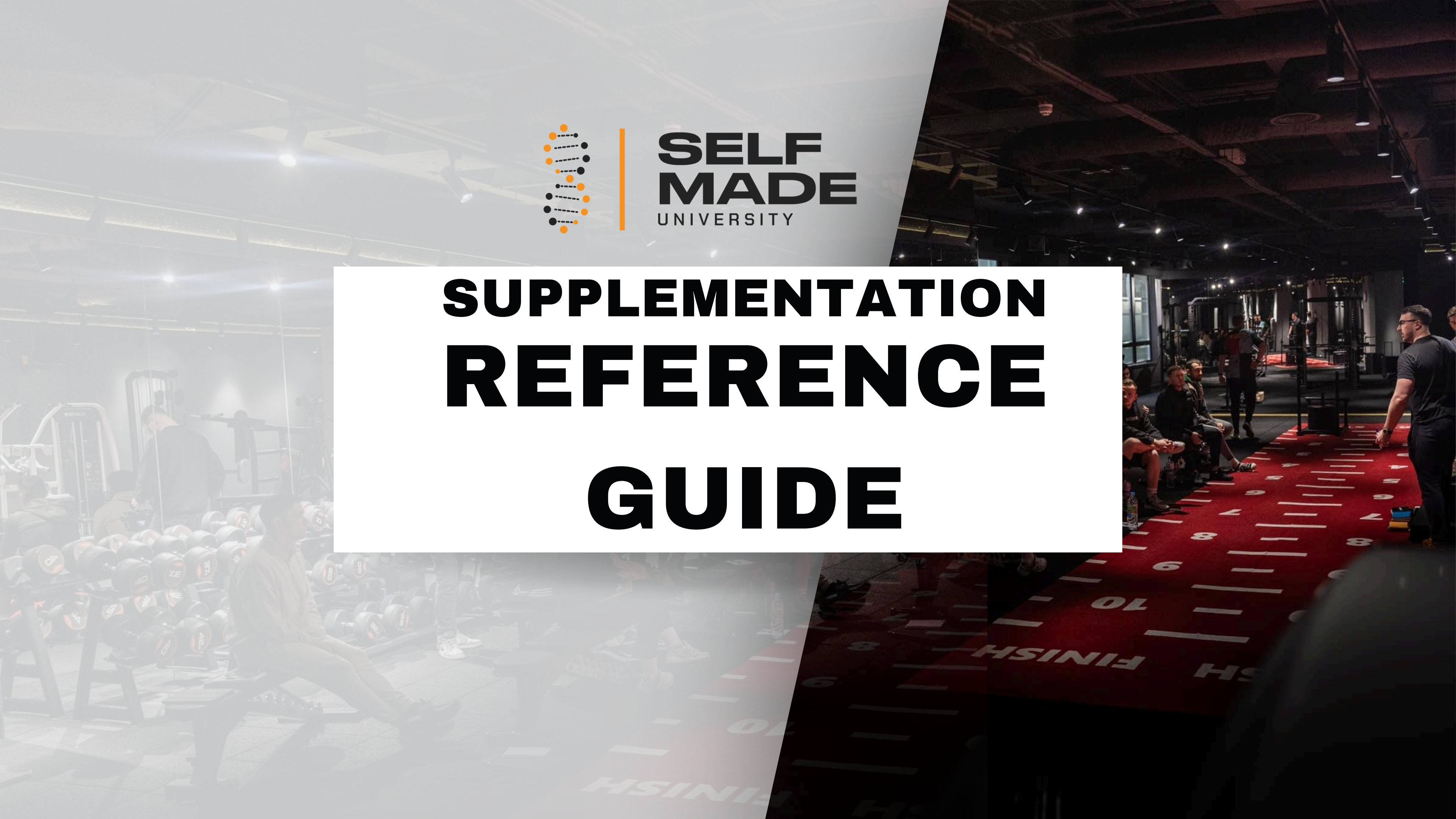




**SELF
MADE**
UNIVERSITY

SUPPLEMENTATION REFERENCE GUIDE



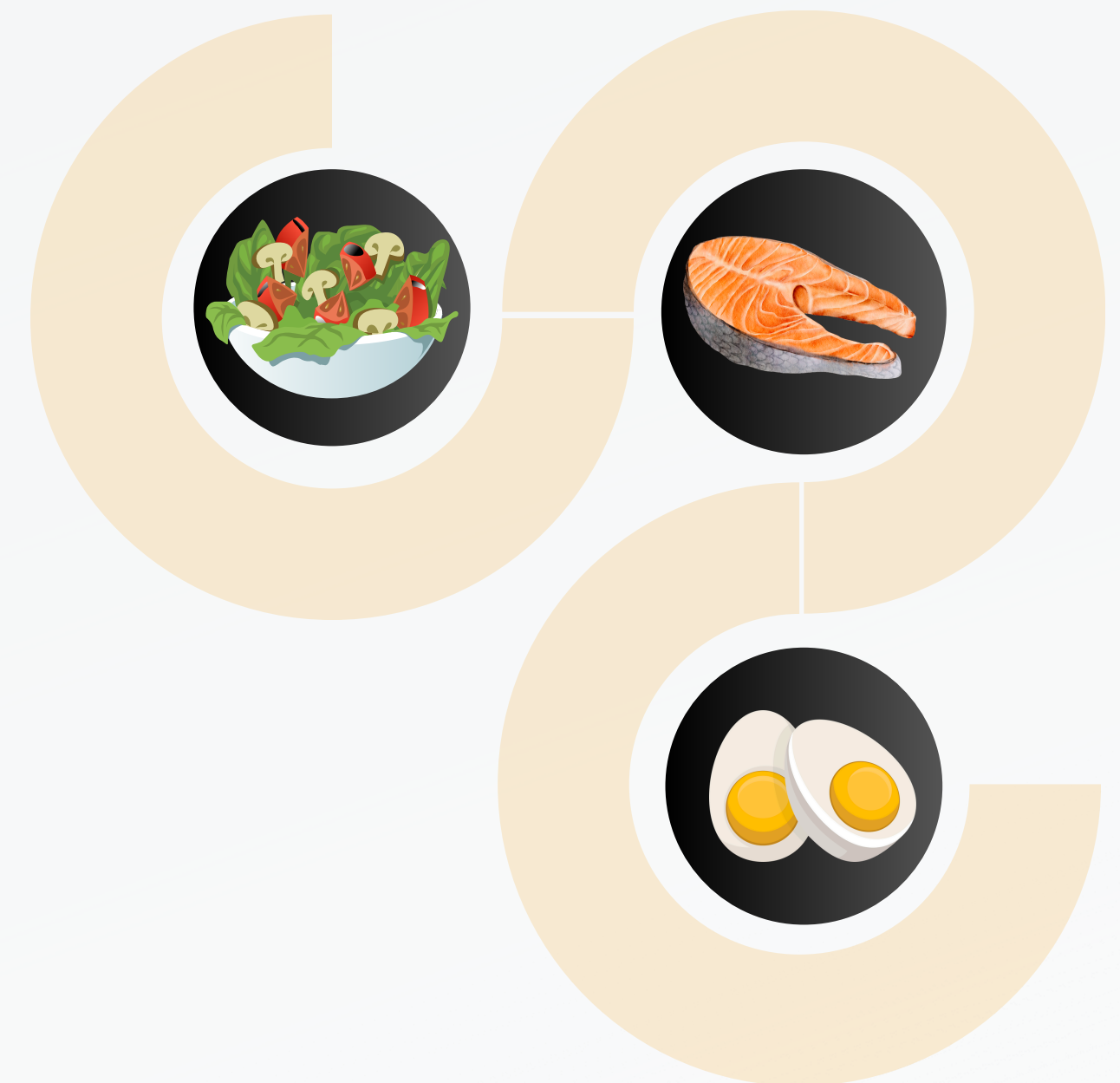
WORD OF NOTE/DISCLAIMER

THE GOAL SHOULD NEVER BE TO OVER SUPPLEMENT

This guide is designed to be used in combination with the education within SMU and accompanied with the nutrient food guide.

Supplements will never be a quick fix for lifestyle and nutritional intervention. Please use these only to support not replace the basics.

The information in this guide is not to diagnose or prescribe only to educate.



