



NEWSTRENGTH

NEWSTRENGTH SUPPLEMENT GUIDE

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Supplementation is very similar to nutrition.

Ask 10 different people and you'll probably get 10 different answers as to what works and why.

Unfortunately a lot of the time people just blindly repeat what they've been told with little understanding or real world experience. This causes a wave of misinformation and confusion.

Here's the good news!

The Science hasn't changed. The same things work. The same things don't work.

Today we are going to show you the 5 Most effective Supplements and the 3 Most Overrated Supplements that are just a waste of your money.

First let me introduce to you...

THE SUPPLEMENT INDUSTRY

The supplement industry is close to becoming a 40 Billion dollar industry. BILLION! Please stop and really think about how much that is for a second.

As you can imagine there is plenty of money to be made and where there is money to be made there's people willing to do whatever it takes to make a portion of that 40 Billion Dollars. This is where the waves of misinformation and confusion start.

But it's not all bad. There's also HUGE upside to supplementation and that's why you are here. To navigate the noise and be sure you are informed and know what's actually going to get you results.

If you would like to dive further into your research then you can't go past **examine.com**



OUR TOP 5 SUPPLEMENTS

1. Whey Protein Powder

No surprises here. Whey protein is a well known supplement that has come a very long way in the last 10 years in both taste and quality. There's still many misconceptions around its uses and effectiveness so let's clear that up today.

Whey protein is an easily digestible source of protein, one of the best and most convenient forms. There's nothing magical about it besides its convenience and excellent amino acid profile. These two things alone make it extremely useful and effective for most of the population.

If you want to Move, look and feel great then Whey Protein can help as a Quick, convenient and well researched way to hit your protein targets.

P.s Whey protein has no known negative side effects, including the harm of your kidneys (which has been shown to ONLY be negatively impacted if there are prior issues such as kidney disease).

If you're training and you're having trouble hitting your Gram per cm of height in protein Target we would recommend [True Proteins WPI 90](#)





OUR TOP 5 SUPPLEMENTS

2. Creatine Monohydrate

Creatine Monohydrate is one of if not the most well-researched supplements in the world. Its effectiveness is undeniable and the research continues to grow and expand far beyond its gym benefits.

In the gym It works by helping us produce more ATP (better energy during intense activity). Outside of the gym it can increase memory, avoid cognitive decline and mental fatigue.

Adding the benefits of improving recovery, strength, output – creatine is very likely to help us increase muscle mass also. No it will not make you HUGE but it does allow for higher volume accumulation within training. This higher workload is what allows for the results.

Creatine is a great supplement for any person with a physical goal or outcome they're looking to achieve. and/or is looking for a cognitive advantage in their daily life.

Dosage for Creatine Monohydrate is between 2.5g – 10g/day. A common dose is 5g daily though smaller and larger individuals can look to moving outside of the “blanket” 5g dosage.

We like to use [True Proteins Creatine](#)



OUR TOP 5 SUPPLEMENTS

3. Greens Powders + Multivitamins

Multivitamins and Greens powders are a popular supplement that can help assist in consuming your micronutrient needs. Think Vitamins and Minerals.

The added benefit of a greens powder is that they often come with digestive enzymes, probiotics, and real veggies which you may not have otherwise gotten in your diet.

It's simple but so effective.
A body that gets its nutrients functions better.

Simple

We love [Trues Greens](#)





OUR TOP 5 SUPPLEMENTS

4. Caffeine

My favourite...

Caffeine is one of the most heavily studied supplements there is.

Caffeine is a stimulant, we use to increase alertness, cognition, performance, and overall energy. It achieves this from mimicking adenosine. A molecule responsible for telling your body it's "tired" Caffeine mimics this and binds to the adenosine receptors. This Blocks the adenosine and results in that "awake" Feeling.

Caffeine has a lot of science to back it up and there's a reason it's so commonly consumed across the world.

Dosing for caffeine is very person dependent, but the average person safely ranges around 100-500mg per day.



OUR TOP 5 SUPPLEMENTS

5. Beta Alanine

Beta-alanine can be used as a buffer for that burning sensation...
Think Echo bike, 20+ rep sets, sled sprints, etc...

Beta-alanine helps to buffer acidity, helping regulate pH levels in the muscle and improving performance.

The only time we suggest investing in it or supplementing with it is when you're performing a movement or exercise for at least 30 seconds non-stop and definitely if you're performing a duration that lasts well over 1 minute of non-stop effort. This is being generous, too, as most research is more supporting 60 seconds or more.

Dosing of beta-alanine is best between 2-5g depending on total body mass.

P.s That tingling effect has nothing to do with its benefit. When it's digested consistently it will provide the benefits associated.



MOST OVERRATED SUPPLEMENTS

1. BCAA's

“The evidence on BCAAs is remarkably weak as to their positive effects and they are not anabolic. They may be mildly anti-catabolic if you’re in negative energy balance, however, protein (especially whey) is going to be both anabolic and anti-catabolic. Bottom line, if you’re taking in adequate protein then BCAA are a complete waste of money.”

- DR. STUART PHILLIPS



MOST OVERRATED SUPPLEMENTS

2. FAT BURNERS

Now it's not uncommon to see people jump at the idea of a tasty drink that will help them lose weight without having to try or potentially complement their efforts. For those of you that understand weight loss it all comes down to energy exchange. How many calories is one consuming and how many calories are going out. Fat Burners can claim they assist with weight loss due to their thermic effect. Here's the problem. With the abundance of research and studies the "best" Fat burners can increase your metabolic rate by 20-30 cals per day at best. To put this into perspective it's not even half an apple.

It's the equivalent to me saying giving you a dollar can help you become a millionaire. Whilst its technically true it's useless.

Spend your money elsewhere.



MOST OVERRATED SUPPLEMENTS

3. CREATINE ALTERNATIVES

Creatine monohydrate is a great supplement with an abundance of research and proof to show its effects. As its effectiveness became popularized, so did its supersized relatives. Creatine monohydrate remains just as effective as any of its expensive brothers and sisters. Don't pay more for a fancy creatine. Monohydrate still reigns supreme!

A 2021 systematic review published in the Journal of Strength and Conditioning Research tells all. After analyzing eight different types of creatine, the researchers found that despite the chasm in price points*all were equally effective in boosting muscle creatine levels.



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SUPPLEMENTS WRAP UP

Supplements have the ability to support and accelerate results in and outside of the gym. The most important thing is to do some research on what you are taking and as to why. As mentioned previously, [examine.com](https://www.examine.com) is so great. Utilise it and don't just assume they work if they're for sale.

P.s OTC Supplements do have the ability to interact with certain medications. These supplements are all considered generally safe for healthy individuals. If you think you do not fall into this category please consult with your doctor before supplementing.



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