DAYXSUPPLEMENTGUIDE

Your Supplement Quick Guide

Clear focus. Simple plan. Anywhere you go.

Gym, hotel, road trip or airport: your 7-day organizer makes it easy to take your routine with you.

Supplements can be a smart addition to your nutrition and training. The basics stay the same: eat regularly, drink enough, sleep well and train consistently. You've got this.



HOW TO BEGIN

Your simple start

If you want to keep things simple and effective, start here:

- ✓ Protein, whenever you can't hit your daily target through food alone
- ✓ Creatine, taken daily for strength training and performance
- ✓ Caffeine, used deliberately before key sessions if it agrees with you
- ✓ Vitamin D3 or omega-3, depending on your routine and the way you eat

On long, hot or especially demanding days, carbohydrates, electrolytes or other targeted supplements can make a real difference.



01

Protein Powder

For building muscle, keeping it and recovering well



Protein is your daily foundation, especially when you train regularly. A shake comes in handy when breakfast, meetings, travel or a hotel buffet make it hard to get enough protein from meals alone.

HOW TO USE IT

- A common target range: roughly 1.4–2.0 g of protein per kg of body weight per day
- Per shake: usually 20–40 g of protein
- Use it flexibly: after the gym, with breakfast or as a high-protein snack
- Timing matters far less than hitting your daily total

WORTH KNOWING

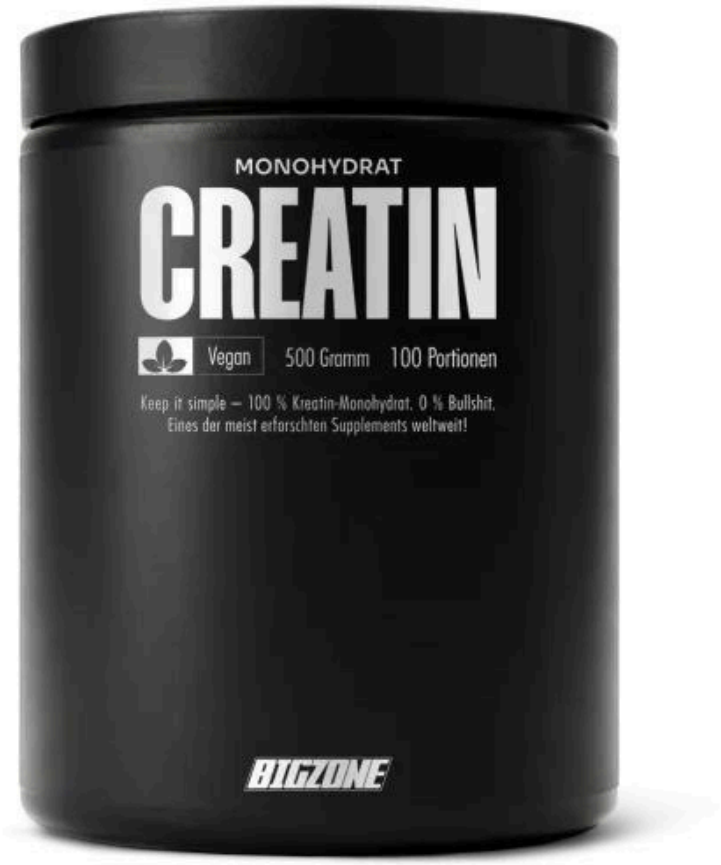
- Whey, casein, soy and pea protein are all practical options
- If you're sensitive to lactose, whey isolate may suit you better
- If you have a known kidney condition, check with a doctor before going high on protein

Source: Morton et al., 2018 · Jäger et al., 2017

02

Creatine Monohydrate

For strength, power and steady training progress



Creatine is an easy everyday companion for strength training, sprints and interval work. It supports you most during short, intense efforts and consistent training weeks.

HOW TO USE IT

- 3–5 g per day
- Take it every day — including rest days
- Simply mix it into water, coffee, a shake or a meal
- The exact time of day isn't important
- A loading phase is an option, but it isn't necessary

