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GUIDE 6

SUPPLEMENTS THAT ACTUALLY WORK AFTER 40

Evidence-Based Support for
Strength, Recovery, and
Long-Term Health.



Backed by Science

Focus on supplements with
real evidence behind them.



Support Key Goals

Build strength, improve recovery,
and protect long-term health.



Simple and Practical

Know what to take, how much,
and when it matters most.



WHAT YOU'LL LEARN INSIDE



The most effective
supplements
after 40



When and how
to take them



Dosing
guidelines
that matter



Safety and
interaction
basics



A simple daily
supplement
plan

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ENERGY MANAGEMENT. NOT JUST TIME.

You don't need more time—you need more energy.
Manage your energy, and your time will take care of itself.
Work with your rhythms, not against them.



THE ENERGY CYCLE



✓ Energy flows where attention goes.

UNDERSTAND YOUR ENERGY RHYTHM



TUNE IN TO YOUR PATTERNS

- ✓ When do you feel most alert?
- ✓ When do you feel your energy drop?
- ✓ What activities energize you?
- ✓ What drains you?

★ Awareness is the first step to alignment.

ENERGY-BOOSTING HABITS

- SLEEP WELL**
Protect your rest. It's your foundation.
- EAT TO FUEL**
Nourish your body. Avoid energy crashes.
- MOVE DAILY**
Movement creates energy.
- HYDRATE OFTEN**
Water keeps your body and brain sharp.
- BREATHE & PAUSE**
Short breaks reset your mind.
- POSITIVE INPUT**
Surround yourself with what lifts you up.

✓ Small habits. Big energy. Better days.

MATCH TASKS TO ENERGY

Do the right work at the right time.

- HIGH ENERGY**
Deep work, creativity, problem solving.
- MEDIUM ENERGY**
Meetings, collaboration, planning.
- LOW ENERGY**
Admin tasks, emails, organization.

★ Align your tasks. Protect your peak.

ENERGY DRAINERS TO ELIMINATE

- TOO MUCH TO DO**
Overcommitment leads to overwhelm.
- CONSTANT NOTIFICATIONS**
Distractions steal your focus.
- NEGATIVE PEOPLE**
Protect your energy. Choose wisely.
- PERFECTIONISM**
Done is better than perfect.
- LACK OF BOUNDARIES**
Say no to protect your time and energy.

✓ Remove what drains. Make space for what matters.

ENERGY RECOVERY MENU

- POWER NAP (10–20 min)**
Reset your body and mind.
- NATURE TIME**
Fresh air. New perspective.
- STRETCH & MOVE**
Release tension. Refill energy.
- QUIET TIME**
Read, reflect, or just be still.
- FUN & LAUGHTER**
Joy is fuel for your soul.

★ Recharge intentionally. Every day.

BUILD YOUR ENERGY PLAN

Design your day around your energy, not just your schedule.



✓ Plan with purpose. Perform with energy.

TODAY'S ENERGY CHECK-IN

Rate each area from 1 (low) to 10 (high).

SLEEP QUALITY	1	2	3	4	5	6	7	8	9	10
NUTRITION	1	2	3	4	5	6	7	8	9	10
PHYSICAL ACTIVITY	1	2	3	4	5	6	7	8	9	10
MENTAL CLARITY	1	2	3	4	5	6	7	8	9	10
OVERALL ENERGY	1	2	3	4	5	6	7	8	9	10

★ What gets measured gets managed.

ENERGY AFFIRMATIONS

- “
- I choose energy over exhaustion.
 - I take care of my body and mind.
 - I focus on what fuels me.
 - I protect my energy fiercely.
 - I have the energy to create the life I want.

✓ Affirm it. Believe it. Live it.

WEEKLY ENERGY ACTIONS

- ☐ I will go to bed 30 minutes earlier.
- ☐ I will move my body at least 4 times.
- ☐ I will plan my top 3 priorities.
- ☐ I will take breaks without guilt.
- ☐ I will unplug and be present.

★ Small actions. Consistent energy.

NOTES



THE TAKEAWAY

Time is fixed.
Energy is renewable.
Manage your energy,
and you'll master your time.

- ✓ **PROTECT YOUR ENERGY**
- ✓ **USE IT WITH PURPOSE**
- ✓ **REFUEL EVERY DAY**
- ✓ **LIVE YOUR BEST LIFE**





THE SUPPLEMENT REALITY AFTER 40

After 40, your body doesn't respond the way it used to. Recovery changes, muscle protein synthesis becomes less efficient, nutrient gaps are more common, and sleep, stress, and joint issues can affect performance. Supplements can help bridge the gaps and support your goals—but they don't replace the foundation.



1. WHY SUPPLEMENTS MATTER MORE AFTER 40



Muscle maintenance

Protein intake and muscle retention become more important with age.



Recovery support

Recovery can slow, making targeted support more useful.



Nutrient gaps

Low vitamin D, magnesium, fiber, and omega-3 intake are common.



Joint and bone support

Long-term training health matters more over time.

2. WHAT SUPPLEMENTS CAN DO

- ✓ Help fill nutritional gaps
- ✓ Support convenience and consistency
- ✓ Improve recovery and performance support
- ✓ Reinforce a good nutrition plan



3. WHAT SUPPLEMENTS CANNOT DO

- ✗ Replace a high-protein, nutrient-dense diet
- ✗ Fix poor sleep or chronic stress
- ✗ Outwork inconsistent training
- ✗ Make low-quality habits produce great results



4. THE FOUNDATION STILL COMES FIRST



Protein-rich meals



Strength training



Sleep and recovery



Daily movement



Hydration and whole foods

KEY TAKEAWAY



After 40, the best supplements are not magic pills—they are tools that support muscle, recovery, health, and consistency when the basics are already in place.



Use supplements wisely



Support the basics



Consistency wins



Health over hype



WHAT SUPPLEMENTS CAN AND CANNOT DO

Supplements can play a valuable role after 40 by supporting your health, filling nutritional gaps, and making it easier to stay consistent. But they are not shortcuts. True results come from training, nutrition, sleep, and daily habits—supplements simply enhance what you're already doing.



