

## Products & Supplements

+ Add Product

Track all your health products for AI-powered analysis and insights



4

Total Products



4

Active



1

With Interactions



4

You-I Analyzed



Search products...

All Categories



Supplements

Medications

Skincare

Nutrition

Personal Care



Whey Protein Isolate

Optimum Nutrition

active

Active



Dosage & Frequency

25g - Daily

Purpose

Muscle recovery and growth

## Duration

Since 12/31/2023

## Key Ingredients:

Whey Protein Isolate

Natural Flavors

Lecithin

Taking post-workout

### ✦ You-I Analysis

#### Benefits:

- ✓ Supports muscle protein synthesis
- ✓ Fast absorption
- ✓ Complete amino acid profile

#### Recommendations:

- ✓ Consider timing around workouts
- ✓ Ensure adequate hydration

## Creatine Monohydrate

Creapure

active

Active



## Dosage & Frequency

5g - Daily

## Purpose

Strength and power enhancement

## Duration

Since 12/14/2023

## Key Ingredients:

Creatine Monohydrate

Loading phase completed

### ✦ You-I Analysis

#### Benefits:

- ✓ Increases power output
- ✓ Supports muscle growth
- ✓ Improves high-intensity performance

**Concerns:**

⚠️ Ensure adequate water intake

**Recommendations:**

🕒 Take consistently

🕒 Monitor kidney function if long-term use

**You-I Product Analysis**

You-I analyzes your products for potential interactions, benefits, and personalized recommendations based on your health profile and goals.

**Interaction Checking**

Cross-references all your products for potential conflicts

**Benefit Analysis**

Identifies how products support your health goals

**Personalized Tips**

Provides timing and usage recommendations