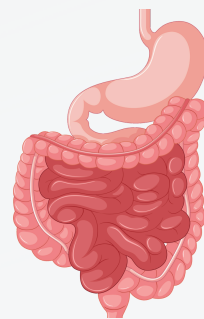
CONTENTS



THE BIG 4



MEDICAL
FOOD



GI SYSTEM



LIVER



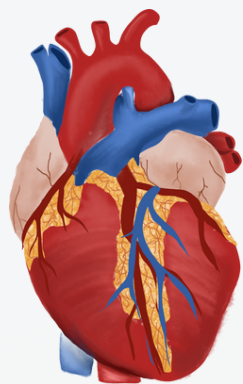
IMMUNE
SYSTEM



ENDOCRINE



BLOOD SUGAR



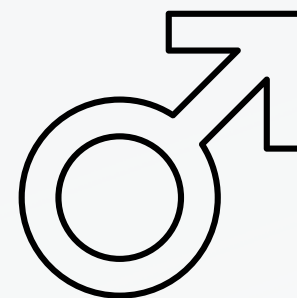
CV SYSTEM



MENTAL
HEALTH



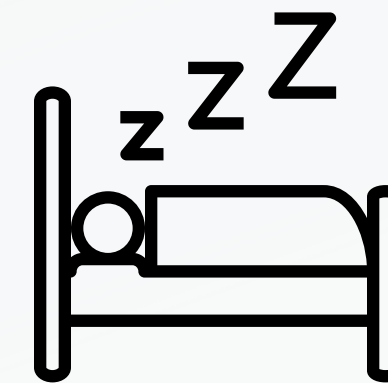
FEMALE
HEALTH



MALE
HEALTH



CNS



SLEEP



FAT LOSS &
PERFORMANCE

THE BIG 4



OMEGA 3

We should have a balance of 2/4 parts omega 6 to 1 part omega 3 in our diets but with the wests heavily processed diets this is closer to 25:1 aim for 3-6g per day based on health status



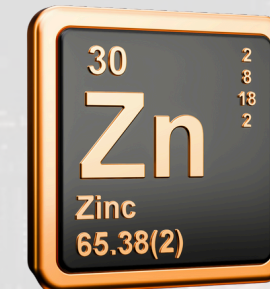
MAGNESIUM

Involved in over 300 reactions in the body including ATP production, digestive function, regulating calcium and calming the CNS. 200-500g of Magnesium (ideally glycinate) is a good place to start



B VITAMINS

The B vitamins play a key role in releasing ATP from fats and carbohydrates, improve memory & mood, stimulate immune system and much more. Dosage demands can vary so initially start with recommended on product



ZINC

Zinc is an essential mineral that aids in immune function, testosterone production and also acts as an antioxidant to support cell health. Starting dose between 10-40mg

MEDICAL FOODS

WHAT

Medical foods refers to products that includes a blend of ingredients that are shown to be highly effective in nutritional interventions with health.

WHY

A good medical food are an easy way to cover many micro and macro nutrient needs alongside nutrients that support things like blood glucose & detox pathways. It can also be an easy start for a client who is not yet used to food prep.

DOSAGE

The recommended dosage for medical food supplements is 2 x per day with 1 heaped scoop for shapeshifters or 2 scoops of products like Thorne Mediclear



THE 5 R GUT PROTOCOL

01

REMOVE

Goal is to remove any problematic foods that are causing the body an immune response and reduce inflammation

02

REPLACE

Goal is to replace the enzymes and digestive juices to improve the overall system

03

REPAIR

Goal is to repair the gut lining (if the issue is lower digestive tract like IBS)

04

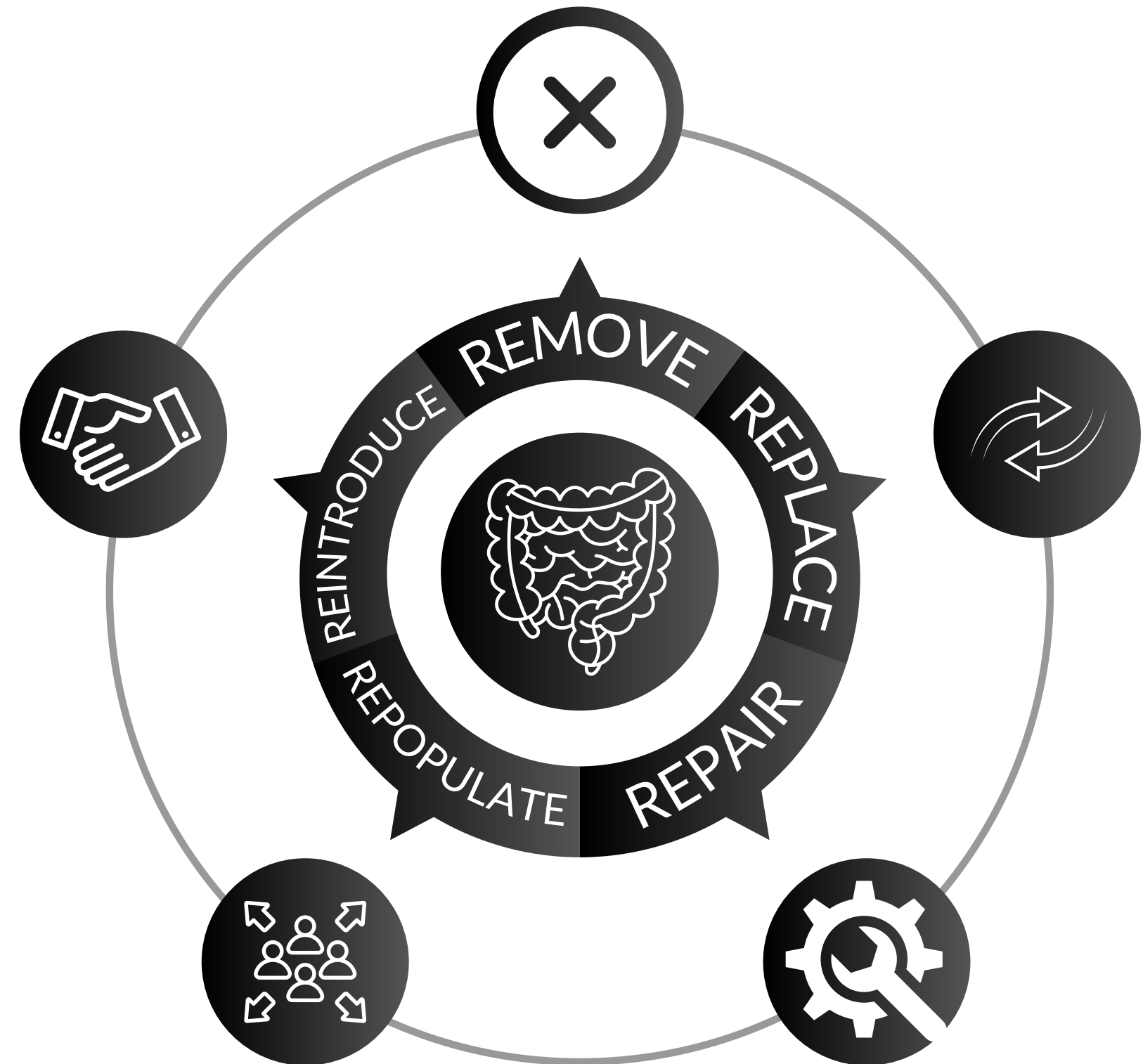
REPOPULATE

Goal is to the balance the gut microbiome

05

RE-INTRODUCE

Goal if desired to begin to reintroduce the foods that were taken out one at a time and assess response.



DIGESTIVE HEALTH: REMOVE & REPLACE

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
CURCUMIN	80-500MG				
Omega 3	3g			3g	
HCL/Apple Cider Vinegar	1 cap/1tsp	1 cap/1tsp		1 cap/1tsp	
Pancreatic Enzymes	1-2 caps	1-2 caps		1-2 caps	

DIGESTIVE HEALTH: REPAIR & REPOPULATE

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
Probiotic	10-20 BILLION CFU				
Omega 3	3g			3g	
Glutamine	5-10 G				
Essential Oils or Aloe	1 dessert spoon			1 dessert spoon	

USING HERBAL TEAS

Chamomile

Calming effect on the CNS aiding in a more restful and deeper sleep



Peppermint

Great to calm the digestive system to relieve GERD, Indigestion and bloating symptoms. Also aids in calming CNS



Licorice Root

Can aid in upper digestive symptom issues like heartburn, and ulcers

Dandelion

Aids in liver detoxification and also acts as a diuretic and can be used during peak weeks more safely



Ginger

Aids the passing of food through the digestive system and can also reduce nausea symptoms



Hibiscus

Has been shown to be potent in lowering blood pressure.