2. WHAT SUPPLEMENTS CAN DO

- ✓ Help fill nutritional gaps
- ✓ Improve convenience and consistency
- ✓ Support muscle recovery and performance
- ✓ Support joint, bone, heart, or sleep health when chosen well
- ✓ Reinforce an already solid nutrition plan

3. WHAT SUPPLEMENTS CANNOT DO

- ✗ Replace high-protein whole foods
- ✗ Outwork poor training and poor recovery
- ✗ Fix chronic stress or bad sleep habits
- ✗ Produce major results without consistency
- ✗ Make low-quality habits deliver high-quality outcomes

4. THE BASICS STILL COME FIRST



Protein-rich meals



Strength training



Sleep and recovery



Hydration



Daily movement



Consistency

5. WHEN SUPPLEMENTS HELP MOST



Busy schedule



Low appetite



Recovery support



Convenience on the go



Common nutrient gaps

6. KEY TAKEAWAY



After 40, supplements are tools—not magic. They work best when the fundamentals of training, nutrition, sleep, and consistency are already in place.



Support the basics



Fill the gaps



Stay consistent



Health over hype

PROTEIN POWDER: WHEY, CASEIN, AND PLANT-BASED OPTIONS

Protein powder is one of the easiest ways to increase protein intake after 40. It is not mandatory, but it can help you hit your daily goals more consistently—especially when appetite is low, schedules are busy, or recovery needs are higher.



A) WHEY PROTEIN

- ✓ Fast-digesting, complete protein
- ✓ Best for post-workout or convenient daily use
- ✓ Rich in leucine to support muscle protein synthesis
- ✓ Great for building or maintaining muscle



B) CASEIN PROTEIN

- ✓ Slow-digesting complete protein
- ✓ Best before bed or between long gaps without meals
- ✓ Supports overnight recovery and satiety
- ✓ Helpful when you want a slower release of amino acids



C) PLANT-BASED OPTIONS

- ✓ Good for dairy-free, vegan, or sensitive stomachs
- ✓ Best choices: pea/rice blends or other complete blends
- ✓ Can support muscle and recovery when total protein is adequate
- ✓ Look for blends with strong amino acid profiles

WHICH ONE IS BEST?



Choose whey if you want fast digestion and strong muscle-building support.



Choose casein if you want a slower-digesting option for recovery or appetite control.



Choose plant-based if you avoid dairy or prefer a plant-based lifestyle.

WHAT TO LOOK FOR ON THE LABEL

- ✓ 20–30g protein per serving
- ✓ Minimal added sugar
- ✓ Clear ingredient list
- ✓ Third-party testing when possible
- ✓ A product you digest well and will actually use consistently

WHEN PROTEIN POWDER HELPS MOST



Post-workout recovery



Busy mornings



Low appetite



Travel or workdays



Easy daily protein boost

KEY TAKEAWAY



The best protein powder is the one that fits your goals, digestion, and routine. Whey is great for convenience and muscle support, casein is useful for slower digestion, and plant-based blends can work very well when chosen carefully.



Support muscle



Hit your protein goal



Choose what fits



Consistency matters

CREATINE MONOHYDRATE FOR STRENGTH AND MUSCLE

Creatine monohydrate is one of the most researched and effective supplements for improving strength, training performance, muscle retention, and lean mass support.



WHY IT WORKS

- ✓ Helps regenerate ATP for high-intensity effort
- ✓ Supports strength and power output
- ✓ Can improve training volume and performance
- ✓ Helps support muscle maintenance after 40



WHO BENEFITS MOST

- ✓ Adults over 40 strength training regularly
- ✓ People wanting better performance and muscle retention
- ✓ Vegetarians or people with lower dietary creatine intake
- ✓ Busy adults looking for a simple, evidence-based supplement



HOW TO TAKE IT

- ✓ 3–5 grams daily
- ✓ Take anytime, consistently each day
- ✓ Loading phase is optional (not required)
- ✓ Mix with water or a protein shake for convenience



COMMON MYTHS

- | | |
|------------------------------------|--|
| ✗ Creatine is a steroid. | False. Creatine is a naturally occurring compound. |
| ✗ It causes bloating or fat gain. | Mild water retention can occur inside muscle cells, not fat cells. |
| ✗ It's only for bodybuilders. | Creatine supports performance, strength, and muscle at any age. |
| ✗ It's not safe for long-term use. | Safe for most healthy adults when used appropriately. |
| ✗ Timing matters most. | Consistency daily matters more than timing. |



KEY TAKEAWAY



Creatine monohydrate is one of the simplest and most effective supplements for supporting strength, muscle, and training performance after 40.



Support strength



Train harder



Maintain muscle



Simple daily dose

OMEGA-3s FOR HEART, JOINT, AND INFLAMMATION SUPPORT

After 40, omega-3 fats can be a valuable addition for supporting heart health, joint comfort, recovery, and healthy inflammation balance. They are especially useful when intake of fatty fish is low.



 WHY OMEGA-3s MATTER - Support heart and cardiovascular health - Help manage inflammation balance - May support joint comfort and mobility - Support brain and overall healthy aging	 THE MAIN TYPES EPA: especially useful for inflammation and heart support DHA: important for brain, eyes, and overall health Fish oil: common source of EPA and DHA Algae oil: plant-based source of DHA and sometimes EPA	 WHO BENEFITS MOST - Adults over 40 who eat little fatty fish - People wanting heart-health support - Those with stiff or achy joints from training or aging - Busy adults who want simple daily nutritional support
 HOW TO TAKE IT - Typical daily combined EPA + DHA intake: around 1,000–2,000 mg - Take with meals for better tolerance - Choose quality-tested products - Consistency matters more than perfect timing	 WHAT TO LOOK FOR - Clear EPA and DHA amounts listed on the label - Third-party testing when possible - Freshness and good quality control - A form you'll use consistently	 KEY TAKEAWAY  Omega-3s are not magic, but they can be a smart, evidence-based tool for supporting heart health, joint comfort, and healthy inflammation after 40—especially when paired with solid nutrition and training habits.

