

NUTRITIONAL SUPPLEMENTS FOR PERFORMANCE AND HEALTH

Health and fitness goals depend on a large part on diet, exercise regimen and overall lifestyle. The Military Fitness e-books should provide you with a good base for these three components. The final components that can prove to be of great help are nutritional supplements. This e-book will briefly talk about some of basic supplements that can help you reach your fitness goals and live a healthy life.

Protein Powders

Active individuals and athletes have a higher need to protein, which is the building block of the body. It is often not possible to get your entire protein intake from food and in some cases, like right after you workout, it makes more sense to consume protein in a easy to digest shake.

Allmax IsoFlex

IsoFlex contains very high quality whey protein isolates. In a nutshell, this ensures that almost all the fat and lactose from whey is gently removed to yield a very high quality, and easy to digest product. Recommended for after you workout. [LEARN MORE](#)

Gaspari Myofusion

Myofusion is a blend of whey protein concentrate, isolate, milk protein and egg white protein. It also contains some healthy fats (Essential fatty acids) and tastes quite good (especially the Banana and Strawberry). This is ideal for making meal replacement powders and can be used to augment your breakfast or throughout the day. [LEARN MORE](#)

Optimum 100% Casein Protein

Casein is a slow digesting protein that can be used to provide amino acids over a long period of time - for example at night. It can also be mixed with whey protein isolate to create a good blend. ON Casein contains high quality micellar casein protein. [LEARN MORE](#)

Creatine and Pre-Workout Supplements

Creatine is a naturally occurring substance that can significantly enhance exercise performance. Pre-workout supplements can provide a boost in the gym during times when you may need it.

Creapure Creatine Monohydrate

Creatine Monohydrate is a very well researched supplement that has been shown to enhance strength, endurance and muscle mass.

Optimum Nutrition is a good company that sells a pure creatine monohydrate supplements. [LEARN MORE](#)

Gaspari SuperPump 250

SuperPump 250 provides a good blend of creatine, nitric oxide precursors, branched chained amino acids (BCAA) and stimulants to provide the extra kick needed for hard workouts. [LEARN MORE](#)

Multi-vitamins

The food we eat today is not as rich in micro-nutrients like vitamins and minerals, as it once was in the past. Therefore, it is extremely important to supplement your diet with a good multi-vitamin supplement to provide the essential vitamins and minerals and act as an insurance policy for good health. You can't achieve your fitness goals if you are sick.

Weil Daily Multivitamin

Dr. Weil is a well known expert when it comes to general health and this multi-vitamin provides a very good complement of vitamins and trace minerals for optimum health. It does not include iron and is therefore perfect for men. [LEARN MORE](#)

Optimum Opti-Women

This is a very decent multi-vitamin designed specifically for women. It provides 23 essential vitamins and minerals in a small 2 capsule serving. [LEARN MORE](#)

Country Life Magnesium Potassium Aspartate

Magnesium is a very important mineral for active individuals. It is part of numerous essential functions in the body and is lost during exercise. This product provides excellent forms of magnesium (and potassium). [LEARN MORE](#)

Essential Fatty Acids

Healthy fats are an important component to maintaining good health and enhancing your performance in the gym. Unfortunately our diets do not provide us with sufficient amounts of these EFAs.

NOW Ultra Omega-3

Omega 3 fatty acids are often found in oily fish. This product provides a concentrated form of fish oil that has been molecularly distilled to remove harmful particles and is enteric coated for proper digestion. [LEARN MORE](#)

Udo's Choice 3-6-9 Oil Blend

This product provides a blend of omega 3, 6 and 9 oils from plant based sources that are certified organic. It is designed by Dr. Udo Erasmus, author of the best selling book Fats That Heal, Fats That Kill and a leading authority on this subject. [LEARN MORE](#)

General Health

There are other supplements that can help with general health and have a positive impact on your training.

NOW Plant Enzymes

Digestive enzymes can be important, especially when consuming extra calories, as many active people would. This product could help better digest and assimilate the nutrients from the food being eaten. [LEARN MORE](#)

Online Supplement Stores and Vendors

There are many great websites selling nutritional supplements and providing excellent information for consumers.

Bodybuilding.com

They are by far one of the biggest online supplement stores, with extra-ordinary service and selection. Highly recommended.

Life Extension

A great place to purchase health and longevity supplements. Very high quality products.