WHAT ABOUT SUPPLEMENTS?

I often get asked about supplements, and the truth is that most aren't worth it unless you have all the basics totally dialed in - diet, exercise, sleep, hydration, and stress. Otherwise, it's like putting lipstick on a pig. Sorry for that analogy, but it's true. That said, some supplements can be beneficial even for those of us who are still working on the basics. This is a list of the supplements that I personally take - based on my own research and expert opinions that I trust. I included pictures of the ones I use.

CREATINE

One of the most extensively studied supplements for improving strength and developing muscles - proven to be safe and effective. For women focused on becoming more lean, it can help maintain muscle mass while in a calorie deficit and supports greater intensity during workouts. 5mg daily.

OMEGA-3 FISH OIL

Omega-3s reduce inflammation, support heart and brain health, and may improve insulin sensitivity and fat metabolism. The typical American diet is high in omega-6 (pro-inflammatory), so supplementing with omega-3s can help offset that. Aim for at least 500mg daily (and up to 6g) of EPA and DHA combined.

MULTIVITAMIN

Can be helpful to fill in certain micronutrient gaps which can happen when we eat in a calorie deficit or eat the same foods on repeat. The best is to eat a wide variety of animals and plants and not need to supplement with a MV. But if that's not happening every day, this serves as a nice nutritional insurance policy.

FIBER

Fiber wears so many hats! It helps with digestion and gut health, blood sugar control, appetite and hormone regulation; it influences energy levels, mood, immune function, and more! It also helps offset the constipation that often comes with high-protein diets. Aim for at least 25g daily (including dietary fiber).

JOINT SUPPORT

Research on joint supplements is mixed, but some people report less pain and better mobility, especially if they train hard (which we do!) or have existing joint issues. This one is not necessary, but could be helpful for some. I've used them for years for prevention. Worth trying if joint discomfort limits your workouts.

VITAMIN D3

Many Americans have low D3 given how much time we spend indoors. Vit-D3 supports immune health, mood regulation, and muscle function. Even if your levels are normal, you may still benefit. Research suggests that it can improve muscle strength, recovery, and performance. At least 2,000 IU (50mcg) daily.

MAGNESIUM

Magnesium supports hundreds of biochemical processes, including muscle function, sleep, stress regulation, and insulin sensitivity. Many women don't get enough from food, and deficiency can affect recovery, sleep, and energy levels. Magnesium glycinate is the form that helps with sleep/anxiety. 300-400mg nightly.

PRE-WORKOUT

Some people swear by them (me!) but not everyone needs them. Different ingredients provide different effects - like energy, focus, endurance, and reduced fatigue and soreness. Common ingredients are caffeine, L-theanine, citrulline, and beta-alanine (which causes the "tingles" that some love and some hate).