



Supplement Overview

The world of nutritional supplements is vast, confusing, and misleading. Thousands of retailers with millions of products all claim that they're the best for you, the most-pure, or the most economical. Fortunately, we're here to guide you through the supplement maze of marketing claims and what's truly essential. We have certified nutrition consultants on staff at PowerStrength and we've personally tried plenty of supplements to help decipher what is truly needed and beneficial for healthy nutrition.

Before we dive in, it's imperative to understand there are NO QUICK FIXES and quality nutrition is a process. Supplements are used to round out a complete nutrition program – not replace! There are fundamentals of nutrition, just like in training. Providing an overview of these fundamentals is where we prefer to start the discussion before we design a plan to reinforce health habits.

Let's begin.

Disclaimer:

We are not doctors or registered dietitians – these nutrition guidelines are not meant to diagnose or treat any disease or condition, they are only intended to increase your performance. The following consists of nutrition components that are common among individuals focused on eating habits to support their health. If you feel your situation requires special or specific needs, please advise the appropriate medical professional

PowerStrength Supplements

Our PSTS Family had dealt with manipulative marketing and inferior supplements for far too long, so we decided to get it done ourselves. We are proud to pair with a manufacturer and distributor to bring quality "fundamentals" to our doorstep through the PowerStrength supplement products. We've done this in order to provide the highest quality supplements we could find and deliver them at a price we wouldn't be able to get otherwise. By putting the PSTS name on it you can be sure we've done the research and sought out the most effective and safe supplements possible - all of our supplements are GMP certified and produced in an NSF facility and certified through the USDA National Organic Program. You also won't see any confusing marketing or "mile-long" chemical names on the ingredient list – less is more and sticks to the fundamental mindset we take towards supplements!

The Fundamentals

Protein Powder

Protein Powder is a convenient way to make sure you get enough protein in your daily diet. It's more practical to consume a couple of protein shakes a day compared to carrying around various sources of meat, or other whole food protein sources with you everywhere you go. You want to find a brand that dissolves well in water and contains as few ingredients as possible. Using a lower quality protein powder may cause bloating and it won't be digested very well. We stand by (and all PSTS coaches use) PowerStrength Advanced Whey protein powder. It is the most pure, effective protein we have ever used...and we have used nearly every brand between us. For those that are intolerant of whey protein we also have our plant-based Vegan Protein.



POWER STRENGTH

TRAINING SYSTEMS

Fish Oil

It is recommended by the American Heart Association to eat fish at least twice per week to provide our bodies with healthy fat. Even if this accomplished, it doesn't provide enough of the essential fatty acids EPA and DHA to meet our body's needs. The benefits of fish oil have been well documented and publicized throughout the last decade. It can help prevent arthritis, heart disease, psychological disorders, gastrointestinal problems, eye issues, and dozens of other causes of inflammation. You want to shoot for about 1,000-3,000 milligrams of EPA and DHA combined per day. Inferior brands of fish oil will have you taking 6-8 pills daily to meet this goal, while higher quality oil will contain more EPA and DHA. Lower quality fish oil capsules can also contain contaminants like PCBs and heavy metals that you definitely don't want in your body. High-quality fish oil is included as a large part of the PowerStrength Men and Women's Daily Foundation support pack.



Vitamins and Minerals

Vitamin D is a fat-soluble vitamin used in many processes in your body. Among those processes, probably the most critical is the production of hormones. Many of the most important hormones produced in your body depend on vitamin D being around to be made. These include melatonin (sleep), dopamine (mood), serotonin (mood), and the big one – testosterone (muscle, performance). Without an adequate supply of vitamin D through sun exposure or diet, people tend to become lethargic, irritable, and develop low testosterone levels. In the winter Michigan months, most people do not get enough sun exposure, and thus not enough vitamin D. This is referred to as “Seasonal Affective Disorder” and shows all the symptoms mentioned above. This can be solved by simply supplementing with vitamin D. The PowerStrength supplement line has allowed us to bring you the aforementioned high quality fish oil and vitamin D combination supplement that will absorb better, eliminate fishy aftertaste, and work as a one-two punch to increase your performance. Both are included in the PowerStrength Men and Women's Daily Foundation pack.

Owing to their hectic schedule, most of our clients don't eat enough vegetables, fruit, and varied food sources. This leads to deficiency in many of the micronutrients that their bodies need to function. Multivitamin supplements are an insurance policy, taken to ensure that none of the essential micronutrients are missing. Deficiencies in vitamins and minerals can have unanticipated effects on performance and health that should be avoided. The PowerStrength Men and Women's Daily Foundation pack contains all of the aforementioned – vitamin D and fish oil – in addition to a whole food vegetable blend and the vitamins and minerals you need to fill the gaps in your nutrition.

