products may cause digestive discomfort or fishy aftertaste.

**Magnesium** supports sleep quality, muscle recovery, nervous system function, and energy production. Magnesium glycinate or citrate is typically recommended at 200–400 mg daily, taken in the evening. High doses may cause digestive upset.

**Vitamin D3** plays an essential role in immune function, bone health, mood regulation, and hormone balance. Daily intake typically ranges from 1000–4000 IU and should be taken with food containing fat. Blood testing is recommended for optimal dosing.

**Protein Supplement (Whey or Plant-Based)** helps meet daily protein requirements to support muscle repair, recovery, and body composition goals. It is most commonly consumed post-workout or between meals to help achieve a total daily protein intake of approximately 1.6–2.2 g per kg of bodyweight.

## Top 10 Recommended Supplements

In addition to the core five above, the following supplements may provide further benefits depending on individual goals and lifestyle.

**Electrolytes** support hydration, muscle function, and performance, particularly during intense exercise or heavy sweating.

**Zinc** supports immune health, hormone production, and recovery, typically taken at 10–25 mg daily with food.

**Ashwagandha** is an adaptogenic herb that helps manage stress, reduce cortisol, and improve sleep quality, commonly taken at 300–600 mg daily. Probiotics support digestive health and gut balance, though effects vary depending on the strain.

**B-Complex Vitamins** support energy production and nervous system function, particularly useful in cases of deficiency or high stress.

## **Zane's Personal Picks**

**Lion's Mane Mushroom** supports cognitive function, focus, and nerve health through its potential effects on brain growth factors. Typical intake ranges from 500–1500 mg daily, usually taken in the morning.

**Zinc** supports immune and hormonal function and should be taken with food to avoid stomach discomfort.

**Creatine** remains a foundational supplement for strength, performance, and recovery and should be taken daily.

**Magnesium** supports recovery, relaxation, and sleep quality, best taken in the evening.

**Electrolytes** help maintain hydration, especially during intense training or high sweat loss.

**Ashwagandha** supports stress management and recovery and is commonly taken in the evening.

**Omega-3** supports cardiovascular health, brain function, and inflammation control when taken with meals.

**Milk Thistle** is commonly used to support liver health and antioxidant protection, typically taken with meals at 150–300 mg daily.

## Personal Experience

Throughout my semi-professional boxing career and bodybuilding journey, the supplements in my personal stack have played a consistent role in supporting my performance, recovery, and overall wellbeing. Creatine helped improve my strength, power output, and training intensity, allowing me to push harder during both conditioning sessions and resistance training. Magnesium and electrolytes supported recovery, hydration, and muscle function, helping me maintain performance during demanding training periods and reducing fatigue. Omega-3 supported joint health and recovery from the physical impact of boxing, while zinc contributed to immune function and overall resilience during intense training cycles. Lion's Mane helped with focus and mental clarity, which proved valuable for both fight preparation and disciplined training, and ashwagandha supported stress management and recovery during high-pressure periods. Milk thistle provided additional support for overall health and recovery, particularly during phases of heavy training and strict nutrition. Together, these supplements helped me maintain consistency, recover effectively, and perform at a high level across both sports.

## **Personal Reflection**

While supplements can be valuable tools, my experience has shown that they work best as part of a strong foundation built on proper training, balanced nutrition, quality sleep, and discipline. Over time, I learned that no supplement replaces consistency, but the right choices can support performance, recovery, and overall health when used responsibly. This guide reflects both evidence-based recommendations and practical experience, with the goal of helping others make informed decisions about supplementation. What works best will always depend on individual needs, goals, and lifestyle, but a thoughtful and balanced approach can contribute meaningfully to long-term progress and wellbeing.