

Are you a rookie?

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[Iron Cult Fitness](#) is the latest sponsor to back Don in his quest for a National title. These guys are putting out some killer apparel and will soon have their full line of supplements that will be featured in the online store at ESP. Go visit the store soon to get your cool gear



I am off to a great start! What supplements are a must if I want real gains and fat loss?



So I am off to a good start. Going to the gym, getting a great workout, heck I am even doing some HIT cardio, but what if I want to make sure I maximize this effort, are there supplements that I must take? The simple answer is yes, but I like the approach that starts with meal planning. You cannot out work a bad meal plan, so start there. If you don't know where to begin, shoot me an email @ dmonistere@enhancedsportsperformance.com and we will create a plan specifically for your goals. First, this is the irrefutable truth about what supplements you must begin using. Remember, before taking my advice consult your physician because we are all a little different.

1. Whey Protein

While I prefer that we get ALL of our protein from lean meat sources, it is consistent among males and females that we under-eat this macro-nutrient. The best time to consume your Whey Protein is immediately after your workout (or as close to that as possible) and the right target is roughly 22- 28 grams in that one serving. Females should stay closer to the 22 and males to the 28 grams respectively.

2. Glutamine

Glutamine is an amino acid that helps with recovery and with proper absorption aids the body in producing Gultathione which is basically the wonder antioxidant. The perfect amount is roughly 1- 5 grams. Go to the upper end of that amount if

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"Enhanced Life Performance"

Achieving the greatest version of self! by emailing him at dmonistere@enhancedsportsperformance.com. \$9.00 for pre-orders.

Expected release date is the summer of 2017

The book will detail how you can execute at a level higher than you ever imagined possible. It is a must read for anyone who is trying to get the most out of their life and leave a lasting mark on their friends and family.

Enhanced Life Performance Seminar!
February 17th and 18th
location: Birmingham
but venue still TBD

Email us @ dmonistere@enhancedsportsperformance.com for details

you are really testing the body in your workouts. The extra benefit here is that Glutamine also helps with proper immune response and can build resistance to the flu and cold that will most definitely be going around this year.

3. Vitamin C

We hear about this a great deal, but vitamins C is so important to the proper function of the body. Also great for immune response, vitamin C (and D but most of us get enough D not to have to supplement it), are considered the perfect one, two punch for many diseases and you will find many pains and ailments can be addressed with proper dosing of vitamin C. For the record I try to get roughly 5 grams of Vitamin C per day, but that is mega dosing. You should try to be around 1 to 3 and as for Vitamin D unless you lived up north and there was no sunlight for months on end, you likely do not need to supplement.

4. BCAA

BCAA stands for Branch Chain Amino Acids and the body uses these as the building blocks for muscular tissue repair. These wonder amino acids should be taken twice daily between meals as sort of an insurance policy for tissue repair and recovery. Remember the more healthy muscle you have the more fat you burn. Dosage should be around 5 grams per serving or more closer to 10 if you are really tearing into that muscle tissue during your workouts.

The next one's are somewhat negotiable:

5. Creatine

Put simply, Creatine works. It increases the ability for the muscle to contract faster and stronger, which means your workouts are better! There is no controversy here. The controversy comes in where younger adults mega dose this and the one side effect of Creatine is water loss or dehydration. It is not that bad if you are dosing correctly and drinking proper amounts of water. My general rule of thumb is 5 grams before a workout and 5 grams as much as 2 hours post workout. The trap that most young adults get into is they load up on stimulant drinks, which acts as a metabolic stimulant which forces water loss, then they mega dose creatine which forces water loss and then the body has this increased ability to contract a dry muscle harder and faster! Can you say Injury? I can! and I have seen coaches and parents alike pump their kids full of this stuff because yes they do perform better, but you have to know what you are doing and most parents are not educated in this area. Be careful guys!

6. Green Tea.

If you can tolerate Green Tea it will increase your body thermogenesis and will increase your metabolic rate. I love

the effect, (typically fat loss) but I cannot take it for long periods of time nor can I take it daily, I have to sort of cycle on and off of it. After a while my adrenals just want a break. I can tell when I have had too much of this supplement as my anxiety levels increase. Again this is one of those supplements that you need to proceed with caution.

So there it is guys. I wouldn't waste any money on anything else unless you are looking to compete at a high level in some sport, or get on stage at some point. There are other supplements that can help, but the cost benefit for most people just isn't worth it!

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