



SPORTS STRENGTH

Supplement Recommendations

Vitamin / Mineral	Dosage / Frequency	Brands w/ link
Magnesium (<u>oxide</u> , <u>glycinate</u> , <u>theonate</u>)	500mg - 1000mg / day	Life Extension - Magnesium
Vitamin D + K	2500 - 5000mg / day	Life Extension - Vit D + K
Zinc + Copper	25mg - 50mg / day	Life Extension - Zinc + Copper
Potassium	99mg - 150mg / day	Life Extension - Potassium
Sodium Chloride	1000 - 1500mg / day	CMC Labs - Sodium
Omega 3 - EPA / DHA	2000-4000mg / day	Carlson Omega 3



****Disclaimer: I am not a doctor nor do I claim to be one. These are just recommendations. Please consult your doctor before consuming any supplements.***