

SUPPLEMENT *Spotlight*

PROTEIN



<https://www.nsf-sport.com>; <https://sport.wetestyoutrust.com>; <https://choice.wetestyoutrust.com>

PROPOSED BENEFITS

- Builds, maintains and repairs muscle tissue
- Protein requirements increase as you start a new strength training program
- Requirements are higher for plant-based and vegan athletes
- Supplements can be a convenient way to meet requirements, however are not necessary

ATHLETES WHO MIGHT BENEFIT

- Athletes having a challenging time meeting requirements

HOW TO USE

- Spread out your protein intake: 15-25g every 3-4hrs
- Enhance your recovery: Ensure carbs during recovery at a 4:1 carbs: protein ratio to maximize protein use
- Muscle building amino acids: Target supplements with 1.8-2.0g leucine

SPORT CERTIFIED OPTIONS AVAILABLE IN WINNIPEG



LOOKING FOR MORE INFORMATION?
CONTACT YOUR CSCM SPORTS DIETITIANS:
JORIE JANZEN: JORIE@CSCM.CA
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DISCLAIMER: THIS IS NOT INTENDED TO PROMOTE THE USE OF SPORT SUPPLEMENTS WHICH MAY OR MAY NOT ENHANCE ATHLETIC PERFORMANCE AND ARE MEANT TO BE USED IN ADDITION TO A NUTRITIONALLY ADEQUATE DIET. THE ABOVE BRANDS HAVE BEEN CERTIFIED FOR SPORT AND ARE REGULARLY TESTED FOR BANNED SUBSTANCES.

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BCAA'S



<https://www.nsf-sport.com>; <https://sport.wetestyoutrust.com>; <https://choice.wetestyoutrust.com>

PROPOSED BENEFITS

- May promote muscle protein synthesis
- May prevent muscle protein breakdown
- May act as fuel source during exercise when restricting energy intake
- If protein requirements are met, there is little evidence to support benefits of additional BCAA supplementation

ATHLETES WHO MIGHT BENEFIT

- During injury recovery
- Athletes who cannot tolerate/access protein foods/fluids during recovery
- Vegetarian/vegan athletes who are finding it challenging to meet protein requirements

HOW TO USE

- Choose a supplement that includes 2.5–3g of leucine

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PRE-WORKOUT



<https://www.nsf.org/certified-sport>; <https://sport.wetestyoutrust.com>; <https://choice.wetestyoutrust.com>

PROPOSED BENEFITS

- Current research does not support the use or need of pre-workout as a performance enhancer
- There may be some benefits due to caffeine content

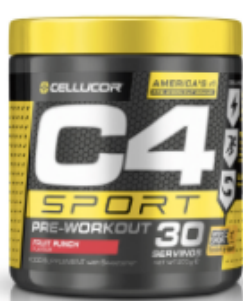
ATHLETES WHO MIGHT BENEFIT

- No benefits have been demonstrated in current research

HOW TO USE

- Consume before training

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BETA-ALANINE



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PROPOSED BENEFITS

- Reduces lactic acid accumulation in muscles providing benefits during continuous and intermittent exercise
- More benefits in trained athletes
- Less effective when taken acutely in pre-workout

ATHLETES WHO MIGHT BENEFIT

- Short, high-intensity efforts lasting 1-7mins

HOW TO USE

- Loading phase: 3.2-6.4g per day in doses of 0.8-1.6g every 3-4 hrs, for 3-4+weeks
- Maintenance phase: if/when cycling doses, can do maintenance phase
- Take with meal and carbohydrate rich foods

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SUPPLEMENT *Spotlight*

CREATINE



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PROPOSED BENEFITS

- May increase work capacity during strength training
- May help sustain high-intensity efforts and power output

ATHLETES WHO MIGHT BENEFIT

- Most effective for strength, speed and explosive activities lasting <10seconds

HOW TO USE

- Choose creating monohydrate
- Loading phase: 20g/day for 5 days, divided into 4 doses and maintenance phase: 3g/day
- Continuous intake: 3-5g/day for 28 days (dosage depends on weight)
- Intake can be cycled to match training phases
- Take with a source of carbohydrates

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