VITAMIN D3 AND K2 FOR BONE AND HORMONE SUPPORT

After 40, vitamin D3 and K2 can be helpful for supporting strong bones, proper calcium utilization, immune function, and overall wellness—especially when vitamin D levels are low or sun exposure is limited.



WHY THEY MATTER

- ✓ Vitamin D supports bone, immune, and muscle health
- ✓ K2 helps direct calcium where it belongs
- ✓ Helpful when sun exposure is low or lab levels are low
- ✓ Can support healthy aging foundations after 40



WHAT EACH ONE DOES

- ✓ **Vitamin D3:** supports calcium absorption, immune function, and muscle function
- ✓ **Vitamin K2:** supports calcium placement in bones and works alongside vitamin D
- ✓ They are often paired for bone-support goals



WHO BENEFITS MOST

- ✓ Adults over 40 concerned about bone health
- ✓ People with limited sun exposure
- ✓ Those with low vitamin D intake or low blood levels
- ✓ Busy adults wanting simple foundational support



HOW TO TAKE THEM

- ✓ Take consistently, often with a meal containing fat
- ✓ D3 amount depends on individual needs and lab work
- ✓ K2 is commonly paired with D3 in bone-support formulas
- ✓ Follow product directions and discuss with a clinician if unsure



WHAT TO LOOK FOR

- ✓ Clear D3 dosage on label
- ✓ K2 form clearly listed
- ✓ Quality-tested products
- ✓ A routine you can follow consistently



KEY TAKEAWAY



Vitamin D3 and K2 are not miracle supplements, but they can be smart foundational tools for bone support and healthy aging after 40—especially when paired with good nutrition, strength training, and appropriate medical guidance.



Bone support



Daily foundation



Healthy aging



Smart pairing

MAGNESIUM FOR SLEEP, RECOVERY, AND MUSCLE FUNCTION

After 40, magnesium can be a valuable tool for supporting sleep quality, muscle function, recovery, and overall stress balance. Many adults fall short on magnesium intake, making smart supplementation helpful when diet, sleep, or recovery needs are not ideal.



1. WHY IT MATTERS

- Supports muscle contraction and relaxation
- Helps support sleep quality and nervous system balance
- Can assist recovery and overall stress management
- Useful when dietary magnesium intake is low



2. WHAT IT MAY HELP SUPPORT

- Sleep and relaxation
- Muscle function and cramp reduction support
- Recovery and training readiness
- General daily wellness after 40



3. WHO BENEFITS MOST

- Adults over 40 with poor sleep or high stress
- People training regularly and prioritizing recovery
- Those with low magnesium-rich food intake
- Busy adults wanting simple foundational support



4. COMMON FORMS

- Magnesium glycinate: often chosen for sleep and calm support
- Magnesium citrate: commonly used, but may be less gentle for some people
- Magnesium malate: sometimes chosen for daily wellness and muscle support
- Magnesium oxide: less ideal for absorption compared with other forms



5. HOW TO TAKE IT

- Often taken in the evening or before bed
- Follow product directions for dosage
- Start simple and stay consistent
- If unsure, discuss with a healthcare professional



6. WHAT TO LOOK FOR

- Clearly labeled magnesium form
- Reasonable dosage and simple ingredient list
- Quality-tested products when possible
- A form you tolerate well and will use consistently



7. KEY TAKEAWAY

Magnesium is not a magic fix, but it can be a smart, evidence-based support tool for sleep, recovery, muscle function, and overall wellness after 40—especially when paired with good nutrition, hydration, and training habits.



Better sleep



Recovery support



Muscle function



Daily wellness



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ELECTROLYTES AND HYDRATION SUPPORT

Hydration is more than water. Electrolytes are minerals that help your body maintain fluid balance, support nerve function, power muscles, and prevent fatigue and cramps.



Pro Tip: Don't wait until you feel thirsty. By then, you're already dehydrated.

KEY ELECTROLYTES AND THEIR ROLES

Na	SODIUM Regulates fluid balance, supports nerve signals and muscle contractions.	Main Sources: Salt, broth, electrolyte drinks
K	POTASSIUM Supports heart function, muscle contractions, and fluid balance.	Main Sources: Potatoes, bananas, avocados, spinach
Mg	MAGNESIUM Aids muscle relaxation, nerve function, and energy production.	Main Sources: Nuts, seeds, leafy greens, magnesium supplements
Ca	CALCIUM Critical for muscle function, nerve signaling, and bone health.	Main Sources: Dairy, leafy greens, fortified foods
Cl	CHLORIDE Works with sodium to maintain fluid balance and stomach acid.	Main Sources: Salt, tomatoes, celery, olives

SIGNS YOU MAY BE LOW ON ELECTROLYTES



Muscle cramps or spasms



Poor exercise performance



Headaches



Brain fog



Fatigue or low energy



Rapid heartbeat



Dizziness or lightheadedness



Dark yellow urine

HOW MUCH DO YOU NEED?

Needs vary based on sweat rate, activity, climate, and diet. Use this as a general daily guide:

Na

SODIUM

1,500–2,300 mg

K

POTASSIUM

3,000–4,700 mg

Mg

MAGNESIUM

300–400 mg

Ca

CALCIUM

1,000 mg

Cl

CHLORIDE

2,300 mg

If you sweat heavily, you may need more sodium and potassium.

BEST WAYS TO STAY HYDRATED

- ✓ Drink water consistently throughout the day.
- ✓ Add electrolytes—especially around workouts or in heat.
- ✓ Include whole foods rich in minerals.
- ✓ Monitor urine color: pale yellow is optimal.
- ✓ Adjust intake based on sweat, activity, and environment.

