



## **Bighorn Peak Nutrition & Strength**

### **Recommended Supplements:**

- Protein Powder: Easiest way to hit your protein.
- Multivitamin: Fills the micronutrient gaps.
- Fish Oil: Gets you the Omega-3s you probably aren't eating.
- Creatine: Helps build muscle, strength, and better recovery.

#### **Protein Powder:**

##### *What to look for:*

- It tastes great and mixes easily.
- High protein, low carbs and fat.
- Full of essential amino acids (BCAAs) and is absorbed well.
- No artificial sweeteners, dyes, or fillers.
- Clean, quality ingredients.

##### **Types:**

**Whey:** Whey comes from the liquid left over when cheese is made. It's loaded with all the essential aminos, rich in BCAAs for muscle building, easy to digest, and tastes great in shakes.

- Whey Concentrate: 25–80% protein, still has some fat and lactose.
- Whey Isolate: 90% protein, most fat and lactose removed.
- Whey Hydrolysate: Pre-broken down so it digests and absorbs even faster.

Choose a protein where the first ingredient is whey concentrate, isolate, or hydrolysate.

The grams of protein should be close to the serving size. Skip powders that add glycine, taurine, or glutamine, they don't do much for muscle building.

**Casein:** Milk-based, high in calcium, slow-digesting, thick, and not too sweet. Full amino profile, great for preventing muscle breakdown, boosting recovery, and keeping you full.

Choose caseinate (sodium/calcium/potassium) or micellar casein.

**Soy:** Soy protein is a solid plant swap for animal protein. It's low in saturated fat, has zero cholesterol, packs all essential amino acids, and has fiber, iron, calcium, zinc, and B vitamins.

Rice: Brown rice protein isn't a complete protein, but it *does* deliver all the BCAAs for muscle building. It's also a win for anyone avoiding dairy, gluten, or soy. Mild flavor, smooth texture, and easy to mix.

Pea: Super easy on the gut, packs all the essential aminos, and skips dairy, soy, gluten, and lactose. It makes shakes extra creamy and is great for muscle growth and repair.

Vegan "Whey": Usually a mix of rice + pea protein and is like the amino acids in whey.

Collagen: Comes from animal connective tissue and doesn't have the muscle-building aminos, so it shouldn't be your main protein. But it's an easy way to add extra protein, and it's high in glycine, which helps with hair, skin, nails, joints, and inflammation.

#### *How To Take It:*

Have protein powder before/after workouts or as a snack. Some people get bloating or gas, so keep servings under 40–50g. And don't let powder be more than half your daily protein.

#### **Multivitamin:**

##### *Why:*

Helps you get enough nutrients that enhance health and wellbeing.

##### *When:*

Always take with food for maximum absorption.

##### *What:*

Never take a one-a-day vitamin; instead take capsules (are absorbed better than tablets) with the daily serving of 2-3+ pills.

Make sure there is plenty of Vitamin D (1500-2000 iu per day).

A solid multivitamin uses 5-MTHF—the active, easy-to-absorb form of folate. It supports red blood cells, brain/mood, detox, and overall cell health way better than basic folic acid.

## **Fish Oil:**

### *What:*

Omega-3s (EPA & DHA) come from fatty fishlike salmon, sardines, mackerel, herring, and anchovies. Low levels crank up the risk of heart disease, dementia, depression, and more. Getting enough can help with fat loss, soreness, stress, focus, immunity, and even muscle gain. You'll find them in fatty fish, grass-fed meats, free-range eggs, and some plant oils.

### *Types:*

- Triglyceride – natural state
- Ethyl Ester – replaces glycerol molecules with ethanol, alcohol – removes contaminants and raises EPA & DHA levels.
- Re-esterified Triglyceride – has less gastrointestinal side effects and is better absorbed.

### *When:*

Take with food, especially fat.

### *How:*

Take 500mg-1.8 grams of EPA & DHA per day combined.

## **Creatine:**

### *What:*

It is made of amino acids arginine, glycine, and Methionine and is also found in meat, eggs, and fish. It enhances muscle and strength gain, anaerobic endurance, and post workout recovery.

### *Types:*

- Creatine Monohydrate (or Micronized): like what is formed in the body.
- Buffered Creatine: better on the stomach because it is less acidic.
- Creatine Hydrochloride: dissolves easier & may help with digestive discomfort.

### *How:*

Take 0.02 grams/lb. of body weight or 3-5 grams per day. Take any time during the day.