RISE UP FITNESS
Member resource

NO. 11 · NUTRITION

Supplements 101

Food comes first. A few supplements are well studied, cheap and worth it. Here is the short list, ranked by evidence.

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CLASS TIMES
Mon–Fri 9am–7pm · Sat 12pm

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VISIT
343 Bloor Street West, Unit 1R, Oshawa

RANKED BY EVIDENCE

What's worth your money

WORTH CONSIDERING

Protein powder	1 scoop as needed	Convenient protein when you can't hit your plan from food. Whey or a plant blend.
Creatine monohydrate	3–5 g daily	The most studied sports supplement. Helps strength and muscle gain. Any time of day; no loading phase needed.
Caffeine	1 coffee, 30–60 min before	Improves performance and focus. Respect the 8-hour cut-off before bed.

ONLY IF YOUR DIET NEEDS IT

Vitamin D	Per your doctor	Common to be low in winter or with little sun. A blood test tells you.
Omega-3 (fish oil)	1–2 g EPA + DHA	Worth it if you eat fatty fish less than twice a week.
Electrolytes	Long or hot sessions	Over 60 minutes or heavy sweating. Not needed for a normal class.

SKIP IT

Fat burners	Skip	Mostly high-dose caffeine with a markup. Some contain banned or unsafe ingredients.
Detox teas and cleanses	Skip	Your liver and kidneys already do this. Most are laxatives.
BCAAs	Skip	Redundant if you eat enough protein, which already contains them.
Testosterone boosters	Skip	No meaningful effect in healthy people.

✓

Buy third-party tested

Look for the NSF Certified for Sport or Informed Sport logo on the label. It means the product contains what it says and nothing it shouldn't.

General education, not medical advice. Check with your doctor before starting any supplement, especially if you're pregnant, on medication or have a health condition.