Creatine

- Recommended dosage includes a high-dose, short-term (20 g/day for 5 days) protocol or a low-dose, long-term (3-5g/day ~30 days) protocol before a maintence dosage of aroud 5/g per day.
- There is no rationale backed by research for supplementing with anything other than creatine monohydrate

Caffeine

- Moderate to high doses (5-9 mg/kg) ingested before and during exercise can increase endurance performance. This disage can cause side effects
- Lower doses of no more than 3 mg/kg can also boost performance w/o side effects

Vitamin D

- Vitamin D plays a big role in maintaining the health and performance of an athlete
- The vitamin D requirement can be met solely by exposure to the sun. It is recommended that you expose you arms, legs, and back to 5-30 minutes in the sun without sunscreen at close to solar noon several times a week
- Vitamin D can also be found in foods like fatty fish (salmon, mackeral, or tuna), fortified milk, yogurt, soy milk, egg yolks, or fruit juice

Antioxidants

- Important antioxidants for athletes are vitamins C and E
- These can be met through your daily diet or in the case of a deficiency, dietary supplements can be used to meet your needs
- Antioxidants help to minimize free-radical damage to skeletal muscle in order to reduce inflammation, muscle fatigue, and soreness

Iron

- Iron is essential to the oxygen uptake in your body. It also helps to reduce heart rate and reduce lactate concentrations during exercise
- Men and postmenopausal women should take 8 mg/day
-Premenopausal women should take 18 mg/day

For references or more information, scan the QR code or visit
https://blogs.longwood.edu/internnutritionhydration/

Dietary Supplements