



The Essential Guide to
Foundational Supplementation
for Optimal Health

Fill the Nutritional Gaps and Boost
Your Well-Being



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DISCLAIMER: Before taking any supplements, it's crucial to ensure you choose trusted brands and consult with your healthcare provider. Companies such as [Labdoor.com](https://labdoor.com) offer quality testing to validate label claims and provide valuable insights. Be well-informed and make informed decisions about your supplementation.

Do you use supplements to complement your nutrition?

If not, you could be missing out!

Supplements can help you fill in any gaps you may have in your diet.

For example, maybe you do not consume a lot of fish in your diet. Supplementing with something like fish oil could ensure that you don't miss out on appropriate amounts of the vital fatty acids like DHA and EPA.

Supplementation, like nutrition, are very individualized.

A supplement that may help one person, like taking fish oil, won't necessarily add any extra benefit for someone else who eats fish daily or already has high levels of DHA and EPA.

Supplementation is no band-aid either and should be viewed as "supplemental" to an already healthy diet and lifestyle.

Here's a foundational list of supplements to start looking into for yourself.

I also suggest checking out [Labdoor.com](https://labdoor.com) to further investigate the right supplements and brands for you.



Start Here

Multivitamin

It's an easy way to make sure you are getting at least some of the essential nutrients that you need on a daily basis. Even the healthiest of eaters may be missing essential nutrients due to how our food is processed and cooked.

Grass Fed Whey Protein Isolate, Vegan Protein, and/or Collagen Peptide Powder

Go with the option that best suits you to help drive your protein intake up and help with muscle recovery.

Creatine Monohydrate

It's great for controlling metabolic functions, increasing protein synthesis, and buffering acidosis. This allows for faster recovery between sets- especially for CP (creatine phosphate) and glycolytic training- more energy between sets, and delayed fatigue between sets. Common dosing is 5 grams per day.

Fish Oil

The omega- 3s in fish oil have been shown to contribute to increasing HDL, lowering triglycerides, and reducing blood pressure. Because of these benefits alone, fish oil is a staple for preventing heart disease. It also contributes to normal brain and eye development, reducing systemic inflammation, and improving mental health. Suggested dosing is based on body weight. [.25 grams or 250mg EPA/DHA per 10 pounds of bodyweight per day, split up into multiple doses]



Then look into adding . . .

B Complex

Supplementing with B vitamins is important to ensure proper cell health. This means that B vitamins have a direct impact on your energy levels, brain function, and overall cell metabolism. Every B vitamin plays a different role and so by taking a complex, you are ensuring that you are getting all of them in your diet. Some also serve as adrenal support and can also act between a nootropic and a CNS stimulant.

BCAA's

They have been shown to decrease RPE (Rate Perceived Exertion) and increased time in TTE (Time Till Exhaustion).

CoQ10

CoQ10 is said to help reduce the amount of oxidative damage that leads to muscle fatigue.

Vitamin D3

Supplementing with Vitamin D can help ensure you are safely getting enough on a daily basis. Vitamin D has several important functions in the body, but the most vital include the absorption of calcium and phosphorus (which helps build strong bones), and in facilitating normal immune system function. Most people know you get vitamin D from the sun, but the problem with this is that you can also get skin cancer from the sun. Low levels of Vitamin D are correlated with reduced power output and reduced immunity. Suggested dosing is based on body weight. $[(BW \text{ divided by } 25) \times 1000]$

DHEA

DHEA has almost an endless amount of benefits and it has to deal with Testosterone. It is important to note that it's banned in most, if not all, sporting competitions.

Digestive Enzymes

These can be a great option for those needing digestive support- especially if you are trying to eat more food.

Green supplement

Supplementing with a greens supplement can benefit energy, recovery, antioxidant status, and bone health. Greens are also very alkaline, which helps in balancing dietary acids. When your body is too acidic, it can lead to a variety of health issues.

Probiotic

The gut is considered the body's second brain. Supplementing with a probiotic helps to ensure that your gut microbiome stays healthy and balanced. Scientists are constantly discovering more connections between gut health and overall body health, since the gut is what processes the food we consume to fuel ourselves, it only makes sense. If you don't consume fermented food, supplementing with a probiotic is even more important to avoid disease, increase energy, and avoid bloating and stomach distress.

Magnesium

Supplementing with magnesium is important because it is a vital nutrient that your body needs in order to stay healthy since it is involved in so many different body processes, and yet only 50% of people get enough of it. It is important in regulating muscle and nerve function, blood sugar levels, and blood pressure and making protein, bone, and DNA.

Tumeric

Supplementing with tumeric has been shown to prevent heart disease, alzheimers, and even cancer. It is also a potent anti-inflammatory, antioxidant, and may also help to improve the symptoms of depression and arthritis. This is due to the active ingredient of curcumin, which is only activated when consumed with black pepper or bioperine.

ZMA

ZMA is a mixture of zinc, magnesium, and B6. The zinc is great for immunity and testosterone production. The magnesium, since it's found in almost every cellular function in the body, is great for oxygen uptake and deep tendon muscle relaxation. Sleep quality has been shown to increase when you combine magnesium with B6.



Getting Started with Foundational Supplementation

Start SLOW when introducing supplements to your routine by just adding one supplement at a time.

By gradually adding in supplementation, you'll be more effective in assessing if they work for you.

Tracking your nutrition is another great option to better understand and identify your potential deficiencies.

Over time, you'll be able to recognize your own unique deficiency signs to better help guide your supplement choices.

Ready to Get Started?

ATOP Coaching is a Professional Fitness, Nutrition, and Health Coaching Practice, focused on seeing results and growth both inside and outside the gym.

We coach clients how to be the strongest, fittest, and healthiest version of themselves through our personally designed workouts, nutrition, and health programs.

With our connection and evidence-based approach, we specialize in helping you come-up with a winning plan and make sure you stick to it.

SCHEDULE NOW



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"Working with Austin has been a level up in all aspects of my life. Work, stress management, physical confidence, durability. Austin's approach and the utilization of TrueCoach are awesome tools to measure long term performance improvement. Anything we've focused on has gotten better. Austin can EASILY correct form over video and he & I have stayed very dialed in."



John Nuclo
CEO Data Performance Marketing
Mesa, AZ

"I've definitely progressed these past three months following Austin's workouts and coaching. I doubled all of my benchmark lifts from week one. Not only that but my lifting form has gotten better and really feels better too. I actually feel like my lifts are worthy to go up on the internet now with the increased range of motion that we've worked on. Thanks to Austin's help, I've gained a lot more muscle too. Right now, I'm more dialed-in than I've ever been and feeling amazing."



Henry Willis
Equinox Trainer
Hollywood, CA



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