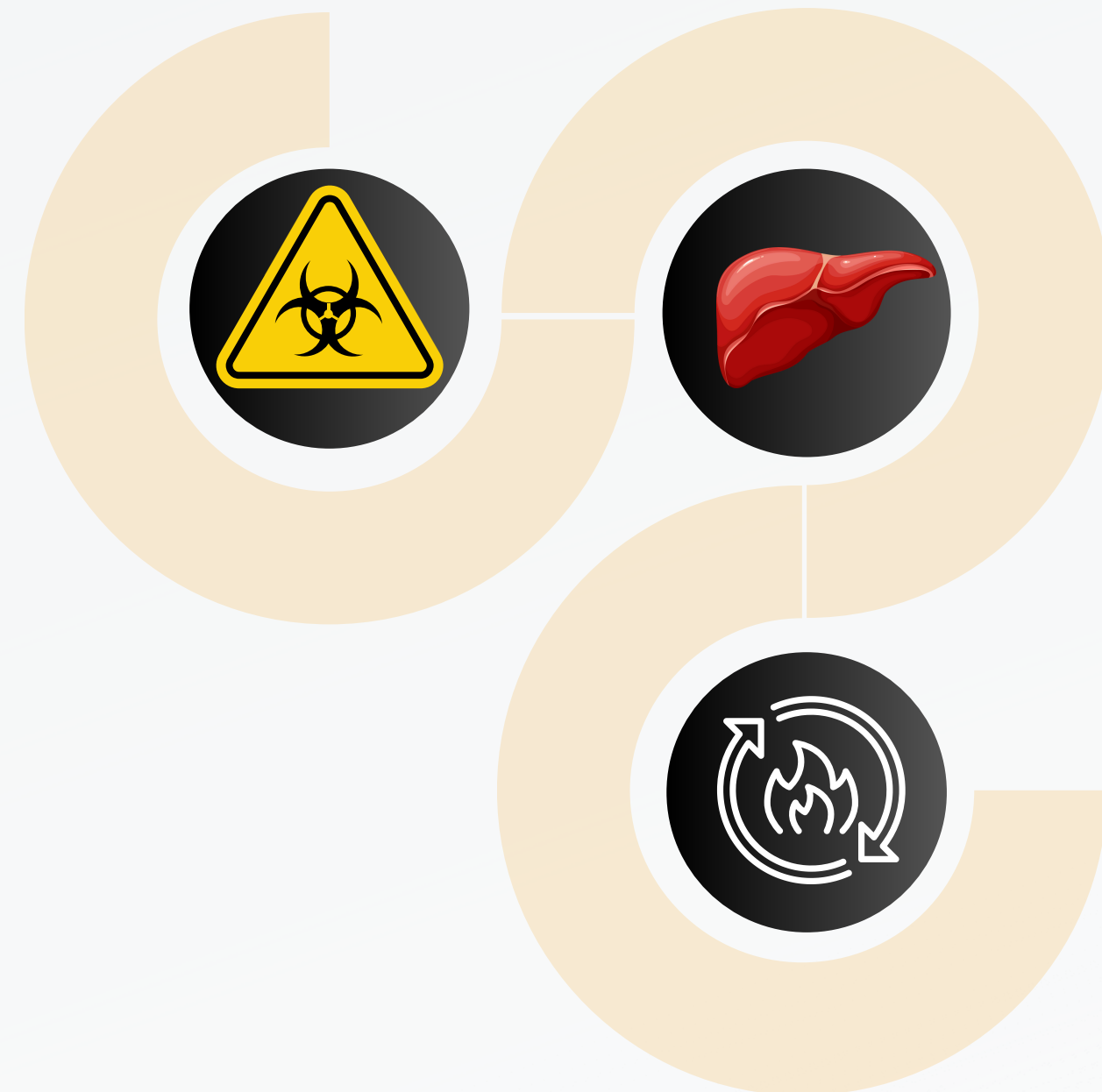


Black tea

contains theaflavins, which can lower cholesterol, and flavonoids, which can reduce the risk of heart disease by 8%

LIVER SUPPORT

- I** The liver is responsible for around 15-20% of our BMR and is involved in many of the bodies processes including removing toxins, breakdown of foods and blood sugar managment.
- 01** Phase 1 detoxification is a process where the body breaks down big molecules into smaller components. This toxic end products e.g heavy metals are then moved into phase 2 in order to make them safer to the body or remove them entirely.
- 02** In phase 2 of detoxification a process happens where substances are now added to the byproducts of phase one to make them easier to transport or more functional in the body.



LIVER SUPPORT: PHASE 1 DETOX

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
ZINC					10-40MG
B VITAMINS	25-100mg				
MAGNESIUM					300-500MG
VITAMIN A, C, E	1 serving multi				

LIVER SUPPORT: PHASE 2 DETOX

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
ZINC					10-40MG
GLYCINE					3-5g
NAC	600-1800mg				
GLUTAMINE	5g				

IMMUNE SYSTEM

TH1

Th1 cells stimulate cellular immune response, participate in the inhibition of macrophage activation and stimulate B cells to produce IgM, IgG1.

TH2

Th2 stimulates humoral immune response, promotes B cell proliferation and induces antibody production (IL-4)

Both of these are usual responses in the body but an imbalance of these can be what is causing certain immune responses, allergies and autoimmune conditions to appear.



IMMUNE SUPPORT: TH1 RESPONSE

SUPPLEMENT PROTOCOL: DO NOT GIVE TO TH2 DOMINANT PATIENTS OTHER THAN ZINC. TH1 RESPONDERS WILL ALSO BENEFIT FROM MANY OF THE GUT PRODUCTS

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
Zinc					10-40MG
Resveratrol	3000mg				
Curcumin	300mg-4000mg				
Green Tea Extract	50mg				

IMMUNE SUPPORT: TH2 RESPONSE

SUPPLEMENT PROTOCOL: DO NOT GIVE TO TH1
DOMINANT PATIENTS OTHER THAN ZINC

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
Zinc					10-40MG
ASTRALGUS ROOT	30g				
COCONUT OIL	10g				
GRAPE SEED EXTRACT	150-300mg				

