

Feminine & Fierce

SUPPLEMENTS GUIDE

SPECIFICALLY FOR WOMEN

BUILD MUSCLE . LOSE FAT . REVERSE AGEING



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WHAT SUPPLEMENTS SHOULD YOU TAKE TO

BUILD MUSCLE LOSE FAT
REVERSE AGEING



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Fierce

INTRODUCTION

It is very easy to slip into the mentality that supplements are the key to helping you drop fat, build muscle and stay young.

While there is a small element of truth in this way of thinking, they actually play a very small role in body composition change.

5 % in fact.

If you want to lose fat, build muscle, and look & feel younger, the secret is in 3 key elements:

Nutrition, training and a healthy stress free lifestyle.



Having said that, supplements do have their benefits, and some women may reap the rewards from supplementing specific vitamins or minerals more than others (particularly if their diet is deficient in a particular micronutrient).

But supplements should do what their name implies - *supplement* a healthy diet and an intelligent training program — not replace them.

And it is why inside The Feminine & Fierce Academy, I focus on healthy nutrition, intelligent training, and an overall healthy lifestyle.

Having said all of that, there are some that I recommend and personally take on a daily basis.

I will break them into 2 categories:

1. For Health
2. For Muscle Growth.

None of them are actual weight loss supplements. There is little evidence to support the effectiveness of fat blasters at all, so save your money and let your nutrition and training take care of that for you.

MUSCLE GROWTH & RECOVERY

Protein Powder

If you don't have any issues with dairy, Whey Protein Isolate is a quickly absorbed protein supplement that can help increase your daily intake of protein, or to hit your daily protein targets. WPI contains all 9 essential amino acids and is highest in leucine, which is super important for muscle protein synthesis.

There are non-dairy alternatives like pea or rice protein if you experience an intolerance to dairy, but on their own they are not a complete source of protein (they do not contain all 9 essential amino acids).

You need to have a blend of both pea and rice to ensure you are getting all essential amino acids.

Casein protein is a by-product of whey and is absorbed much slower by your body. It is great for a night time supplement so that your body is absorbing protein while you sleep.

While not 100% necessary, you can have an 'intra workout' protein shake during your resistance training sessions.

To ensure optimal muscle growth and recovery, make sure you have protein within 4 hours of training.

An easy way to do this is to have a shake as soon as your training is finished.



Creatine

Creatine is a molecule that is produced naturally in the body, and also found in food like meat and fish. Creatine's primary benefit is an improvement in strength and power output during resistance exercise. It allows for more ATP production (the energy source for the cells) when energy demands are high like with resistance training.

It may not increase muscle mass in and of itself, but it can improve your performance in the gym. So what that means is more weight being lifted translates to more muscle stimulus, and therefore more muscle growth in the long term.



If you are NOT doing resistance training, you don't need to supplement with Creatine. Even if you ARE doing resistance training, supplementing with it is still a choice you can make. I supplement from time to time, depending on my strength training cycle and how difficult it is.

The body doesn't develop a tolerance so long term use is perfectly safe. There are many different forms of creatine available on the market, but creatine monohydrate is the cheapest and most effective.

Creatine monohydrate can be supplemented through a loading protocol. To start loading, take 0.3 grams per kilogram of bodyweight per day for 5–7 days, then follow with at least 0.03 g/kg/day either for three weeks (if cycling) or indefinitely (without additional loading phases).

For a 180 lb (82 kg) person, this translates to 25 g/day during the loading phase and 2.5 g/day afterward, although many people will take up to 5 g/day due to the low price of creatine and the possibility of experiencing increased benefits.

Post Workout Carbs

When lifting weights in the gym, you are actively depleting your stores of glycogen, both from your liver and from your muscles themselves. So it is so important to make sure you replenish these stores ready for your next training session.

I have never been a huge fan of pre workout supplements or stimulants, however making sure you have some kind of fast acting carbs during and directly after your training is really important.

A sports drink is perfect. I will often have a drink of cordial straight after just to get my glycogen stores back up.

Of course you can eat whole foods too, but seeing as this is a supplements guide, we will focus on that.