WORTH KNOWING

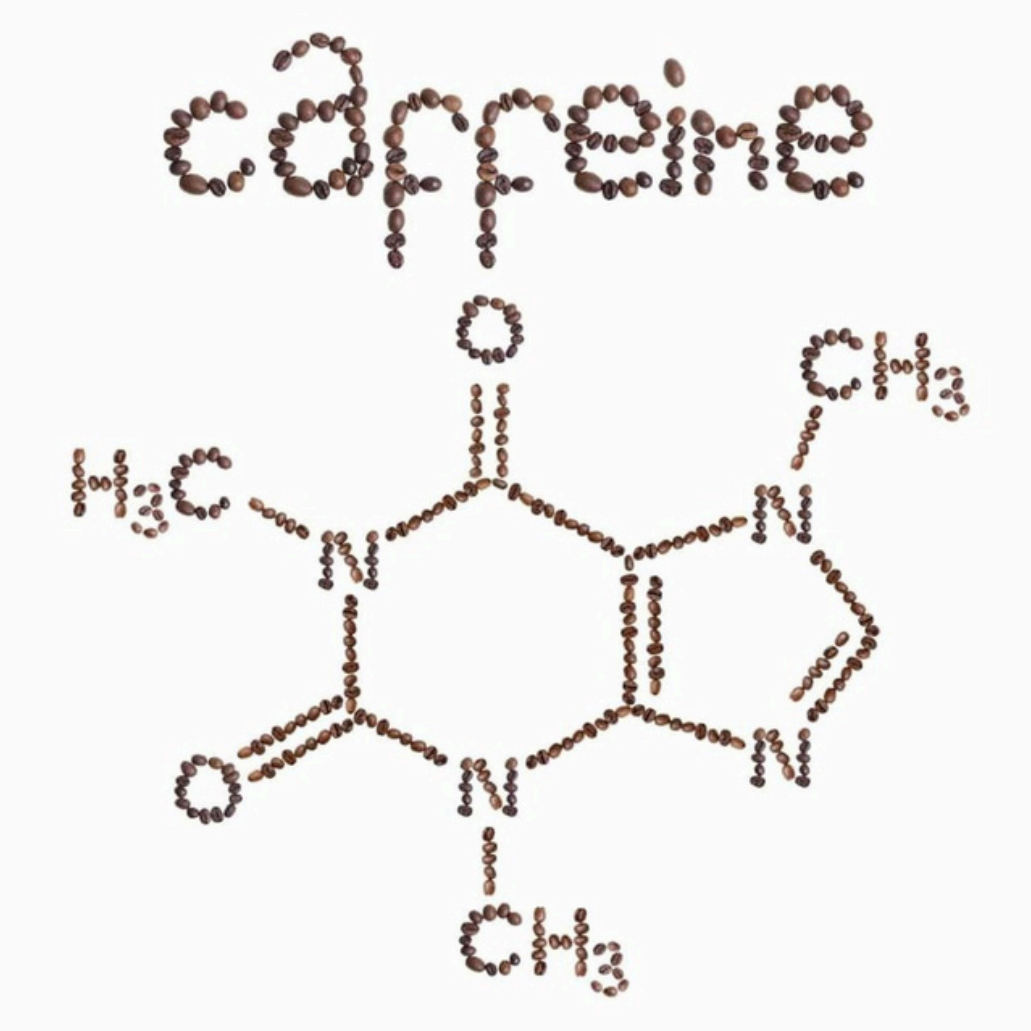
- A slight increase in body weight is normal, as your muscles store more water
- Plain creatine monohydrate is all you need
- With a known kidney condition or unclear kidney values, check with a doctor first

Source: Kreider et al., 2017 · Wang et al., 2024

03

Caffeine

Forfocusandenergy before training



Caffeine can sharpen your focus before the sessions that count — a gym workout, a long run or a day after tiring travel. The goal isn't as much as possible, but the dose that works for you.

HOW TO USE IT

- Start with 1–3 mg per kg of body weight
- Commonly used: 3–6 mg per kg of body weight
- Roughly 30–60 minutes before training
- Always count coffee, tea, energy drinks and pre-workouts together
- Try caffeine in everyday life or training first — never for the first time on race day

WORTH KNOWING

- For healthy adults, up to 200 mg in one go and up to 400 mg per day from all sources are considered amounts with no expected safety concerns
- Caffeine in the late afternoon or evening can disrupt your sleep
- If caffeine doesn't sit well with you, makes you jittery or you're sensitive to poor sleep: take less or skip it

Source: Guest et al., 2021 · EFSA, 2015

04

Carbohydrates + Electrolytes

For long,hotanddemandingdays



For a regular gym session you usually don't need a sports drink. But for long efforts, serious heat, heavy sweating or several sessions in one day, carbs and electrolytes make fuelling on the go far easier.

HOW TO USE IT

- Especially useful for efforts beyond roughly 60–90 minutes
- A good guideline: 30–60 g of carbohydrates per hour
- Adjust electrolytes to the duration, the heat and how much you sweat
- Ideal for long runs, bike rides, team sports, hiking, festivals or hot travel days

WORTH KNOWING

- Start with an amount your stomach handles well and test it in training
- Check the carbohydrate and sodium content per serving
- With diabetes, metabolic conditions or certain blood pressure or kidney medications, get individual advice

Source: Pöchmüller et al., 2016 · Ramos-Campo et al., 2024

05

Beta-Alanine

Forhardintervalsandrepeated sprints



Beta-alanine suits training that really pushes you: hard intervals, repeated sprints, HIIT, combat sports or efforts lasting a few minutes at a time.

