

# SUPPLEMENTS FOR ACTIVE PEOPLE

## SUPPLEMENTS ARE NOT A HIGH PRIORITY

Most people don't need a big supplement regime. Focus on nailing the basics: regular training, sleep, stress management, and nutrition. Supplements can be added later.



## PROTEIN POWDERS CAN HELP BOOST YOUR PROTEIN INTAKE CONVENIENTLY



Protein powders shouldn't replace whole food protein sources but can boost how much you're getting. Whey or pea- and rice-based proteins are the best options.

## CREATINE MONOHYDRATE

Creatine is one of the most studied and widely useful supplements. It aids in muscle building, recovery, performance in strength and speed tasks, and even brain and bone health. 3-5g a day will do the trick, taken any time of day.



## CAFFEINE



Caffeine taken 30 to 60 minutes before exercise improves performance for cardio and strength activities. You can use quite a lot if you want, but don't let it negatively impact your sleep!