ENDOCRINE SYSTEM

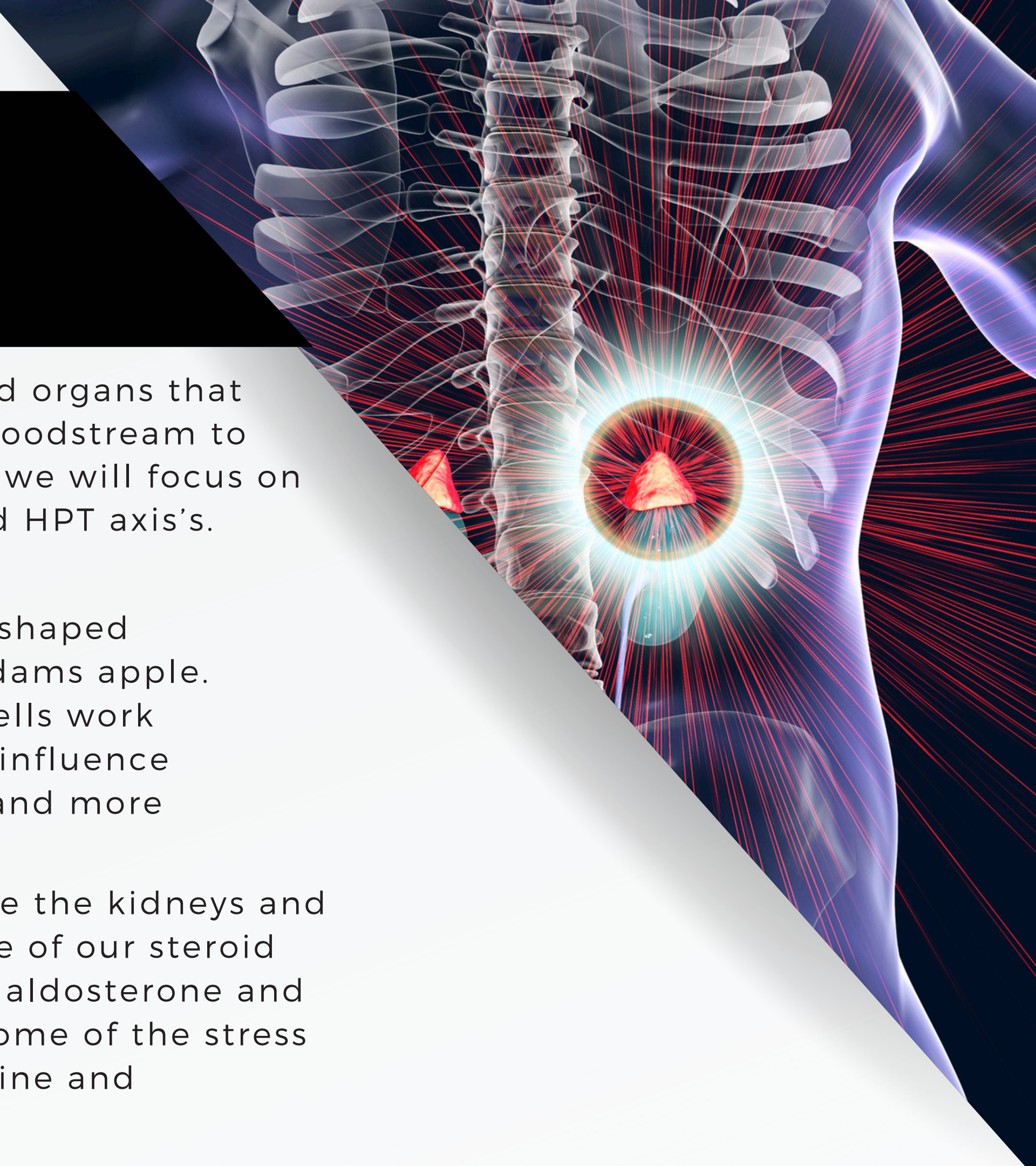
The endocrine system is a network of glands and organs that produce hormones and release them into the bloodstream to control many functions in the body. In this section we will focus on 2 core components of this system the HPA and HPT axis's.



The thyroid gland is a butterfly shaped gland that sits just under the adams apple. Its role is to regulate how our cells work called our metabolism this can influence weight loss, body temperature and more



The adrenal glands sit just above the kidneys and are responsible for making some of our steroid hormones in particular cortisol, aldosterone and DHEA they also aid in making some of the stress related catacholamines adrenaline and noradrenaline



ENDOCRINE SYSTEM: THYROID

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
IODINE	75-150ug (micrograms)				
SELENIUM	200-300ug				
TYROSINE	500-2000MG				
B VITAMINS	25-100mg				

ENDOCRINE SYSTEM: HPA/ADRENAL AXIS

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
MAGNESIUM					200-500MG
OMEGA 3	3g			3g	
ASHWAGANDHA ROOT/EXTRACT	5G ROOT/ 500MG EXTRACT				
RHODIOLA ROSEA	288-680MG				

BLOOD SUGAR MANAGEMENT

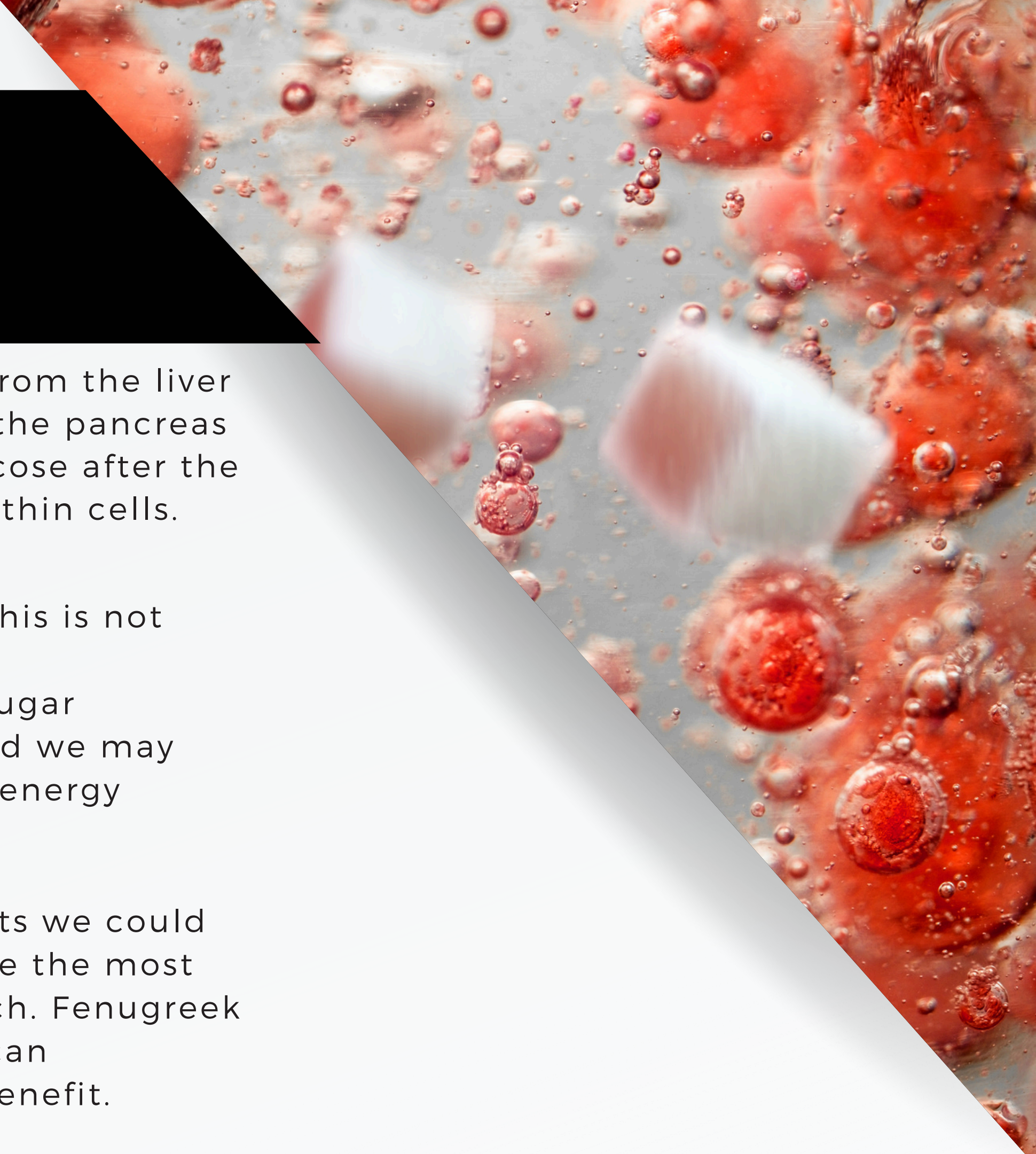
In times of stress our body will release glucose from the liver or muscles to fight or flight. When this happens the pancreas will release the hormone insulin to take this glucose after the stress has subsided and put it into storage within cells.



In metabolically healthy people this is not a problem but as people become overweight and inflamed blood sugar management can be impaired and we may see symptoms like mood swings, energy spikes and crashes



While there are many supplements we could add to this like (e.g ALA) these are the most effective according to the research. Fenugreek can also be gotten from food as can cinnamon which can also be of benefit.