HOW TO USE IT

- 4–6 g per day
- Split it across several smaller servings
- Take it daily — not just right before training • Give it at least 2–4 weeks before you judge the effect

WORTH KNOWING

- A tingling sensation on the skin can occur and is usually milder with smaller servings
- Servings of around 1.6 g, two to four times a day, work well in practice
- Use it deliberately, when your type of training actually calls for it

Source: Saunders et al., 2015 · Saunders et al., 2020

06

Nitrate / Beetroot Powder

For endurance and tolerance to hard efforts



Beetroot products can support you during the right kind of endurance and interval work. They fit particularly well with sessions where you want to hold a high pace for several minutes.

HOW TO USE IT

- Look at the declared nitrate content, not just the gram weight of the powder
- Commonly used: around 5–8 mmol of nitrate
- Roughly 2–3 hours before training
- Alternatively, take it over several days leading up to a big session

WORTH KNOWING

- Red urine or stool can occur and is normal with beetroot products
- Antiseptic mouthwash can reduce the effect
- With low blood pressure or related medication, check with a doctor first

Source: Poon et al., 2025 · McMahon et al., 2017

07

Omega-3 EPA + DHA

For yournutritionandrecovery



If oily fish rarely makes it onto your plate, omega-3 can be a practical addition. It isn't a pre-workout product for immediate effect, but a building block of your everyday nutrition.

HOW TO USE IT

- Commonly used: 1–2 g of EPA + DHA per day
- Take it with a meal that contains some fat
- Check the label for the amount of EPA + DHA — not just the total fish oil
- Vegan alternative: algae oil

WORTH KNOWING

- Eating oily fish regularly can make a supplement unnecessary
- With blood thinners, clotting issues or before surgery, check with a doctor first
- Quality matters: look for a clear EPA/DHA declaration and independent testing

Source: McGlory et al., 2021 · ISSN Position Stand, 2025

08

Vitamin D3

For dayswithlittlesunlight



If you work indoors a lot, see little sun in winter or travel frequently, vitamin D3 may be worth considering. It works best when matched to your personal needs — more is not automatically better.

HOW TO USE IT

- Take vitamin D3 with a meal that contains fat
- Your diet, sun exposure and, if useful, a blood test give you the best guidance
- If a deficiency has been diagnosed, leave the dosing to a medical professional

WORTH KNOWING

- Vitamin D3 is not an instant booster before training
- Consistently high doses are not a good idea
- With kidney or parathyroid conditions, elevated calcium levels or regular medication, check with a doctor first

Source: Farrokhyar et al., 2017 · Koundourakis et al., 2019

09

Collagen Peptides

For tendons and connective tissue



Collagen can be a worthwhile addition when your tendons take a regular beating — through strength training, running, jumping or intense training blocks.

HOW TO USE IT

- Commonly used: 10–15 g of collagen peptides
- Roughly 30–60 minutes before a mechanically demanding session
- Often taken together with vitamin C
- Give it time: changes happen over weeks to months

WORTH KNOWING

- Collagen does not replace complete protein for building muscle
- Pay attention to the source, especially if you have allergies
- Not vegan

Source: Konopka et al., 2024

10

Magnesium

For youreverydayintake



Magnesium fits into your routine if your diet is low in magnesium-rich foods or you lose a lot through sweating. For many people, the evening is the easiest time to take it.

HOW TO USE IT

- If needed, start with around 100–250 mg of elemental magnesium per day
- Check the label for the elemental magnesium content
- Practical forms: magnesium citrate or magnesium bisglycinate
- Take it with a meal or in the evening, whenever it sits best with you

WORTH KNOWING

- Too much can upset your digestion
- Magnesium from nuts, legumes, whole grains and leafy greens remains a strong base
- With kidney conditions, only use it after speaking to a doctor
- Leave a gap to certain medications, for example antibiotics or thyroid hormones

Source: Warden et al., 2019 · Nielsen & Lukaski, 2006

PACK LIGHT. PLAN CLEARLY.

Your travel plan

Situation	What works well
Hotel breakfast is low in protein	Protein powder
Strength training at the gym or hotel	Creatine daily, protein as needed
Early workout or a long travel day	Caffeine, used deliberately and with your sleep in mind
Long hike, bike ride or heat	Carbohydrates + electrolytes
HIIT, sprints or hard intervals	Beta-alanine daily over several weeks
Endurance or interval day	Nitrate/beetroot, taken well in advance
Little fish in your diet	Omega-3 EPA + DHA
Little sun / mostly indoors	Vitamin D3 matched to your needs
Heavy load on your tendons	Collagen before the session
A diet low in magnesium-rich foods	Magnesium as needed



SHORT AND IMPORTANT

Before you start

- Don't start everything atonce.
- Test new products in everyday life or training first.
- Only pack what you actually use.
- Use your organizer for a clear weekly routine, not for an unnecessary pile of capsules.

If you compete, choose products with independent batch testing and check the current WADA Prohibited List.

> PLEASE NOTE
> This guide provides general information for healthy adults and does not replace medical advice. If you are pregnant or breastfeeding, have a known heart, kidney or liver condition, take medication regularly, have abnormal blood values or are unsure in any way, speak to a doctor or pharmacist before taking anything.