★ **Simple DIY Electrolyte Drink**
16–24 oz water + pinch of sea salt + squeeze of lemon/lime + 1/4 tsp potassium salt (lite salt) + optional: magnesium glycinate (100–200 mg)

ELECTROLYTES: FOOD SOURCES

Na

SODIUM

- Sea salt
- Broth
- Pickles
- Olives
- Cheese

K

POTASSIUM

- Bananas
- Potatoes
- Avocados
- Spinach
- Sweet potatoes
- Beans

Mg

MAGNESIUM

- Almonds
- Pumpkin seeds
- Spinach
- Black beans
- Dark chocolate (70%+ cacao)

Ca

CALCIUM

- Dairy (milk, yogurt, cheese)
- Sardines
- Kale
- Tofu
- Almonds

Cl

CHLORIDE

- Sea salt
- Tomatoes
- Celery
- Olives
- Lettuce

SUPPLEMENT CONSIDERATIONS

- ✓ Electrolyte powders or capsules can be helpful—look for products with all key minerals, not just sodium.
- ✓ Avoid products with excessive sugar or artificial ingredients.
- i If you have high blood pressure, kidney disease, or are on medication, consult your doctor.



WHO NEEDS EXTRA ATTENTION?

- Endurance athletes or heavy sweaters
- People in hot climates
- Low-carb or keto dieters
- Older adults (thirst sensation declines with age)
- Anyone with cramping, fatigue, or frequent headaches



THE TAKEAWAY

Electrolytes keep your body hydrated, your muscles working, and your energy steady. Balance is performance.



HYDRATE

Drink consistently.



BALANCE

Replace what you lose.



PERFORM

Fuel your activity.



RECOVER

Support every system.



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COLLAGEN, TENDONS, JOINTS, AND CONNECTIVE TISSUE

Collagen plays a key role in the structure and strength of your joints, tendons, ligaments, and other connective tissues. As we age, natural collagen production declines, which can impact tissue resilience and recovery. Collagen supplementation may help support your connective tissue goals, joint comfort, tendon support, and overall recovery—especially when combined with strength training, adequate protein intake, and consistent healthy habits.



1. WHY IT MATTERS

- Tendons, ligaments, cartilage, and connective tissue recovery matter more with age.
- Joint comfort and tissue resilience support long-term training and an active lifestyle.



2. WHAT COLLAGEN MAY HELP SUPPORT

- Joint comfort
- Connective tissue support
- Tendon and ligament support
- Skin and tissue structure
- Recovery foundations



3. WHO BENEFITS MOST

- Adults over 40
- Active people with high training volume
- People focused on joint support
- Those wanting simple connective tissue support



4. HOW TO TAKE IT

- Collagen peptides are commonly used daily.
- Often paired with vitamin C.
- Consistency matters more than perfect timing.
- Use product directions.



5. WHAT TO LOOK FOR

- Collagen peptides or hydrolyzed collagen
- Simple ingredient list
- Quality-tested product
- A product you tolerate and will use consistently



6. IMPORTANT NOTE

- Collagen is supportive but not a magic fix.
- It works best alongside adequate total protein, smart training, sleep, and recovery.



7. KEY TAKEAWAY

Collagen can be a useful supportive tool for connective tissue and joint goals after 40 when paired with strong fundamentals.



Joint support



Connective tissue



Recovery



Consistency



Long-term training

FIBER, GUT HEALTH, AND DIGESTIVE SUPPORT

After 40, fiber intake often falls short and digestion can become less efficient. Smart fiber habits—and, when appropriate, quality supplements—can support gut health, regularity, fullness, blood sugar balance, and overall digestive wellness.



1. WHY IT MATTERS

Supports regularity, fullness, gut microbiome health, blood sugar balance, and heart-health foundations.



2. WHAT FIBER DOES

- Soluble fiber helps with fullness and cholesterol support.
- Insoluble fiber helps with regularity and bowel movement support.
- Prebiotic fibers help feed beneficial gut bacteria.



3. WHO BENEFITS MOST

Adults over 40 with low produce/whole-food intake, irregular digestion, low satiety, or those wanting better gut-health foundations.



4. FOOD FIRST

Fiber-rich whole foods: oats, beans, lentils, berries, chia seeds, flax, vegetables, apples, and whole grains.



5. SUPPLEMENT OPTIONS

Examples: psyllium husk, inulin, partially hydrolyzed guar gum, or blended fiber formulas. Start slow and increase gradually.



6. WHAT TO LOOK FOR

Clear label, simple ingredients, tolerated well, adequate hydration, consistency over perfection.



7. KEY TAKEAWAY

Fiber can be a smart supportive tool for gut health and digestion after 40, but it works best alongside whole foods, hydration, and consistent habits.



Gut health



Regularity



Fullness



Whole foods



Consistency

SLEEP SUPPORT SUPPLEMENTS: WHAT HELPS AND WHAT TO AVOID

After 40, sleep quality often becomes more important—and sometimes more challenging. The right supplements may support relaxation and sleep quality, but they work best alongside good sleep habits and are not a replacement for lifestyle foundations.



1. WHY IT MATTERS

- Sleep quality affects recovery, hormones, stress balance, and daily energy
- Adults over 40 often deal with lighter sleep, stress, or schedule disruption
- Smart support can be helpful when paired with strong sleep habits



2. WHAT MAY HELP

- Magnesium glycinate: often chosen for relaxation and sleep support
- Glycine: may support calming and sleep quality
- L-theanine: may help calm the mind without heavy sedation
- Melatonin: can be useful for short-term timing support, especially travel or schedule shifts



3. WHAT TO AVOID OR USE CAREFULLY

- Megadoses or stacking too many sleep products at once
- Relying on supplements while ignoring caffeine, stress, screens, or poor sleep routines
- Using products with unclear labeling or too many stimulant-like blends
- Taking sleep aids without considering medications or medical issues



4. WHO BENEFITS MOST

- Adults over 40 with occasional trouble winding down
- Busy adults with high stress and inconsistent sleep schedules
- People wanting simple, foundational sleep support



5. HOW TO TAKE THEM

- Start simple and use one product at a time
- Use products as directed and close to the intended routine
- Consistency matters more than chasing perfect timing
- If unsure, discuss with a healthcare professional



6. WHAT TO LOOK FOR

- Clearly labeled ingredients and doses
- Quality-tested products when possible
- Simple formulas you tolerate well
- A routine you can follow consistently



7. KEY TAKEAWAY

Sleep support supplements can be helpful tools, but the real foundation is a strong evening routine, lower caffeine late in the day, stress management, and consistent sleep habits.



