



THE SUPPLEMENT CHEAT SHEET

**The No B.S. Guide to
Effective Supplementation**

By **Alain Gonzalez**

Copyright Notice

Published by:
Alain Gonzalez

Copyright © 2014 All material in this guide is, unless otherwise stated, the property of Alain Gonzalez. Copyright and other intellectual property laws protect these materials. Reproduction or retransmission of the materials, in whole or in part, in any manner, without the prior written consent of the copyright holder, is a violation of copyright law.



Legal Disclaimer

Warning: All the information presented in the "The Supplement Cheat Sheet" is for educational and resource purposes only. It is not a substitute for or in addition to any advice given to you by your physician or health care provider.

Consult your physician before making any changes to your lifestyle, diet, or exercise habits. You are solely responsible for the way information in "The Supplement Cheat Sheet" is perceived and utilized and so, you do so at your own risk.

In no way will Alain Gonzalez or any persons associated with "The Supplement Cheat Sheet" be held responsible for any injuries or problems that may occur due to the use of this book or the advice contained within.

Personal Disclaimer

We are not doctors, nor do we possess a degree in nutrition. The advice we give is based on years of practical application, dealing with the needs of our own health and physiques as well as the needs of others. Any recommendations we may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor/s.

Muscle-Building Disclaimer

Required Legal Disclaimer: Due to recent laws from the FTC, it is required that all companies identify what a "typical" result is. The truth is that most people never do anything when it comes to trying building muscle. They might buy a million products, including this one, but never do anything with the information they have in hand. The testimonials that you saw were of people who took action, followed a healthy lifestyle, exercised, and ate a balanced nutritional diet. If you want results like them, you should do this too.



The Supplement Cheat Sheet

Let me start off by saying that supplements are not necessary for muscle growth.

I repeat.

Supplements are not necessary for muscle growth.

Now...

This is not to say that the supplements I mention in this guide are not beneficial.

It simply means that they are not necessary.

Unlike consuming the appropriate amount of nutrients, consistently, one can build muscle (or lose fat) without ever coming in contact with supplements, period.

I also would like to mention that none of these supplements will matter at all if you are not following a well-balanced diet along with a practical training program.

But...

Let's assume your training is in order, your diet is well balanced, and you have a bit of extra money to invest in supplementation.

Then getting that small edge in your nutrition, training, or recovery will benefit you enough to consider adding certain supplements to your daily "ritual".

Understand This...

Listen very closely 😊

If you are not building muscle with your current diet and training, a supplement will be useless.

The difference between an effective diet and training system and a non-effective system is NEVER going to be a supplement, ever.



Whey Protein

Before we jump into supplements, I want to first clear the air.

Whey Protein is NOT a Supplement

It is simply the liquid material created as a by-product of cheese production.

You also have to consider that whey protein is a macronutrient and can easily be consumed in the foods we eat.

Do we NEED a protein powder to build muscle?



Absolutely not! Again, protein is a macronutrient and by now, you should know exactly how much protein your body requires daily in order to build muscle. If you are able to consume that amount of protein without touching any protein powders, then there is no reason to invest in one.

Benefits of protein supplementation...

- Cost effective
- Convenient
- Great for high protein recipes (shakes, pancakes, smoothies, etc)
- Biological Value (Amino Acid Content)

Best Protein Supplement

If you are someone who has a hard time achieving your protein goals for the day (or you just like to consume shakes), then a basic whey protein will suffice. If you have an intolerance to lactose, then consider a whey isolate product.

My Top Protein Recommendation: [LEGION WHEY PLUS](#)



Health and Recovery

Multi-Vitamin

We previously discussed micronutrients (vitamins and minerals) and their importance. With that in mind, a multi-vitamin that will help ensure you are getting enough of these micronutrients on a daily basis (considering some days we may not have certain foods available). The typical Men's 1-a-day vitamins should be sufficient.

How Much: 1 Serving Per Day

My Top Multi-Vitamin Recommendation: [Triumph Multivitamin](#)

EFA (EDA/PHA): Fish Oils

Although our diet can essentially provide enough EFAs, in a lot of cases it is hard to be 100% sure. Essential fatty acids serve as an anti-inflammatory and do a great deal in terms of effective recovery. Not to mention a number of other misc. benefits such as overall skin health, disease prevention, etc.

How Much: 2-3 Grams Per Day

My Top Fish Oil Recommendation: [Omega 3 TRITON](#)



Performance

Creatine Monohydrate

When it comes to performance, there is no other supplement that has been more researched or proven to work. Creatine monohydrate ensures 100% saturation of the muscle tissue and has been shown to increase strength, muscle fullness, and power output.

How Much: 5 Grams Per Day

My Top Creatine Recommendation: [RECHARGE](#)

Beta Alanine

The muscle endurance version of creatine monohydrate (in a sense). As a bodybuilder who trains both for strength and/or hypertrophy (anaerobic exercise) can always benefit from increased muscle endurance.

How Much: 3-5 Grams Per Day

My Top Beta-Alanine Recommendation: [PULSE](#)



Conditional

Calcium

This is something to consider if you are lactose intolerant and/or are avoiding the foods that typically make up one's calcium intake (dairy).

How Much: 1 Gram Per Day

Caffeine

This is a safe, tried and true, healthy choice for a pre-workout stimulant. However, like any other stimulant, the more consistently you take it, the less effective it becomes. This is probably a good idea to take only on days where you need that extra push to get you into the gym.

How Much: 200-400mg

BCAA

Not needed if your protein intake is where it needs to be but can be beneficial for trainees who are glycogen depleted and have a high intensity session lined up.

How Much: 10-20 Grams Pre-Workout

My Top BCAA Recommendation: [Prime Series BCAA](#)



Homemade Pre-Workout

If you're anything like I am, sometimes you need that little kick before a workout. Unfortunately, a lot of these pre-workout supplements are pretty pricey.

Not to mention, they're full of filler ingredients that don't do shit and when they do include worthy ingredients, they often times cover up how much (or little) is present with a "proprietary blend".

Fortunately for us, there is science 😊

So instead of paying 50 dollars for a bottle of under-dosed pre-workout, we have the (cost effective) choice to create our own using only the ingredients that work.

Here is what you need to create the perfect homemade pre-workout drink.

The Perfect Homemade Pre-Workout Blend

| Ingredient | Amount |
|--------------|-----------|
| Caffeine | 200-400mg |
| Creatine | 5 Grams |
| Beta Alanine | 3 Grams |
| Citrulline | 6 Grams |

(If you are interested in purchasing these ingredients individually, please visit [True Nutrition.](#))

My Top Pre-Workout Recommendation: [PULSE](#)