Dosage: 0.5–0.7 grams of carbs per pound (1.1–1.5 grams/kg) of body weight within 30 minutes after training results in proper glycogen replenishment.

HEALTH & ANTI AGEING

Multi-Vitamin

Studies have shown that when in a calorie deficit, food alone tends to fail to meet the recommended intake of several micronutrients, particularly if you are limiting your intake of milk.

So I recommend that you take a multi-vitamin every day to ensure you are reaching your overall micronutrients for a healthy life.



As I have already mentioned, you should aim to get your macronutrient targets AND your micronutrients through eating whole, nutritious foods, but I want to highlight that food alone doesn't always cut it - especially if you are doing strength training (which if you are reading this resource, you most probably are) and if you're not - don't forget to grab my [FREE 12 Week Strength Training Program](#) designed specifically for women)

Fish Oil

Inside your cells, you have a balance of omega-6 and omega-3 fatty acids, but our diets are typically heavy in omega-6 fatty acids. So to combat the imbalance, a great source for omega-3s are fatty fish, and eating these fish or supplementing directly with the fish oil itself can improve overall health.

Fish oils can help with severe depression, joint pain reduction, and a powerful triglyceride reducing effect.

In order to get enough EPA and DHA from fatty fish (like salmon)

you would have to have 4 - 5 servings every week. If you're like me and don't LOVE fish, this could be a challenging task. So I supplement with a good quality fish oil every day.

Fish oil improve blood lipid profile, lower triglycerides, lower blood pressure and might even improve body composition, but further study is required on this last point.

Recommended dosage: 1 - 3g combined EPA / DHA per day

Ashwagandha

A supplement with some evidence to show it can help reduce stress and anxiety

Doses between 0.5 - 6g per day Ashwagandha (*Withania somnifera*) is an herb used in Ayurveda, the traditional medicine of India. A number of studies suggest that it has anti-anxiety effects and it seems to reduce cortisol levels. Ashwagandha may also be able to reduce insomnia, fatigue, and the symptoms of depression, but it hasn't been well-researched for these purposes.

It may increase power output in untrained subjects during resistance exercise and anaerobic running, but this observation is based on a small amount of research and more is needed. It may lead to small reductions in blood glucose, blood pressure, and LDL-cholesterol, while slightly increasing HDL-cholesterol.

Vitamin D

Vitamin D supplementation can improve mood and provide long-term protection against cognitive decline and bone deterioration.



Many studies have shown that most people are not in the optimal range for vitamin D, so supplementing with vitamin is a positive step towards better health.

The recommended daily allowance for Vitamin D is currently set at 400-800IU/day, but this is too low for adults. For moderate supplementation, a 1,000-2,000IU dose of vitamin D3 is sufficient to meet the needs of most of the population. This is the lowest effective dose range.

Vitamin D3 supplementation (cholecalciferol) is recommended over D2 supplementation (ergocalciferol), since D3 is used more effectively in the body.

Vitamin D should be taken daily, with meals or a source of fat, like fish oil.

Melatonin

Melatonin is a neurohormone secreted by the pineal gland in the brain. Light suppresses melatonin production.

Melatonin mostly helps you fall asleep (especially if you insist on



exposing yourself to computer or TV light before bed - remember the lesson on sleep and how its lack is affecting your goals). Melatonin's primary mechanism is by helping decrease the time it takes to fall asleep (as a hormone, that's its primary job). Cherries naturally contain melatonin, as do a few other foods.

This supplement seems to be a wonder drug with Melatonin being a powerful antioxidant with several anti-cancer properties. It also potentially stops your body from gaining more fat (bring that on!) as it may be able to increase leptin levels. It can also benefit eye health, improve mood, and may even help reduce tinnitus. Is there anything this neurohormone can not do?

For regulating the sleep cycle, doses of melatonin between 500mcg (0.5mg) and 5mg seem to work.

Start with 500mcg, and if it doesn't work, work up to 3-5mg. The benefits of melatonin are not dose-dependent - taking more will not help you fall asleep faster.

To help with sleep, take roughly 30 minutes before going to bed.

I personally take 10mg slow release every night about half an hour before I go to sleep. I am sleeping the best I have in years!!

