

Nutrition

My Favorite Supplement Combination

My favorite supplement combination is creatine monohydrate, glutamine, and a good quality whey protein powder (whey protein isolate).

Creatine is a compound necessary for the regeneration of ATP for muscle contraction. This supplement increases one's strength and endurance tremendously during intense workout session. Recommended dosage 5g before and right after training.

Glutamine is an amino acid that inhibits muscle breakdown and is the most abundant amino acid in the body, hence it is important for muscle recovery after a strenuous workout session. 2g after training 2g right before bedtime.

Whey protein has the highest biological value (a value that measures protein quality) and is rapidly absorbed, necessary for keeping the body in an anabolic state (muscle building) especially right after training. I consume 3 protein shakes a day. One in mid morning, one (combined with creatine and glutamine) within 30 minutes after training and one right before bedtime (combined with glutamine) for the process of muscle building during the 8 hours of sleep.