



5 SUPPLEMENTS FOR BETTER HEALTH AND PERFORMANCE

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Creatine is perhaps the single most researched sports performance supplement of all time.

Creatine is a completely natural compound that our bodies make naturally - just not in high enough doses to optimize sports performance. Our bodies synthesize creatine from the amino acids arginine, glycine, and methionine.

Creatine is naturally found in meat and fish.

Creatine works by helping produce adenosine triphosphate, or ATP. As muscular contraction intensifies and the body expends energy doing work, ATP is depleted. Creatine can help replete these stores, and give the body a little extra energy to work with.

Creatine's ability to increase work capacity can indirectly improve:

- strength
- muscular size
- muscular endurance
- muscular power

Around 2.5-5.0 grams of creatine/day is a generally accepted dose for increasing sports performance.



A multivitamin supplement is a great way to ensure you are not missing out on vital micronutrients.

Let's face it, it is not easy to eat perfectly all the time. This can make it hard to get optimal levels of each vitamin and mineral. A multivitamin can help with that.

A high quality multi-vitamin should provide an adequate dosage of all vitamins (A,B,C,D,E, and K) as well as provide some important minerals (zinc, magnesium).

While not all multivitamins contain a complete 100% RDI of each vitamin, and mineral, they act as an insurance policy and can help supplement an already healthy diet. Some multivitamins also contain additional beneficial compounds like COQ10 and Ashwagandha.

It is worth noting that simply taking vitamins does not replace the eating vitamin rich foods like fruits and veggies as they contain valuable fiber and plant compounds that can contribute to health in unique ways.

Multivitamins can indirectly improve performance by ensuring that the body is not deficient in any of the many micronutrients we need to perform and live a healthy life.



PROTEIN POWDER

Protein is a macronutrient essential in the development of muscle tissue. Protein is comprised of valuable amino acids.

There are 20 amino acids in total, each one with various unique roles in the body.

We typically get our protein from animal products, like meat and dairy, though it is also present in other sources, such as nuts and legumes.

Protein also plays a role in maintaining things like skin, hair, nails, digestive health, joint health - to name a few. When working with new clients I often find they drastically undereat protein.

In an effort to ensure one has adequate protein to recover from intense training, having a quality protein powder on hand can be a valuable asset. Protein powders come in both animal, and plant based forms.

Protein powders do not replace the nutrients found in whole food protein sources like meat, fish, and dairy.

I generally recommend:

- whey protein isolate
- (For plant based eaters/those with a dairy sensitivity) pea/brown rice protein blend.



FISH OIL

Fish oil has been around along time, and rightfully so - it has a myriad of benefits in the body.

Fish oil has been shown to be support heart, vascular, brain, and muscular health.

Fish oil is rich in highly beneficial Omega-3 fatty acids. EPA and DHA are the primary Omega-3 fatty acids found in fish oil.

Because fatty cold water fish are hard to come by for many, having a fish oil supplement can support the right omega profile within the body.

I recommend clients get at least 1 gram of EPA/DHA per day.

If you consume a lot of fatty fish, you may not need a fish oil supplement at all.

For vegans, there are algae based Omega-3 supplements on the market now that can replace a fish based Omega-3 supplements. Marine sources of Omega-3, be it from fish or algae tend to perform quite well.



GREENS POWDER

A greens powder is a great addition into the supplement regime of busy lifters everywhere.

There is no debating that the benefits of eating plants transcends their vitamin and mineral contents.

Plants contain unique organic compounds that can help contribute to health and vitality in unique ways.

One problem many people run into is they simply do not like eating vegetables. Many struggle to do it regularly.

Having a quality greens powder on hands can act to cover your bases and ensure you are getting some of those plant compounds when your greens intake is below optimal levels.

It is worth noting that fiber is often left out of greens products.

Look for a greens product that does has fully transparent labeling, and no proprietary blends.



DISCLAIMER

Check with your physician before taking any nutritional supplements.

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ABOUT COACH DANNY

Danny has been personal training in-person and online since 2013. After his high school athletic career ended, he continued to pursue his passion for health and human movement. He worked as a personal trainer the entirety of his tenure at university, where he achieved his bachelor's degree in kinesiology. He holds over a dozen certifications and specializations, from NASM, ACE, NCI, FAS, including the NSCA's prestigious CSCS. Having trained over 10,000 individual sessions and worked internationally with clients online.

Danny has bridged the gap between academia and application. It's one thing to be some guy on Instagram who posts workouts; it's a whole different thing entirely to be an "in-the-trenches-coach."

He now spends a great deal of his time educating trainers online and in person at various workshops - all while remaining extremely involved in his in-person and online coaching business.

If you are interested in working with coach Danny, both his one-on-one coaching and online programs can be found at:

www.coachdannymatranga.com