BLOOD SUGAR MANAGEMENT:

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
BERBERINE	300-600MG	300-600MG		300-600MG	
MAGNESIUM					300-500MG
ZINC					10-40MG
FENUGREEK					2-5g

BLOOD SUGAR MANAGEMENT: CELL HEALTH

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
Essential oils	1 dessert spoon			1 dessert spoon	
Omega 3	3g			3g	
B Vitamins	25-100mg				
Electrolytes	1 scoop				

CARDIOVASCULAR HEALTH

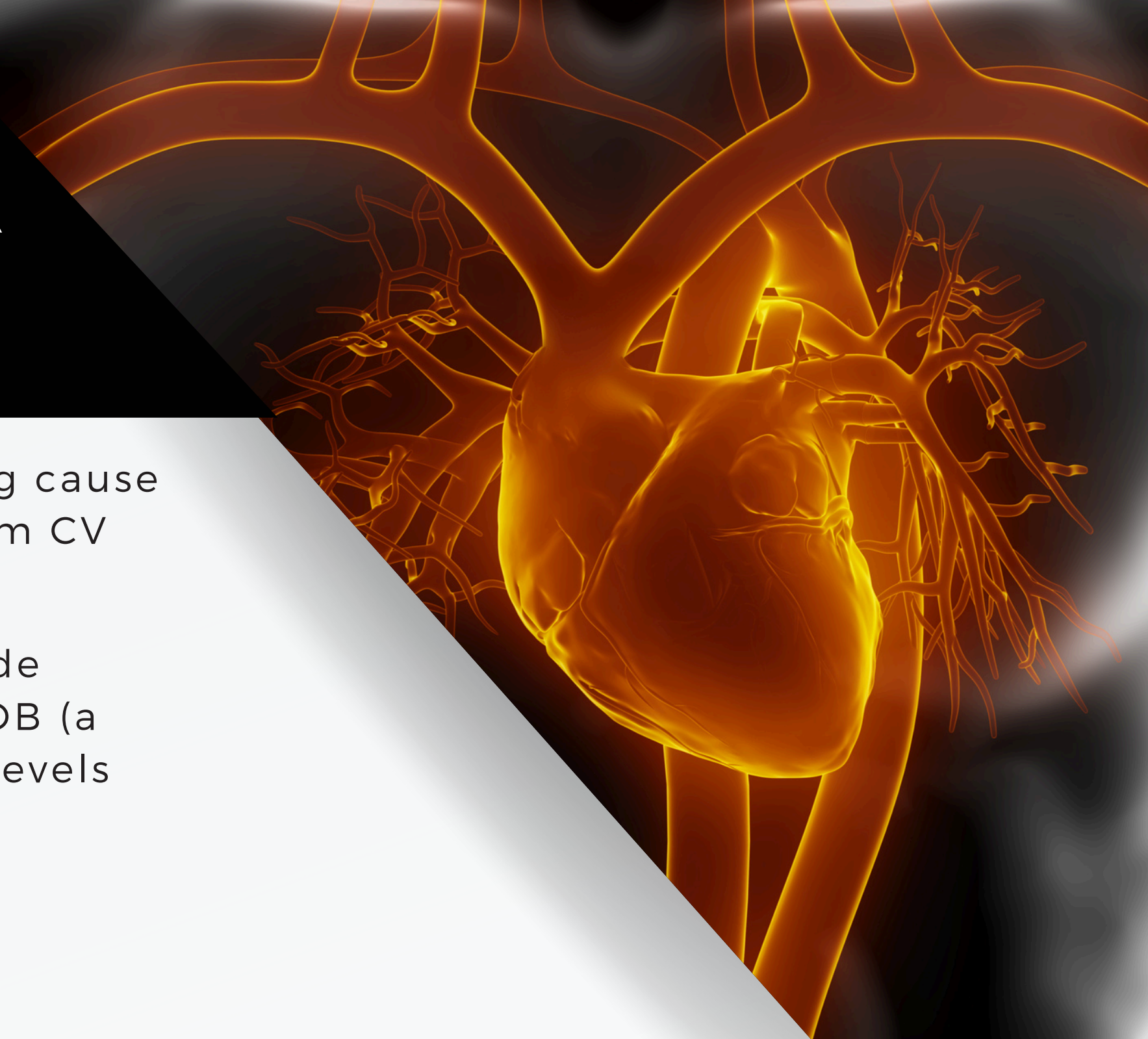
Heart and circulatory diseases are the second leading cause of death in the UK in 2022 175000 people died from CV disease.



The biggest risk factors for CVD include having metabolic syndrome, high APOB (a lipoprotein made in our body excess levels can be caused by insulin resistance, inflammation and high tryglycerides), hypertention, insulin resistance and smoking.



Many of these risk factors have no symptoms so this is why as coaches we should track metrics like blood pressure and resting heart rate. Lifestyle and nutrition intervention should be before supplements however these may aid in reducing symptoms or improving blood flow



CARDIOVASCULAR SYSTEM: HEART HEALTH

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
ZINC					10-40MG
OMEGA 3	3g			3g	
PUERARIA MIRIFICA	20-50 MG				
MAGNESIUM					300-500MG

CARDIOVASCULAR SYSTEM: BLOOD FLOW

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
CO-Q10	50-200MG				
Omega 3	3g			3g	
PANAX GINSENG	200-400MG				
ARGANINE	3-6g				

MENTAL HEALTH

1 in 4 people experience a mental health struggle each year in England with 1 in 6 reporting a more common struggle. With almost 800,000 people dieing from suicide each year this is something to pay attention to and support if possible.



