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PERFORM24 COMPLETE SUPPLEMENT GUIDE

Everyday Nutrition Playbook
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Perform24 Complete Supplement Guide

Some of the most frequent questions we get from our clients and athletes revolve around supplements. Many people are overwhelmed by the massive amount of information and stereotypes associated with supplements.

This guide is built to help you navigate common questions, provide you with a few quality recommendations, and give you resources to help you make informed decisions on what you put in your body.

This guide will teach you

- What the Top Three Supplements Are
- Recommended Top Three Supplements
- How to Identify Quality Supplements
- The Difference Between Whey (animal) and Plant Based Protein Powder
- Recommended Whey (animal) and Plant Based protein Supplement
- How to Analyze Any Supplement On The Market

Perform24 Top Three Supplements:

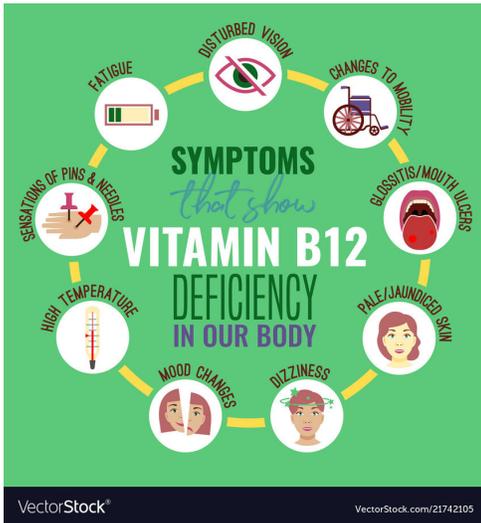
Omega 3's (DHA and EPA).

This can be found in **fish oil** or algae derived tablets, for vegans and vegetarians. The algae derived form helps you get the benefits of Omega-3's without the risks of **PCBs** and other pollutants [1]. There is research out suggesting **Omega-3's are great for fat loss** while maintaining muscle mass [2], **mental health**, and **brain development** and function in the short and long term [3].



The average North American gets only 300 mg of EPA and DHA per day, 1/3 of what is necessary for good health. [4]

Vitamin B12.



Most people do not get the recommended amount of Vitamin B12, therefore it is advised to consume at **least 2,500 mcg cyanocobalamin (B12) once each week, or at least 250 mcg daily of supplemental cyanocobalamin** [5]. Once every morning works great! (*That's what I do*)

The results of vitamin B12 deficiency can be devastating with cases of paralysis, psychosis, blindness, or even death [6]

Green Supplements.

Most people are missing out on vital nutrients simply because they don't know how to prepare them or incorporate them into their diet, *don't worry we cover that in the Everyday Nutrition Playbook*, so they are missing out on necessary vitamins and minerals.



Only 3% of men and 7% of women meet the minimum recommendation for fruits and veggies per day (3 to 5 servings a day) [4]

The reason I am recommending these 3 supplements, and only these, are because they are proven to work and cover all aspects of your diet. If you are interested in taking additional supplements consult with your doctor and visit the websites I attached below to ensure the supplements efficacy and any adverse effects that may occur from taking them.

How to Identify Quality Supplements:

The supplement industry thrives off branding. The number one way companies sell products is through customer first impressions.

As with most things once you cut through the smoke and mirrors you see that the claims these brands make may not be the most accurate. In addition, it can be a little more tricky due to the lack of regulation on U.S. supplements.

Tips & Tricks

First things first, **supplements are intended to supplement a diet not replace it.** For example, when choosing protein sources always opt for whole foods over powders, or when looking to increase your vegetable intake always choose whole vegetables over superfood green powders. These two supplements are excellent choices when you are in a bind for time, or are traveling and do not have access to whole foods at the moment (*I elaborate more on nutrition tips and tricks when traveling in Phase 2 of the Everyday Nutrition Playbook*), but should never replace whole foods.