Sleep quality



Recovery



Calm support



Consistency



Healthy habits



MORE ESSENTIAL SUPPLEMENTS FOR LONG-TERM HEALTH

The right supplements can support your foundation, fill gaps, and help you perform, recover, and feel your best—every day.



COLLAGEN: TENDONS, JOINTS, & CONNECTIVE TISSUE

WHY IT MATTERS

Collagen is the most abundant protein in your body and a key component of skin, tendons, ligaments, cartilage, and bones.

BENEFITS

- Supports joint comfort and mobility
- Promotes tendon and ligament strength
- Improves skin elasticity and hydration
- Supports bone health
- May aid recovery from injury and training

BEST TYPES

Hydrolyzed Collagen Peptides (Types I & III) – Most researched and easiest to absorb.
Undenatured Type II Collagen – Best for joint and cartilage support.

HOW TO TAKE IT

- 10–15 g per day
- Anytime of day (consistency matters)

STACK IT WITH

- Vitamin C
- HAAC
- Hyaluronic Acid
- Silica

PRO TIP: Pair with resistance training for best results on tendons and joints.

FIBER: GUT HEALTH & DIGESTIVE SUPPORT

WHY FIBER?

Fiber feeds your gut bacteria, supports regular bowel movements, and promotes overall digestive and metabolic health.

BENEFITS

- Supports healthy digestion and regularity
- Feeds beneficial gut bacteria
- Supports blood sugar and cholesterol levels
- Increases satiety and supports weight management
- Supports immune health

TYPES OF FIBER

Soluble Fiber – Dissolves in water, helps lower cholesterol and stabilize blood sugar.
Sources: oats, chia, psyllium, fruits, beans
Insoluble Fiber – Adds bulk, helps food move through the digestive system.
Sources: vegetables, whole grains, nuts, seeds

HOW MUCH DO YOU NEED?

Aim for 25–35 g of fiber per day from a mix of foods and supplements.

BEST SUPPLEMENT FORMS

- Psyllium Husk (soluble)
- Inulin or Acacia Fiber (prebiotic)
- PHGG (gentle on digestion)
- Partially Hydrolyzed Guar Gum

TIP: Increase gradually and drink plenty of water.

SLEEP SUPPORT SUPPLEMENTS: WHAT HELPS & WHAT TO AVOID

WHAT CAN HELP

- Magnesium Glycinate**
Supports relaxation and improves sleep quality.
- Glycine**
Promotes deeper sleep and reduces core body temperature.
- L-Theanine**
Calms the mind without causing drowsiness.
- Apigenin**
A plant compound that may promote sleepiness.
- Melatonin (low dose)**
Helps regulate sleep-wake cycle (use short term or as needed).

GOOD SLEEP HABITS MATTER TOO

- ✓ Keep a consistent sleep schedule
- ✓ Limit caffeine after noon
- ✓ Avoid screens 60–90 min before bed
- ✓ Keep your room cool, dark, and quiet
- ✓ Get morning sunlight and exercise during the day

WHAT TO AVOID

- ✗ High doses of melatonin (> 3 mg)
- ✗ Sedating antihistamine sleep aids (long-term use)
- ✗ Alcohol before bed
- ✗ Caffeine late in the day
- ✗ Over-reliance on any single supplement

TIP: Good sleep is the ultimate performance enhancer.

SUPPLEMENTS THAT ARE USUALLY NOT WORTH IT

THESE SUPPLEMENTS ARE OFTEN OVERHYPED, OVERPRICED, AND LACK STRONG EVIDENCE FOR MOST PEOPLE.

- | | |
|--|--|
| Testosterone Boosters (Over-the-Counter) | Little to no impact if your hormones are healthy. |
| Fat Burners / Thermogenics | Minimal long-term effect. Focus on diet and training. |
| Detox Teas & Cleanses | Your liver and kidneys already detox your body. |
| BCAAs (if you eat enough protein) | Not necessary if total protein intake is adequate. |
| Pre-Workout (if sensitive to stimulants) | Stimulants can hurt sleep, anxiety, and long-term health. |
| Expensive Greens Powders | Eat real vegetables howders. Similar benefits at a fraction of the cost. |
| Most Energy / Focus Pills | Often just caffeine with a big price tag. |

FOCUS ON THE BASICS: Nutrition, training, sleep, stress management, and the right foundational supplements.

THE FOUNDATION ALWAYS COMES FIRST

NUTRITION

TRAINING

SLEEP

STRESS MANAGEMENT

CONSISTENCY

Supplements Supplement the foundation—never replace it.



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SAFETY, MEDICATIONS, BLOODWORK, AND SMART USE

Supplements can support your health—but safety comes first. Use them wisely, stay informed, and work with your healthcare provider to get the best results.



1. SAFETY FIRST



Supplements are not regulated like medications.



Choose high-quality products from trusted brands.



Follow recommended doses—more is not always better.



Be cautious with new or high-dose supplements.



Stop use and consult a professional if you experience adverse effects.



TIP: Introduce one new supplement at a time so you can identify what works—and what doesn't.

2. SUPPLEMENTS & MEDICATIONS: KNOW THE INTERACTIONS

SUPPLEMENT	POTENTIAL CONCERN
Fish Oil / Omega-3s	May increase bleeding risk with blood thinners (warfarin, aspirin, clopidogrel).
Vitamin K2	May interfere with blood thinners (warfarin).
St. John's Wort	Reduces effectiveness of many medications (birth control, antidepressants, immunosuppressants, and more).
Magnesium	Can reduce absorption of certain antibiotics and thyroid medications—space doses by 2–4 hours.
Calcium	Can reduce absorption of some antibiotics and thyroid medications—space doses by 2–4 hours.
Iron	Can interact with thyroid meds, antibiotics, and reduce absorption of other minerals.
Grapefruit Extract	Can affect how your body metabolizes many medications.