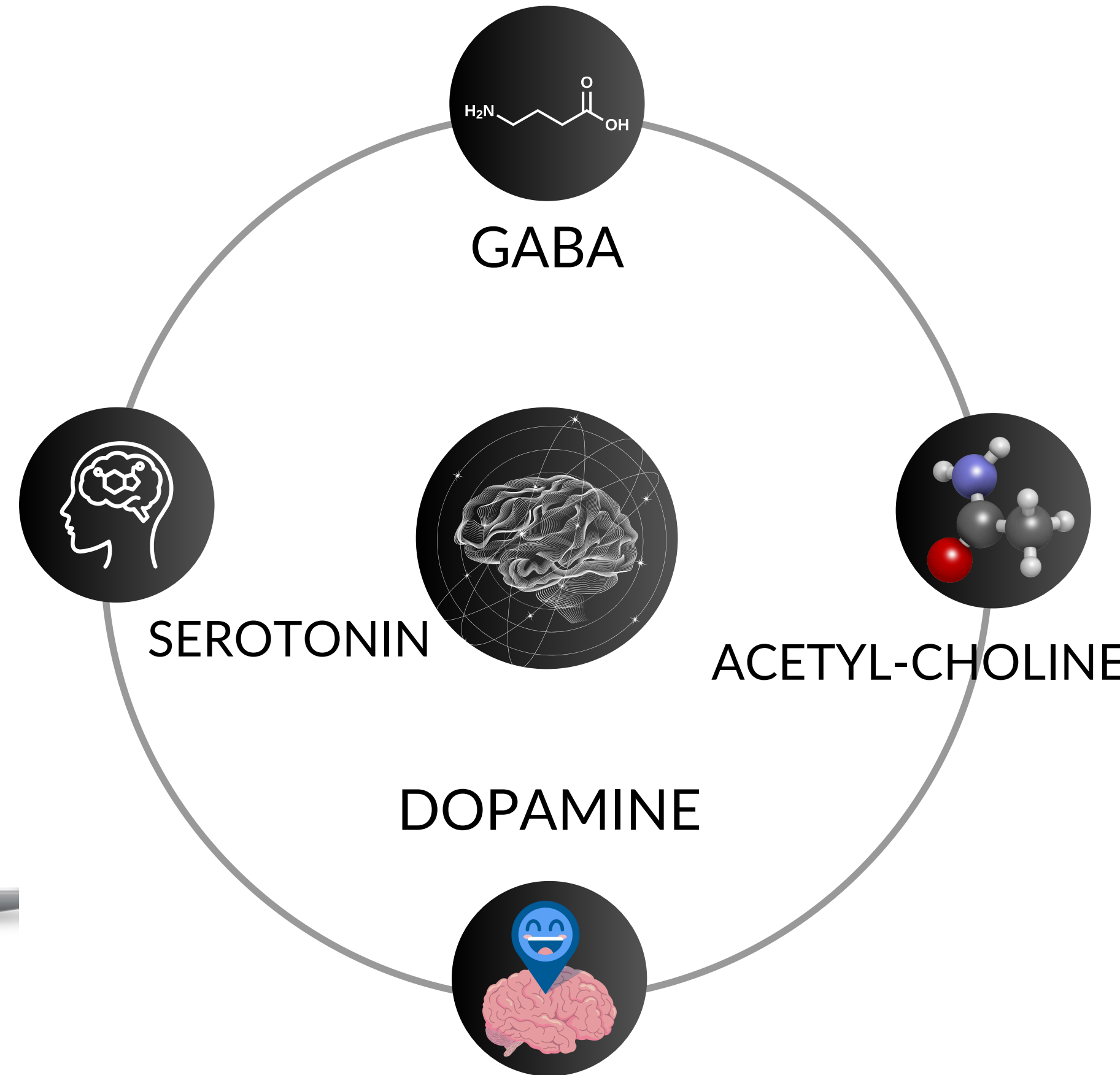
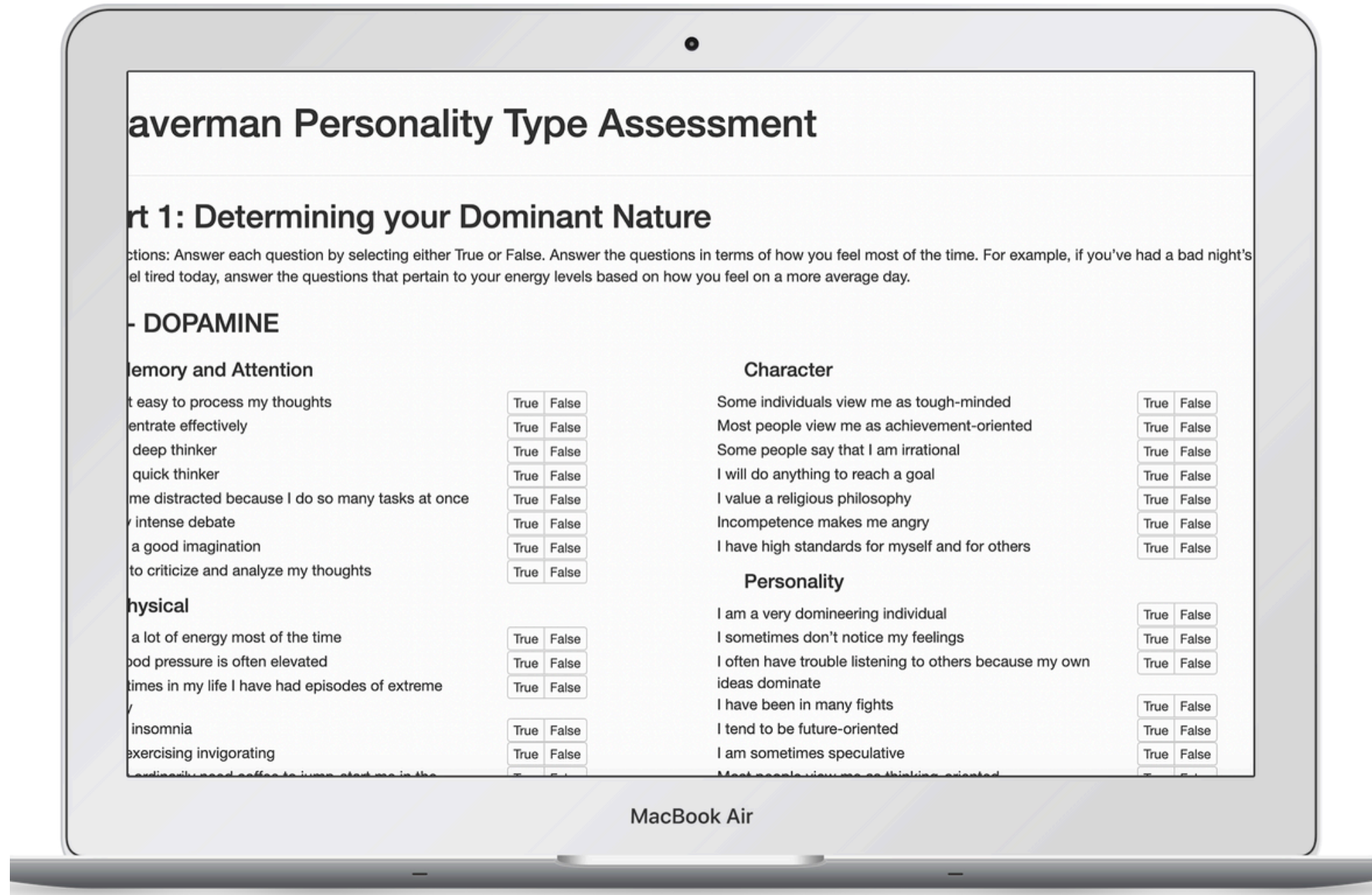
One way within our scope of practise for monitoring this is the Braverman assessment created by Dr Eric Braverman to assess levels of 4 key neurotransmitters.



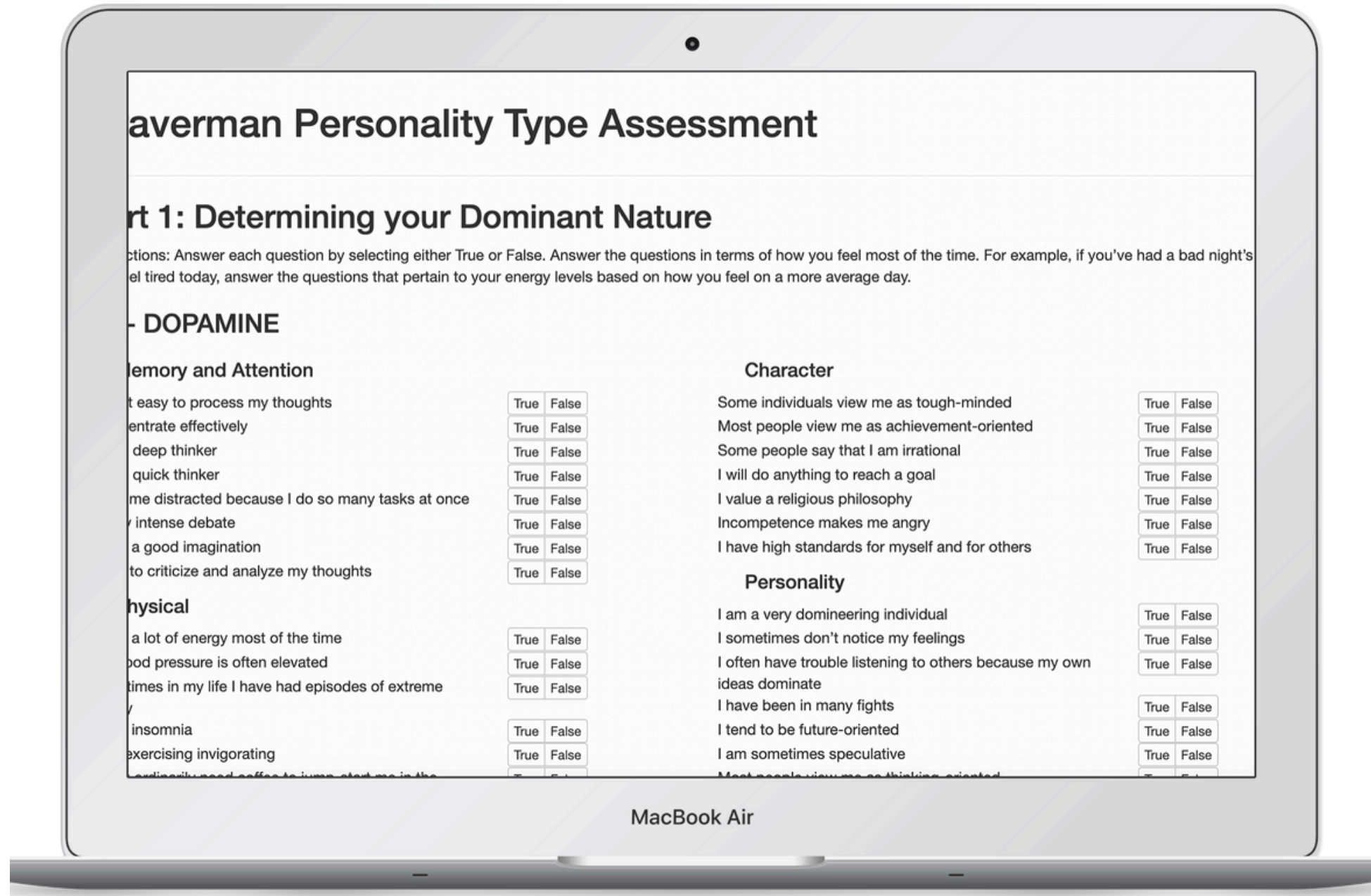
This test can give you an idea of why someone maybe more prone to anxiety, addictive behaviours or give you easy ideas of when to change programming to keep things exciting for the client.