Try to find supplements that you can pronounce the ingredients on the label. When it comes to putting something into your body I personally want to know what exactly it is, and what it does. The less chemicals you put into your body the better, and more often than not these extra added chemicals do more harm than good.

Look for a third party verification sticker. Try to find one of the logos I attached below on a supplement. These stickers mean is that the supplement complies with specific standards for safety, quality, or performance.



If you are an athlete be sure to **double check that the supplement you are taking is cleared by your governing body**, such as the NCAA or any professional sports organization (MLB, NBA, NFL, NHL, PGA, etc).

Differences Between Whey (animal) and Plant-Based Protein Powders:

Protein powder is one of the most commonly purchased supplements. With all of the different types of powders on the market it can be tough figuring out which one is best for you.

Below we break down the most common types of animal and plant protein powders and help you filter through which type is ideal for your body and goals.

Our aim is to help you make the best decision possible when buying protein.

Note: In Phase 2 of our Everyday Nutrition Playbook, we will discuss exactly what protein does in your body. You may be surprised to discover that protein serves more functions than simply building muscle. Additionally, in Phase 3, we cover the differences between plant and animal proteins and help you identify if one provides more benefits to you than the other.



Animal Proteins

	How It's Made	Fat to Protein Ratio	Absorption Rate	Benefits	Cost
Whey Protein Blend	Combination of different types of protein sources (Casein + Isolate, Concentrate + Isolate, etc).	Varies depending on the type of proteins included.	Moderate to fast	Aid's in muscle repair, strength, muscle mass and decrease in body fat [7]	\$
Whey Protein Concentrate	Adding special enzymes or acids to heated milk the separated liquid substance is the whey protein. This is then washed and dried to be used as powder in supplements.	Can vary from 30% - 80% protein content and 70% - 20% fat content.	Moderate	Aid's in muscle recovery and can increase muscle mass and strength [9]	\$
Whey Protein Isolate	Further processed whey protein concentrate to remove almost all of the fat, lactose, carbohydrates, and cholesterol.	To be considered isolate it must be at least 90% protein and less than 10% fat	Fast	Aid's in increasing muscle mass, strength, and can significantly decrease fat mass [7]	\$\$
Whey Protein Hydrolysate	Whey protein that has undergone hydrolysis - a process necessary for protein absorption.	Around 90% protein and less than 10% fat	Fastest	Research suggests WPH can significantly stimulate muscle growth in older adults [8]	\$\$\$\$
Casein Protein	Same process as whey protein but the left-over curds are washed and dried to create a protein powder.	Around 80% is protein and 20% is fat.	Slow	Commonly used before bed to prevent protein breakdown and maintain muscle mass while sleeping [9]	\$\$\$

Plant Proteins

	Fat to Protein Ratio	Absorption Rate	Benefits	Cost
Soy Protein	60% - 90% protein, 40% - 10% fat , depending on the type (isolate, flour, concentrate) [10] [11] <i>*Soy is the highest quality plant protein, making it equal to that of meat & milk proteins</i>	Slow <i>*can be compared to whey protein</i>	Aids in increasing muscle mass, and cardiovascular benefits, lowers blood pressure and is an excellent source of vitamins, minerals, and phytochemical [16]	\$\$\$
Pea Protein	48% - 90% protein, 52% - 10% fat [14]	Moderate to Fast <i>*can be compared to whey protein isolate & hydrolysate</i>	Aids in muscle growth, weight loss, and heart health [13]	\$
Brown Rice Protein	86% protein, 0% fat <i>*14% carbohydrates</i> [15]	Moderate to Slow [12] <i>*can be compared to casein protein</i>	Aids in weight loss, while maintaining muscle mass, and is packed with antioxidants and B-Vitamins	\$\$

*Keep in mind that most plant protein sources are not complete. This means they are lacking essential amino acids needed through the diet. With this said, if you are interested in plant proteins **try opting for a soy protein since its protein quality is equal to that of meat and milk proteins**. You can also **combine pea and brown rice proteins** which together **create a complete protein** that is equal to its animal counterparts. You can do this on your own by buying pea and rice protein separately and mixing them, or buy a blended supplement with these two proteins at the top of the ingredient list.

