

The A-list - Supplements with Evidence Basis

Multivitamin	EPA and DHA	Vitamin D3	Creatine Monohydrate	Caffeine
<p>EFFECTIVE DOSE</p> <p>Low-dose multi may aid deficiencies if dieting, not normally needed if gaining.</p>	<p>EFFECTIVE DOSE</p> <p>1-2 g/day EPA + DHA advised by health organizations for benefits.</p>	<p>EFFECTIVE DOSE</p> <p>9-36 IU/lb (20-80 IU/kg): typical daily dose if 25(OH)D < 75 nmol/L (30 ng/ml)</p>	<p>EFFECTIVE DOSE</p> <p>Daily 0.02 g/lb (0.04 g/kg) dose to reach and sustain elevated creatine levels.</p>	<p>EFFECTIVE DOSE</p> <p>Daily dose to suppress tiredness: 0.5-1.4 mg/lb (1-3 mg/kg). As ergogenic aid: 1.8-2.7 mg/lb (4-6 mg/kg) 1 hr pre-training.</p>
<p>NOTES:</p> <p>Blood test and/or nutrition screen to assess deficiencies before use is ideal.</p>	<p>NOTES:</p> <p>Unnecessary if eating fatty fish 2x/week+.</p>	<p>NOTES:</p> <p>If dark-skinned get "free" 25(OH) D levels checked if available.</p>	<p>NOTES:</p> <p>Non-monohydrate, loading, and carb co-ingestion unnecessary.</p>	<p>NOTES:</p> <p>Tolerance may mildly reduce ergogenic effects, limit use (2x/wk) to preserve.</p>

The B-list - Conditionally Effective or Mixed Evidence Supplements

<p>Beta-alanine</p> <p>EFFECTIVE DOSE</p> <p>3-4 g/day can improve performance in 1 min+ efforts or when rest is restricted.</p>	<p>NOTES:</p> <p>Unlikely to aid powerlifting, weightlifting or most bodybuilding training.</p>
<p>Citrulline-Malate</p> <p>EFFECTIVE DOSE</p> <p>1 hr prior to lifting 8 g dose may aid work capacity or strength endurance.</p>	<p>NOTES:</p> <p>Evidence mixed, preferably wait until meta-analysis confirms efficacy.</p>