THE BRAVERMAN ASSESSMENT



THE BRAVERMAN ASSESSMENT



MENTAL HEALTH: GABA DEFICIENT

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
THEANINE	100-200MG				
INOSITOL	500-2000mg				
VALERIAN ROOT	100-500mg				
GLUTAMIC ACID	250-1000mg				

MENTAL HEALTH: SEROTONIN DEFICIENT

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
MAGNESIUM					200-600mg
Omega 3	1-2g			1-2g	
5-HTP					100-400mg
CALCIUM	500-1000MG				

MENTAL HEALTH: ACETYL-CHOLINE DEFICIENT

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
ALPHA GPC	100-500mg				
Phosphatidylserine	50-200mg				
B VITAMINS	25-100mg				
Acetyl-l-carnitine	250-1000mg				

MENTAL HEALTH: DOPAMINE DEFICIENT

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
L-TYROSINE	500-2000MG				
B VITAMINS	25-100mg				
Phenylalanine	500-2000mg				
RHODIOLA ROSEA	50-200mg				

FEMALE HEALTH

When we talk female health we often speak about various sex hormones such as estrogen and progesterone but remember that we still have to consider the overall inputs and outputs system before we dive into specific strategies.



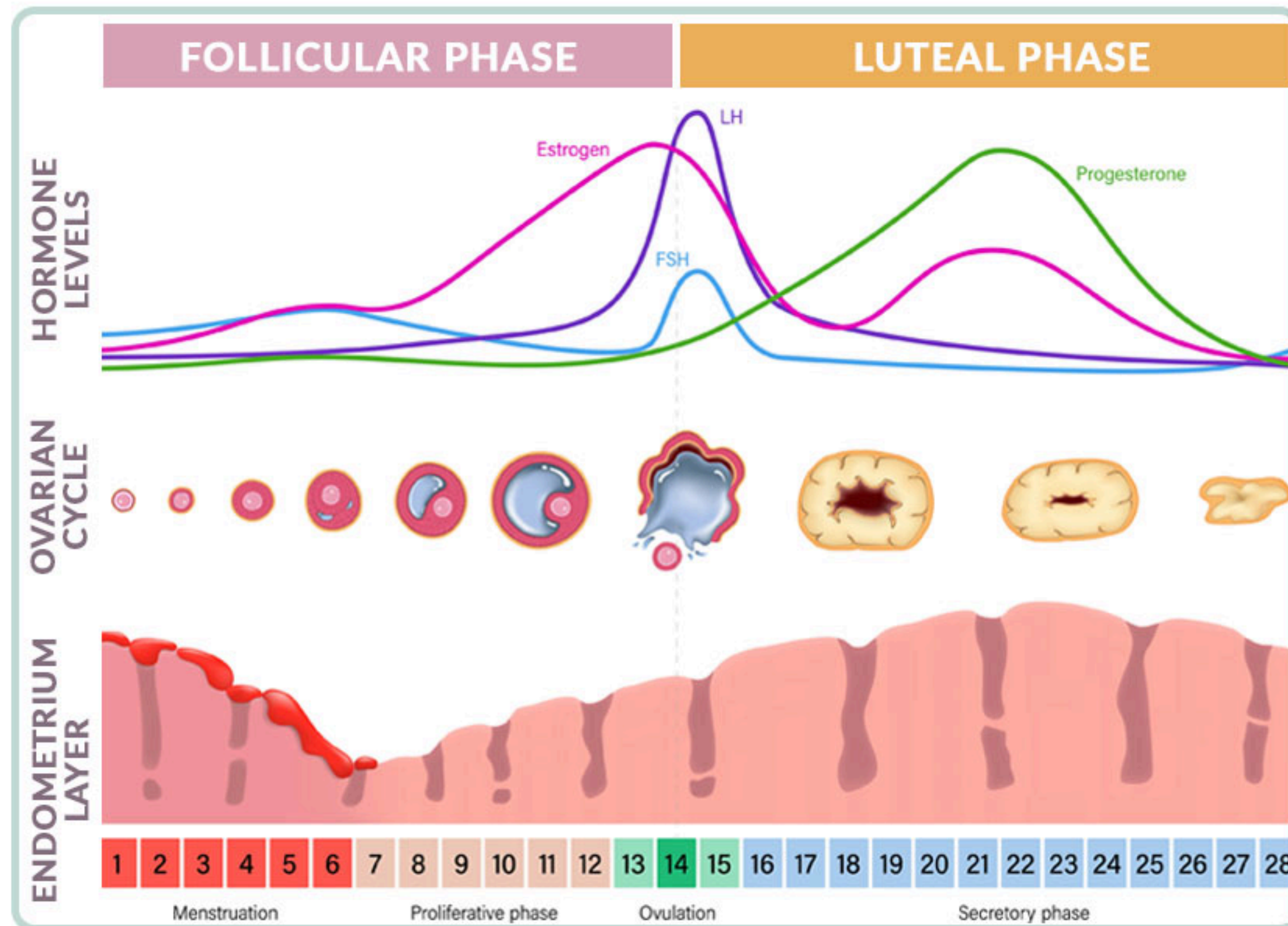
Locally estrogen and progesterone are responsible for the maturation of reproductive organs but systemically also impacts bone density, LDL levels and many other things.



These hormones will have varying levels during a woman's cycle but the extent of this and how it impacts someone is very individual. Do not overcomplicate this process with clients but if they are prone to more frustrating symptoms these supplements may help.



Menstrual Cycle



FEMALE HEALTH: MANAGING CYCLE

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
B VITAMINS					25-100mg
ZINC					10-40MG
MAGNESIUM					200-600MG
SELENIUM	200-1000ug				

MALE HEALTH

The main sex hormone made by the testes is testosterone and it is responsible for many functions including tissue growth and repair, hair growth, bone density amongst many other things.



Some testosterone can also be made in the adrenals as well as DHEA which can impact testosterone. Testosterone is diurnal meaning it is higher in the morning than the evening.



There are many reasons testosterone could be low on a blood panel so do not assume testosterone is low and supplement for it. Get blood work done in the morning, fasted to confirm if it is and why it is as well as working with a registered Dr or endocrinologist.



PROSTATE HEALTH

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
POMEGRANATE	800mg pomegranate extract				
Omega 3	3g			3g	
CURCUMIN	300-4000mg				
SELENIUM	200-300ug				

TESTOSTERONE

SUPPLEMENT PROTOCOL

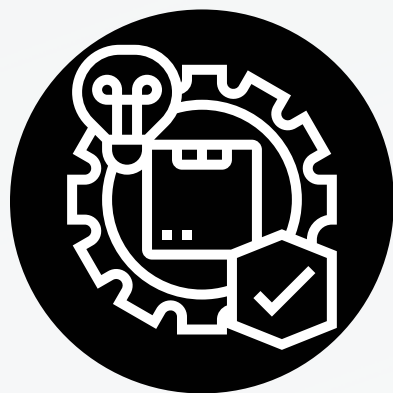
SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
ZINC					10-40MG
CLOMIPHINE CITRATE	25-50mg				
DHEA	50-100mg				
VITAMIN D	2000-5000IU				

CNS & PRODUCTIVITY

Our Central nervous system has a huge impact on our overall system! If we are in a stressed state our body will de-prioritise anything not essential for survival like the digestive system, immune system and sex hormones so it is important we ensure our clients have a balance.



Our first supplement recommendations will focus on calming the CNS and helping clients get more into a parasympathetic (rest and digest state)



The second page is all focused around productivity. What will help you or your clients get more from work, study or whenever you need your brain to be on top form.

CENTRAL NERVOUS SYSTEM

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
MAGNESIUM					200-500MG
OMEGA 3	3g			3g	
ASHWAGANDHA ROOT/EXTRACT	5G ROOT/ 500MG EXTRACT				
RHODIOLA ROSEA	288-680MG				

BLOOD PRESSURE REDUCTION

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
MAGNESIUM					200-500MG
OMEGA 3	3g			3g	
OLIVE LEAF EXTRACT	500-1000MG				
VITAMIN D	2000-5000IU				

PRODUCTIVITY

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
CAFFEINE	200MG				
NICOTINE	2MG GUM				
MODAFONIL	100-200MG				
L-THEANINE	100-200MG				

SLEEP

Sleep has a huge impact on much of our bodies processes from ensuring we can recover from training, building tissue, mentally perform for the day, reduce risk of all cause mortality and also make weight loss easier with those who sleep less over eating on average by 200-300kcal per day



All sleep based supplements should be taken ideally 30-45 minutes before bed. Before supplementing ensure all lifestyle factors are addressed first.



