

# TIME FOR SUPPLEMENTS

THE BEST TIMES TO TAKE YOUR SUPPLEMENTS

**TIMING IS EVERYTHING**, especially when it comes to supplements. Taking certain supplements at certain times can make a huge difference in your fitness program (if you are eating well and exercising, of course).

## QUICK BOOST

For a quick energy boost, try a cup of Java Fit Energy Extreme coffee from Javalution. This pumped up special coffee contains added caffeine, niacin and green tea extract for a major pick-me-up. Plus, it's in liquid form for quick and maximum absorption.



## BEFORE A WORKOUT

The key goals here are to maximize exercise performance, boost energy, help mental focus and enhance hydration. Try Emergen-C from Alacer for key minerals and vitamin C to fight free radicals that are secondary to training. Also, a thermogenic energy boosting supplement like Hydroxycut or Redline may help. Be sure to drink lots of water.

## AFTER WORKOUT

You want to maximize exercise recovery at this time. Take one or two scoops of Whey protein drink, along with simple carbs and creatine. Taking alpha lipoic acid after the workout may help get nutrients into muscle tissue for optimal recovery.  
**Try:** 100% Gold Standard Whey from Optimum or Nectar from Syntrex



## BEFORE LUNCH



A blood sugar regulation product will keep insulin levels in check. You can also take alpha lipoic acid before lunch. Your lunch should include a high-quality protein and complex carbohydrates.  
**Try:** Quaker Oatmeal or Elite Oats from Dymatize

## AFTER LUNCH

Another dose of a good thermogenic, energy-boosting product can be useful at this time to get you through the rest of the day.  
**Try:** Lipo-6 and Redline



Rehan Jalali is President of the Supplement Research Foundation ([www.srf.com](http://www.srf.com)). He is a sports nutritionist and published scientific writer, columnist and author of The Six-Pack Diet Plan, available at Amazon.com.

## A PROTEIN-PACKED LUNCH

Eating too many carbohydrates for breakfast and lunch can leave you feeling drained by mid-afternoon. Whether you're planning to work out at the gym or just do your work at the office, protein is needed to sustain your energy levels, and Isopure meal replacement can help. Designed to help you make the most of your performance, Isopure is almost all protein, containing 50 grams of 100 percent pure ion whey protein isolate. The taste may take a little getting used to, but there are lots of flavors to choose from. At only 300 calories, 25 grams of carbohydrates and 0 grams of fat, it's a fair trade-off. — Carrie Anton



# PROS VS. CONS

## CAFFEINE

Caffeine is a common start for many people at the beginning of their days, whether it's in the form of coffee, tea or even Mountain Dew. While this stimulant is best known for the boost it boasts, there are other advantages and disadvantages to consider before consuming this supplement.

### PROS

- + Is readily available in many forms and flavors.
- + Enhances alertness through increased blood flow to the brain.
- + Stimulates weight loss by speeding up metabolism and suppressing hunger.
- + Can improve physical performance for long-duration activities, such as biking, running and swimming.
- + Helps prevent diabetes by burning sugar and fat more effectively, as well as containing beneficial antioxidants and minerals.
- + Treats headaches by helping to constrict blood vessels.
- + Reduces exercise-related muscle soreness through the release of endorphins and hormones.

### CONS

- Raises blood pressure, which could be dangerous for those with heart problems.
- Can increase anxiety for those who suffer from panic and anxiety disorders.
- May lead to dehydration, since caffeine is a natural diuretic.
- Interrupts the sleep cycle depending on the time of day that caffeine is consumed.
- Causes the intestines to contract, which can lead to abdominal cramping and diarrhea.
- Increases stomach acid, causing acid reflux and heartburn.
- Leads to withdrawal when consumption is ceased.

— Carrie Anton