Perform24 Recommended Protein Powders (Whey & Plant-Based):

Whey Protein Powders

	Third-Party Tested?	Quality of Ingredients	Price
<u>BiPro ELITE Whey Protein Isolate</u>	Yes	High Quality. Whey protein isolate (<u>lactose free</u>), no fillers, 2.5 g of leucine per scoop, flavors are sweetened with stevia.	\$0.97/ serving
<u>Klean Athlete Isolate</u>	Yes	High Quality. Whey protein isolate, no artificial sweeteners, sugar alcohols, or fiber additives.	\$2.50/ serving
<u>Garden of Life Sport</u>	Yes	Good Quality. Whey protein isolate, uses stevia to sweeten. Does contain erythritol (sugar alcohol).	\$1.95/ serving
<u>Ladder</u>	Yes	Good Quality. Whey protein isolate, contains sugar and a few additives such as gums and thickeners.	\$2.50/ serving
<u>Momentous</u>	Yes	High Quality. Whey protein isolate, propriety blend of digestive enzymes (to reduce bloating or indigestion), and stevia.	\$2.91/ serving



Plant-Based Protein Powders

	Third-Party Tested?	Quality of Ingredients	Price
<u>Vega Sport</u>	Yes	High Quality , base contains pea, sunflower, pumpkin seed, and alfalfa protein. Contains 2.4 g leucine.	\$0.94/ serving
<u>Garden of Life</u>	Yes	High Quality , base contains pea, navy bean, lentils, garbanzo bean, and cranberry. Contains 2.5 g leucine.	\$1.16/ serving
<u>Sunwarrior Warrior Blend</u>	No – b/c it contains hemp protein (this is only relevant if you are a competitive athlete who undergoes drug tests)	Good Quality , base contains pea, hemp, goji berries, and while ground coconut; sweetened with stevia. Contains 2.6 g leucine with 27 g of protein.	\$1.60/ serving
<u>Amazing Grass Protein Superfood</u>	No – b/c it contains hemp protein (this is only relevant if you are a competitive athlete who undergoes drug tests)	High Quality , base contains blend of quinoa, hemp, chia, pea, a ‘green food blend’ with spirulina, wheat grass, spinach, fruits and veggies (rasberries, beets, carrots, sweet potatoes, acai, and stevia).	\$2.27/ serving
<u>Momentous AbsoluteZero Plant-Based</u>	Yes	High Quality , base contains blend of pea protein isolate, rice protein, cocoa, MCT oil, cane sugar, natural flavors, gums, and sugar alcohols. 1.97 g leucine, 20 g protein.	\$2.75/ serving



Amazing Grass®



SUNWARRIOR®



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Supplement Resources:

I hope some of these tips have cleared up some confusion and answered some of your questions.

If you enjoyed this packet and are interested in learning more and taking complete autonomy over your nutrition click [here](#) or send us an [email](#)!

Here are some trusted, reliable references for you to use if you have any more questions about supplements in the future.

Thank you again for reading and checking us out!

If you have questions about what a specific ingredient or supplement in whole does, or is proposed to do for you:

[CLICK HERE](#)

Full list of supplements that comply with specific standards for safety, quality, or performance:

[CLICK HERE](#)

List of all vitamins and minerals and the amount it is recommended you take:

[CLICK HERE](#)

All of the references included are third party tested. This means that an independent organization has reviewed the manufacturing process of the products and has determined that the final product complies with specific safety, quality or performance standards. It is also important to note that Perform24, LLC does not have any agreements or partnerships with any supplement companies.

Note: Purchasing products through our links may earn us a portion of the sale, which supports the Perform24 mission. To learn more click [here](#).