With the melatonin use as a last resort not a base supplement dosage start with 500mcg (not mg) and every few days increase by 500mcg until find minimum effective dose.



SLEEP

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
MAGNESIUM					200-500MG
THEANINE					200MG
LAVENDER					80MG
MELATONIN					500MCG

FAT LOSS SUPPLEMENTS

MOBILISE

The first stage of fat loss is mobilisation. This is where in response to a stressor the body will mobilise fatty acids from adipose sites.



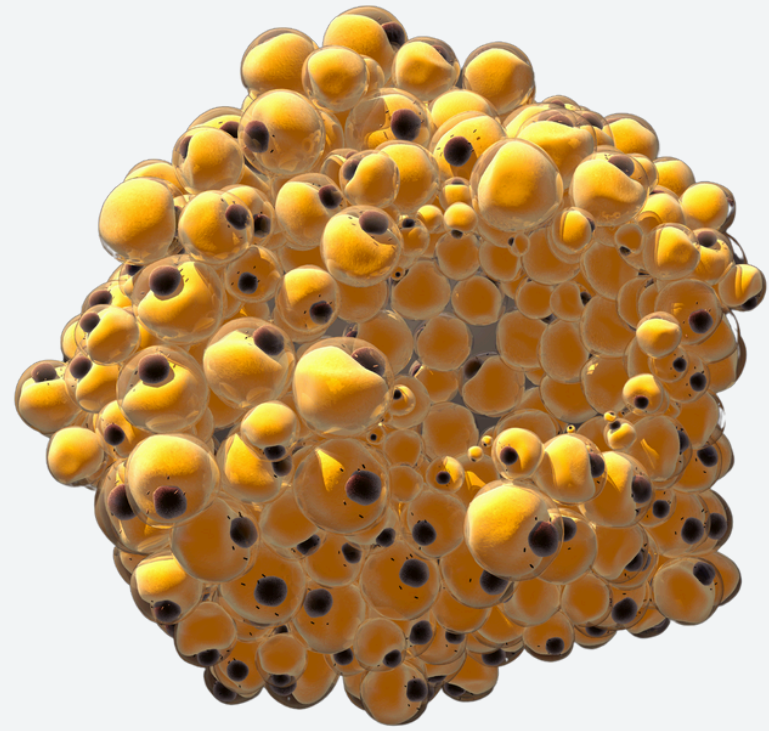
TRANSPORTATION

Now the fatty acids are mobilised they need to be transported through the blood stream effectively to the cells where they will be needed.

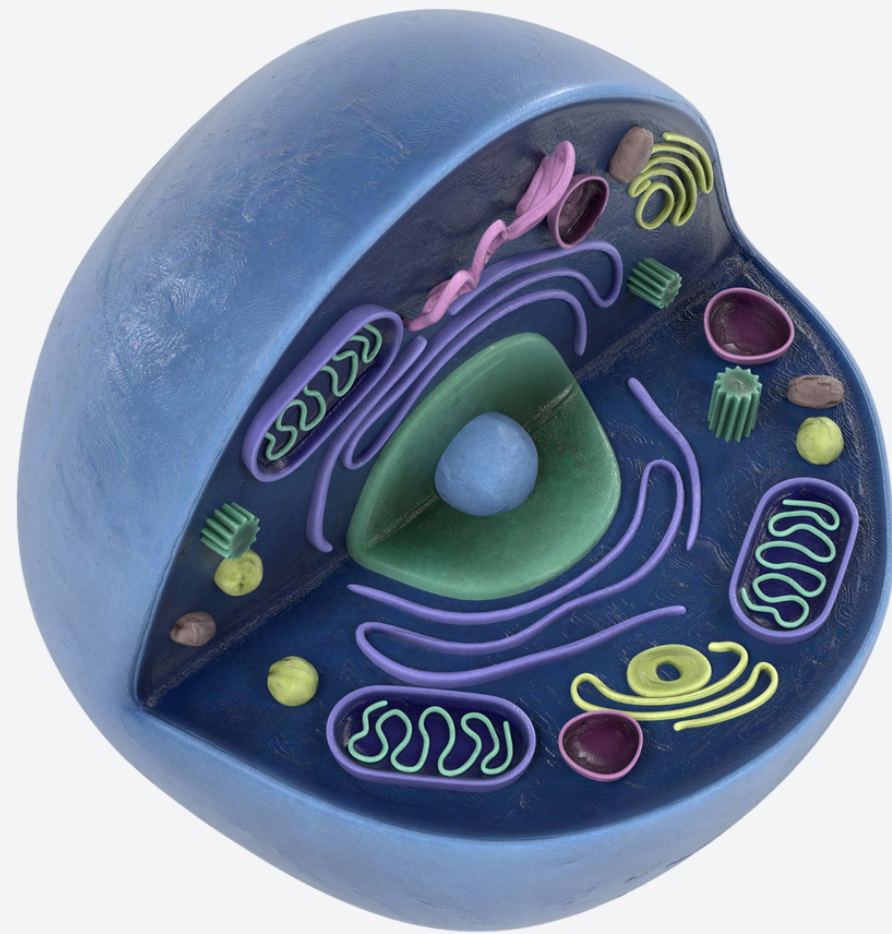
OXIDISE

Once in those cells we need the processes in which ATP are made to work effectively to oxidise these.





**OBESE PEOPLE OFTEN
STRUGGLE TO OXIDISE**



**LEANER INDIVIDUALS
OFTEN STRUGGLE TO
MOBILISE**

FAT LOSS: MOBILISATION

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM	LUNCH	PRE WORKOUT	WITH DINNER	BEFORE BED
CAFFEINE			200mg		
L-CARNITINE			200mg		
YOHIMBINE	0.2mg/kg				
FISH OIL	1-3g			1-3g	

FAT LOSS: OXIDISE

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	AM/MEAL 1	LUNCH	MID AFTERNOON	WITH DINNER	BEFORE BED
Essential oils	1 dessert spoon			1 dessert spoon	
Omega 3	3g			3g	
B Vitamins	25-100mg				
Electrolytes	1 scoop				

FAT LOSS: LOWER BODY FAT

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING

PRE WORKOUT

Calcium d-
glucarate

**100-
200MG/KG**

DIM

100mg

Resveratrol

3000mg

PERI-WORKOUT SUPPLEMENTS

PRE

Our goal pre-workout is to provide the body what it needs to perform to the best of its ability. Obviously this is specific to the stimulus being trained & lifestyle this is just a guide.

INTRA

Intro workout is needed to provide fuel for training if substrates are being depleted too much. Usually only important during longer duration events.

POST

Post workout our aim is to move from a sympathetic state to a parasympathetic rest and digest state as well as kickstarting the process of recovery and nutrients replenishment.



PERI-WORKOUT: PRE WORKOUT- VOLUME

SUPPLEMENT PROTOCOL

SUPPLEMENT/ TIMING	PRE WORKOUT
AGMATINE SULPHATE	1.6- 6.4mg/KG
CITRULLINE	6000- 8000mg
ELECTROLYTES	1 SCOOP
BETA ALANINE	3-6g

**PERI-WORKOUT:
PRE WORKOUT- STRENGTH**

SUPPLEMENT PROTOCOL

**SUPPLEMENT/
TIMING**

**PRE
WORKOUT**

CAFFEINE

200MG

L-TYROSINE

500-2000MG

PERI-WORKOUT: INTRA WORKOUT

SUPPLEMENT PROTOCOL

**SUPPLEMENT/
TIMING**

**INTRA
WORKOUT**

BRANCH CYCLIC
DEXTRIN

1 SCOOP

ELECTROLYTES

1 SCOOP

EAA'S

1 SCOOP

PERI-WORKOUT: POST WORKOUT

SUPPLEMENT PROTOCOL

**SUPPLEMENT/
TIMING**

**POST
WORKOUT**

WHEY PROTEIN

20-40g

CREATINE
MONOHYDRATE

5g

POST WORKOUT
CARBS OF CHOICE

30-50g portion