

**Here is a list of my daily over the counter supplements. They are not intended to diagnose, treat, cure, or prevent any disease. The information provided is intended for educational purposes only. One should consult a physician before beginning any new supplement, even over the counter and homeopathic supplements in order to check for drug interactions.**

NAME	QUANTITY	FREQUENCY	DESCRIPTION
Coenzyme Q10	150 mg	once daily	Coenzyme Q-10 plays a very important role in the production of energy throughout the body. It also has been found to have powerful antioxidant effects, destroying free radicals in the body. Q-10 may even help facilitate weight loss due to its stimulating effects on the body's metabolism. It is an awesome antioxidant, fat burner, and energy enhancer. I feel a must for everyone over 40. It's not cheap
L- Glutamine	10 grams	daily	L-Glutamine is the most abundant "free" amino acid in the body. It is found in higher concentration than other amino acids in vital tissues including skeletal and smooth muscle. In muscle, the concentration of free glutamine appears to influence whether muscle will be broken down (catabolism-low glutamine content) or built up (anabolism-high glutamine content). Glutamine is known as a nitrogen shuttle, a substance that picks up and drops off nitrogen around the body. Nitrogen is an essential component of DNA, the genetic material of life and muscle building. It's a must for you who want to get big !!!
DHEA	50 mg	daily	DHEA is the most plentiful androgenic hormone produced by the adrenal glands and it is quite important to body builders and athletes because in men, around 50% of all testosterone is derived from it, while women derive over 75% of their estrogen from it and nearly 100% after menopause. You can get your DHEA checked through a simple blood test. If you are low, take it, it's cheap and if you are over 40, you will probably need it. Remember to check with your doctor before supplementing, especially with DHEA.
glucosamine /MSN/ Chondroitin	1500/750/800	daily	Glucosamine Chondroitin MSM is an effective combination of ingredients to help promote and maintain healthy joints and connective tissue. MSM is a natural source of sulfur that is essential for the healthy function and structure of joints. Chondroitin helps lubricate joints and cartilage as well as improve this lubricating fluid's thickness and elasticity. Glucosamine aids in maintaining healthy cartilage in addition to being a component for the support of healthy connective tissue.
multi vitamin	2 tabs	daily	Multivitamin and mineral supplements are perhaps the most important single supplement that can be consumed by bodybuilders and athletes. Creatine and Whey Protein are also very important. For the human body to perform at its maximum potential, it must be fed a vast and complex array of vital nutrients. Becoming deficient in just one of these essential vitamins or minerals breaks down the metabolic pathway that produces optimum efficiency and performance declines. Not good! Daily consumption of a high-potency multivitamin/multimineral formula may help ensure the presence of essential cofactors necessary for thousands of metabolic reactions. Unless directed by your doctor, THIS IS A MUST

vitamin B complex	1 tab	daily	B-vitamins have many anabolic properties. B-Vitamin blends are known to support the health of the skin, hair, eyes, mouth, and liver. In addition it supports the breakdown of carbohydrates into glucose. This provides energy for the body. This includes the breakdown of fats and proteins, which aids the normal functioning of the nervous system. It also aids muscle tone in the stomach and intestinal tract. You can't overdose on them since they are water-soluble vitamins are readily excreted if you have too much. Athletes need this one!
vitamin C	1000 mg	daily	Everybody needs Vitamin C, especially those working their bodies hard like bodybuilders, weight-trainers, and athletes! Vitamin C will keep testosterone levels high by making the ratio of cortisol to testosterone decrease. This will help your body keep up that level of performance you demand. Deficiencies in Vitamin C have resulted in scurvy in as little as 90 days. Not getting enough is not good. Make sure your getting plenty to keep your health up, your free radicals down, and your muscles super-charged
Colloidal Minerals	1	daily	Colloidal Minerals are a unique source of highly absorbable, water-soluble minerals and trace elements derived from prehistoric plant deposits. I believe in them, however, my views are not shared by everyone
Fish Oil	3 grams	daily	Fish oils are derived from the fat of deep-sea, cold water fish and are a natural source of Omega-3 Essential Fatty Acids (EFAs). Omega-3 is an important nutrient for maintaining a healthy brain and nervous system. Fish Oils themselves are said to contribute to healthy heart function and joint flexibility as well as supporting brain, nerve, and visual function. A premium fish oil naturally supplies the Omega-3 fatty acids EPA and DHA.
Saw Palmetto Berries	540 mg.	twice daily	Saw palmetto berries comprise of a volatile oil, which contains a variety of fatty acids, and is high in phytosterols. These ingredients not only control the conversion of testosterone to DHT but also block its binding to the prostate cells. Importantly, saw palmetto also has anti-estrogenic and anti-androgenic effects. Saw palmetto, thus, is one of Nature's best and safest remedies to promote male prostate health, and increased vigor and vitality.
Alpfa Lipoic Acid	300 mg.	daily	ALA is an antioxidant. What makes ALA special as an antioxidant is its versatility; it helps deactivate an unusually wide array of cell-damaging free radicals in many bodily systems. As a bodybuilder, the stress of lifting causes a lot of free radical damage. ALA is very cheap, I love this one.
green powder drink	1 scoop	daily	This green health drink is a powder whole food that's super easy to digest, absorb and use for daily get-up-and-go. It exceeds the nutritional equivalent of five servings of vegetables and fruits. There are many brands out there, I use the one made by the Institute for Vibrant Living. I love the taste, however, my feeling are not shared by everyone.

multi-probiotic digestive enzyme	2 caps	daily	A healthy digestive system is the key to overall health. Without it, nutrient absorption is affected, chronic digestive problems can develop, and quality of life suffers. Multi-probiotic digestive enzymes promote a healthy digestive system.
collagen	3 grams	daily	Collagen tabs are used for support of collagen in hair, skin, nails, tendons, ligaments, and lean muscle (for weight control). Collagen is a complex structural protein, which maintains strength and flexibility of skin, ligaments, bones, joints, muscles, tendons, gums, teeth, eyes, blood vessels, nails and hair.