ALWAYS tell your healthcare provider about all supplements you take.

3. ESSENTIAL BLOODWORK TO TRACK YOUR HEALTH



General Health

- CBC, CMP, Lipid Panel, A1C



Nutrient Status

- Vitamin D (25-OH)
- Vitamin B12
- Folate
- Ferritin & Iron Panel
- Magnesium (RBC preferred)
- Zinc, Copper



Hormone Health

- TSH, Free T3, Free T4
- Total Testosterone
- Estradiol, Progesterone



Inflammation & Metabolic Health

- hs-CRP
- Fasting Insulin
- Homocysteine



TIP: Your results help guide supplementation, dosage, and what to avoid.

4. SMART SUPPLEMENT STRATEGY



Start with a plan, not a pantry.



Focus on 1–3 core supplements that match your goals and bloodwork.



Give each supplement 4–12 weeks to evaluate results.



Track how you feel, your performance, and your labs.



Adjust based on progress—not trends.



TIP: Personalized > Popular. What works for someone else might not be right for you.

5. WHO NEEDS EXTRA CAUTION?



Pregnant or breastfeeding women



Children and adolescents



Older adults (polypharmacy risk)



People with chronic conditions (kidney, liver, heart disease, etc.)



Anyone preparing for surgery (stop certain supplements 1–2 weeks prior)



TIP: When in doubt, ask your healthcare provider.

6. GENERAL SAFETY GUIDELINES



Follow recommended serving sizes.

Higher doses may increase risk without adding benefit.



Be aware of contamination.

Look for third-party testing (NSF, USP, ConsumerLab, Informed Choice).



Read labels carefully.

Watch for proprietary blends, hidden stimulants, and allergens.



Store supplements properly.

Keep in a cool, dry place away from sunlight.



Reassess regularly.

Your needs change with age, stress, training, and lifestyle.



Supplements work best when combined with a solid foundation:
Nutritious food • Quality sleep • Regular training • Stress management • Hydration

THE BOTTOM LINE

- ✓ Prioritize safety.
- ✓ Use quality products.
- ✓ Check for interactions.
- ✓ Track with bloodwork.
- ✓ Personalize your plan.
- ✓ Work with professionals.

Smart use today leads to better health for years to come.





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THE SIMPLE DAILY SUPPLEMENT STACK

Evidence-based essentials to support your health, performance, and longevity. Keep it simple. Stay consistent. Get results.



THE CORE DAILY STACK: 5 EVERYDAY ESSENTIALS

1 OMEGA-3 (FISH OIL) Supports heart, brain, joints, and reduces inflammation. KEY BENEFITS ✓ Heart & cardiovascular health ✓ Brain function & mood ✓ Joint comfort ✓ Supports healthy inflammation HOW MUCH 1–2 g EPA + DHA daily with food	2 VITAMIN D3 + K2 Supports bone strength, immune function, mood, and hormone health. KEY BENEFITS ✓ Improves calcium absorption ✓ Supports immune system ✓ Bone & teeth health ✓ Supports hormone balance HOW MUCH D3: 1,000–4,000 IU K2 (MK-7): 90–120 mcg daily with a meal	3 MAGNESIUM (GLYCINATE) Supports sleep quality, muscle function, recovery, and stress management. KEY BENEFITS ✓ Better sleep & relaxation ✓ Muscle & nerve function ✓ Reduces cramps ✓ Supports recovery HOW MUCH 200–400 mg in the evening	4 DAILY MULTIVITAMIN Fills nutritional gaps and supports overall health and performance. KEY BENEFITS ✓ Nutritional coverage ✓ Energy production ✓ Immune support ✓ Overall wellness HOW MUCH 1 serving daily with food	5 PROBIOTIC Supports gut health, digestion, immunity, and nutrient absorption. KEY BENEFITS ✓ Improves digestion ✓ Supports immune health ✓ Promotes healthy gut bacteria ✓ Reduces bloating HOW MUCH 10–20 billion CFU daily (varies by strain)
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OPTIONAL ADD-ONS (BASED ON YOUR GOALS)		
	COLLAGEN PEPTIDES Supports joints, skin, tendons, and connective tissue.	10–15 g daily
	CREATINE MONOHYDRATE Supports strength, power, muscle, and brain health.	3–5 g daily
	ELECTROLYTES Supports hydration, performance, and muscle function.	As needed daily
	FIBER (PSYLLIUM HUSK) Supports digestion, regularity, and gut health.	5–10 g daily
	ZINC Supports immune function, hormones, and recovery.	15–30 mg daily

SAMPLE DAILY ROUTINE		
	MORNING Omega-3, Vitamin D3 + K2, Multivitamin, Probiotic	With breakfast
	AFTERNOON Electrolytes (as needed)	With or between meals
	EVENING Magnesium (Glycinate)	30–60 min before bed

CONSISTENCY IS EVERYTHING.
Supplements work best over time. Stay consistent, eat well, train hard, sleep well, and stress less.

THE FOUNDATION NEVER CHANGES

NUTRITION Eat real, whole foods most of the time.	TRAINING Build strength, move daily.	SLEEP 7–9 hours every night.	STRESS MANAGEMENT Manage stress, mind & recovery.	HYDRATION Drink water consistently.	CONSISTENCY Small daily habits lead to big results.
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YOU'VE GOT THIS.

Small habits. Big results.

Stay consistent. Stay strong.

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SUPPLEMENT
TIMING GUIDE

The right supplement at the right time = better results.
Use this guide to support your energy, performance, recovery, sleep, and overall health.

RIGHT SUPPLEMENT
+
RIGHT TIME
=
BETTER RESULTS

TAKE SUPPLEMENTS WHEN YOUR BODY CAN USE THEM BEST

MORNING
With Breakfast

- Vitamin D3 + K2
- Omega-3 (Fish Oil)
- Daily Multivitamin
- Probiotic
- B-Complex (energy)
- CoQ10 (fat soluble)

WHY?
Supports energy, mood, immunity, and sets the tone for your day.

LATE MORNING
Between Meals

- Vitamin C
- Iron (if prescribed)
- Adaptogens (Ashwagandha, Rhodiola)
- L-Theanine (for focus)

WHY?
Better absorption away from competing nutrients; supports focus & stress management.

PRE-WORKOUT
30-60 Minutes Before

- Caffeine
- L-Citrulline / Arginine
- Beta-Alanine
- Creatine (optional)
- Electrolytes

WHY?
Boosts energy, focus, blood flow, endurance, and performance.

POST-WORKOUT
Within 30-60 Minutes

- Whey Protein
- Creatine
- Carbs (if needed)
- Electrolytes
- Glutamine (optional)

WHY?
Supports muscle recovery, replenishes glycogen, and rehydrates.

EVENING
With Dinner

- Magnesium (Glycinate)
- Zinc
- Calcium
- Omega-3 (2nd dose)
- Fiber (Psyllium Husk)

WHY?
Supports relaxation, recovery, digestion, and overnight restore.

BEDTIME
30-60 Minutes Before Bed

- Magnesium (Glycinate)
- L-Theanine
- Glycine
- Melatonin (low dose)
- Casein Protein (optional)

WHY?
Promotes deep sleep, relaxation, and overnight muscle recovery.

GENERAL TIMING TIPS

- Be consistent. Routine > perfection.
- Fat-soluble vitamins (A, D, E, K) with a meal containing healthy fat.
- Probiotics on an empty stomach or before a meal.
- Stay hydrated all day. Water improves absorption.
- Track how you feel and adjust as needed.

WHAT TO AVOID

- Caffeine late in the day – can disrupt sleep.
- Iron, calcium, magnesium, zinc together – compete for absorption.
- Too many supplements at once – space them out.
- Taking supplements on an empty stomach if they cause nausea.
- Expecting instant results – consistency is key!

QUICK REFERENCE CHART

Goal	Best Time
Energy & Focus	Morning
Performance	Pre-Workout
Muscle Growth	Post-Workout
Stress Support	Morning / Afternoon
Sleep & Recovery	Evening / Bedtime
Gut Health	Morning (Probiotic) Evening (Fiber)
Overall Health	Morning & With Meals

THE BOTTOM LINE

Right Supplement

Right Time

Right Consistency

Better Results

Use this guide as a starting point and personalize based on your body, lifestyle, and health goals.

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RIGHT SUPPLEMENT + RIGHT TIME = BETTER RESULTS

TAKE SUPPLEMENTS WHEN YOUR BODY CAN USE THEM BEST

MORNING

With Breakfast

Vitamin D3 + K2

Omega-3 (Fish Oil)

Daily Multivitamin

Probiotic

B-Complex (energy)

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30-60 Minutes Before

Caffeine

L-Citrulline / Arginine

Beta-Alanine

Creatine (optional)

Electrolytes

WHY?

Boosts energy, focus, blood flow, endurance, and performance.

POST-WORKOUT

Within 30-60 Minutes

Whey Protein

Creatine

Carbs (if needed)

Electrolytes

Glutamine (optional)

WHY?

Supports muscle recovery, replenishes glycogen, and rehydrates.

EVENING

With Dinner

Magnesium (Glycinate)

Zinc

Calcium

Omega-3 (2nd dose)

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Right Time

Right Consistency

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WHAT'S NEXT?

Guide 14: Building Your Personal Supplement Plan

→

Your Brand

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YOU'VE GOT THIS.

Small habits. Big results.

Stay consistent. Stay strong.



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30-DAY SUPPLEMENT IMPLEMENTATION PLAN

A simple, step-by-step plan to build your foundation, assess how you feel, and make smart adjustments.



THE GOAL

Build a consistent routine, support your health goals, and optimize how you feel and perform.



BUILD A STRONG FOUNDATION

Give your body the basics it needs.



BE CONSISTENT

Daily habits create long-term results.



ASSESS & ADAPT

Track progress and fine-tune as needed.



FOCUS ON THE BASICS

Simple > complex.
Perfect > progress.



INVEST IN YOUR HEALTH

Small daily actions, big long-term returns.

WEEK 1 DAYS 1-7

BUILD THE FOUNDATION

Establish your core routine with the essentials.

FOCUS

- ✓ Start core 5 essentials
- ✓ Take consistently every day
- ✓ Build the habit
- ✓ Hydrate & eat whole foods
- ✓ Get baseline measurements (energy, sleep, mood, digestion)

CORE STACK

- 🐟 Omega-3 (Fish Oil)
- ☀️ Vitamin D3 + K2
- 🌿 Magnesium (Glycinate)
- 📅 Daily Multivitamin
- 🦠 Probiotic

ACTION STEP

- 📅 Set a daily reminder and link your supplements to an existing habit (e.g., breakfast or bedtime).

WEEK 2 DAYS 8-14

SUPPORT YOUR GOALS

Add targeted supplements based on your priorities.

FOCUS

- ✓ Add 1-2 targeted supplements
- ✓ Support energy, performance, recovery, or sleep
- ✓ Continue core stack
- ✓ Monitor how you feel

EXAMPLES (CHOOSE 1-2)

- 💪 Creatine – strength, muscle
- 💧 Electrolytes – hydration, performance
- 🦴 Collagen – joints, skin, recovery
- 🌾 Fiber – gut health, regularity
- 🧠 L-Theanine – focus, stress

ACTION STEP

- 📅 Add one supplement at a time. Give it 3-7 days before adding another.

WEEK 3 DAYS 15-21

OPTIMIZE & FINE-TUNE

Evaluate results and adjust based on what works.

FOCUS

- ✓ Evaluate benefits & any side effects
- ✓ Adjust doses or timing if needed
- ✓ Add or swap one targeted supplement if necessary
- ✓ Stay consistent
- ✓ Keep training, sleep, and nutrition dialed in

ASSESS YOUR PROGRESS

- 🌟 Energy levels
- 🌙 Sleep quality
- 💪 Workout performance
- 🦠 Recovery & soreness
- 🌾 Digestion & regularity
- 🧠 Mood & focus

ACTION STEP

- 📅 Use your progress tracker (see below) and make 1 adjustment this week.

WEEK 4 DAYS 22-30

LOCK IT IN & LEVEL UP

Solidify your routine and plan for long-term success.

FOCUS

- ✓ Lock in your ideal stack
- ✓ Fine-tune doses and timing
- ✓ Plan for long-term consistency
- ✓ Consider bloodwork (if not done yet)
- ✓ Celebrate progress!

PLAN AHEAD

- 🔥 Keep what's working
- 🗑️ Eliminate what's not
- 📅 Stay consistent
- 🔄 Re-evaluate in 4-8 weeks

ACTION STEP

- 📅 Create your long-term stack and set a 90-day plan to keep momentum going.

DAILY SUPPLEMENT TRACKER

SUPPLEMENT	1	5	10	15	20	25	30	NOTES
🐟 Omega-3 (Fish Oil)	☐	☐	☐	☐	☐	☐	☐	
☀️ Vitamin D3 + K2	☐	☐	☐	☐	☐	☐	☐	
🌿 Magnesium (Glycinate)	☐	☐	☐	☐	☐	☐	☐	
📅 Daily Multivitamin	☐	☐	☐	☐	☐	☐	☐	
🦠 Probiotic	☐	☐	☐	☐	☐	☐	☐	
🎯 Targeted #1	☐	☐	☐	☐	☐	☐	☐	
🎯 Targeted #2	☐	☐	☐	☐	☐	☐	☐	

HOW TO EVALUATE

Rate each area 1-5 (1 = Poor, 5 = Excellent)

🌟 Energy	1	2	3	4	5
🌙 Sleep	1	2	3	4	5
💪 Performance	1	2	3	4	5
🦠 Recovery	1	2	3	4	5
🌾 Digestion	1	2	3	4	5
🧠 Mood / Focus	1	2	3	4	5

Track weekly and look for positive trends.

WHEN TO GET BLOODWORK

Consider labs at the start (baseline) and after 8-12 weeks to measure impact.

KEY TESTS TO CONSIDER

- ✓ CBC
- ✓ Vitamin D (25-OH)
- ✓ Vitamin B12
- ✓ Ferritin (Iron)
- ✓ Magnesium (RBC)
- ✓ Lipid Panel
- ✓ CMP
- ✓ Thyroid Panel (TSH, Free T3, Free T4)
- ✓ Testosterone (Total)
- ✓ hs-CRP
- ✓ HbA1c



TIP: Work with your healthcare provider to interpret your results.

SUCCESS PRINCIPLES



CONSISTENCY
> PERFECTION



PROGRESS
OVER TIME



KEEP IT
SIMPLE



LISTEN TO
YOUR BODY



FOCUS ON WHAT
YOU CAN CONTROL

POTENTIAL TIMELINE OF RESULTS



1-7 Days

More consistent energy, better hydration, improved digestion



1-2 Weeks

Better sleep, improved focus, less bloating



2-4 Weeks

Better recovery, performance, mood, and overall well-being



4-8+ Weeks

Visible changes in body composition, strength, and long-term health markers

WHAT TO AVOID

- ✗ Adding too many supplements at once
- ✗ Expecting instant results
- ✗ Inconsistent use
- ✗ Ignoring sleep, nutrition, and training
- ✗ Following trends instead of your goals





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CLOSING

YOU'VE TAKEN THE FIRST STEP.
NOW STAY CONSISTENT AND KEEP BUILDING.

Supplements are powerful tools—but lasting results come from the daily choices you make. You've got the knowledge. You've got the plan. Now it's about showing up for yourself.



KEY TAKEAWAYS



START SIMPLE

A few core supplements done consistently will outperform a complex plan you can't stick to.



TIMING MATTERS

Take the right supplement at the right time to maximize benefits and minimize waste.



TRACK & ADAPT

Monitor your progress, listen to your body, and adjust as your needs change.



SAFETY FIRST

Check interactions, do your bloodwork, and work with a healthcare provider when needed.



SMALL HABITS BIG RESULTS

Daily habits create compounding results that transform your health and your life.



You don't need to be perfect.
You just need to be *consistent*.



THE FORMULA IS SIMPLE:

Good plan + Consistent action + Patience = Real results

YOUR COMMITMENT

Write it down. Own it. Live it.

My Top 3 Health Goals:

- 1
- 2
- 3

Why These Goals Matter to Me:

I Commit to Myself by:

- ☐ Following my daily supplement plan
- ☐ Staying consistent for at least 30 days
- ☐ Tracking my progress and adjusting as needed
- ☐ Taking care of my body, mind, and lifestyle

Signature: _____ Date: _____

YOUR 30-DAY COMMITMENT JOURNEY

Stay the course. One day at a time.

1	2	3	4	5	6	7	8	9
11	12	13	14	15	16	17	18	20
21	22	23	24	25	26	27	29	30

How I Will Feel When I Stay Consistent:

- More Energy
- Better Sleep
- Stronger Body
- Clearer Mind
- Better Health

MY WHY

When motivation fades, remember why you started.



THANK YOU

Thank you for trusting this guide to help you on your health journey.

You have everything you need to succeed.
Now go make it happen!

I'M HERE TO SUPPORT YOU



Have a question?
Reach out anytime.



More resources, guides,
and tips at:
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Let's keep connecting
and growing together!

YOU'VE GOT THIS. SMALL HABITS. BIG RESULTS. EXTRAORDINARY LIFE.



Focus on Progress
Not Perfection



Consistency
Creates Change



You're Investing in
Your Future Self



Keep Going.
Keep Winning.

Your best days
are ahead.