

Optimal Performance Athlete: A Comprehensive Health Protocol for Runners and Athletes

Health Protocol designed by

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Handout Volume Four: Supplementing for Optimal Performance

Multivitamins

Gary Null's : Supreme Health formula
Life Extension Foundation Mix tablets, capsules and powder
Vitamin Shoppe brand men's and women's formulas

Ca/Mg and bone complexes:

Gary Null's Bone Health
Gary Null's Calcium/magnesium complex
Life Extension's Bone restore

Brain complexes:

Gary Null's Age Busters
Life Extension Foundation's Cognitex

Powders:

TMG- Solgar
Power Berry Blast – Gary Null
Red Stuff “
Green Stuff “
Greens and Grains “
Muscle Max “
Suprema C vitamin C “
Barley greens
Greens +
Kamut
L-Carnitine powder (www.vitacost.com, NOW brand)
Glutamine
Lecithin

Ground flax seeds
Spirulina
Chlorella
Bee Propolis

Liquids:

Aloe (Gary Null's also Trader Joe's)
Gary Null's ETERNAL
Milk Thistle tincture
Gary Null's BUG OUT
Cod liver oil

SUPPLEMENTS:

PLEASE NOTE! YOU ARE ENCOURAGED TO WORK WITH A LICENSED NUTRITIONIST IN ORDER TO CUSTOMIZE YOUR SUPPLEMENT PROTOCOL. WHAT FOLLOWS IS INFORMATION DRAWN FROM THE CURRENT NUTRITIONAL SCIENCE LITERATURE AND IS MEANT TO BE USED FOR INFORMATIONAL PURPOSES ONLY.

Ø **Grape Seed extract:** Flavanoid with supreme anti-oxidant activity, also recycles vitamin C in the body and protects brain and liver, and repairs connective tissue. Exceptional anti-inflammatory and anti-aging supplement.

Ø **NAC:** N- Acetyl Cysteine: An amino acid needed to produce glutathione, potent detoxifier of alcohol, tobacco smoke, and environmental pollutants, all of which suppress the immune system. It boosts protective enzymes that protect the body from aging.

Ø **Alpha Lipoic Acid:** Also a recycler of Vitamin C in the body and a potent anti-oxidant. It deactivates free radicals and works well with CoQ10. It also is part of glutathione production. It controls blood sugar and helps with nerve regeneration and reduces cholesterol levels. Found in spinach and broccoli.

Ø **L-Carnitine:** Provides cellular energy for the muscles and protects the heart. Enhances the effectiveness of vitamin C and vitamin E and is excellent to aid in weight loss with regular exercise.

Ø **Coenzyme Q 10:** Extremely important for the creation of cellular energy, is a significant immune system booster and increases circulation. Helps to maintain flexibility of cellular membranes. A potent anti-oxidant.

Ø **High potency multi-vitamin-** follow directions on bottle

Ø **Quercetin:** A potent bioflavanoid, it is a potent anti-oxidant, anti-inflammatory and anti-allergy supplement. It stops cancer cell production and

tumor formation, inhibits free radical damage and prevents blood clots; found in garlic, chlorella, dark berries.

Ø **Sea Veggie Salad** capsules: Loaded with minerals and a great source of protein for the body without a lot of calories, promoters and alkaline environment in the body and are high in carotenes (vitamin A) and is a good source of iodine.

Ø **Carnosine**: rejuvenate cells and protect them from premature aging; protects the chromosomes and lowers cholesterol. Superior brain cell protector.

Ø **Super antioxidant formula** (or any high potency anti-oxidant complex): Overall prevention of disease and aging. Includes many of these:

Alpha lipoic acid	Co Q 10	Ginkgo	Selenium
Bilberry	Curcumin (turmeric)	Grape seed extract	Zinc
Burdock	Bioflavonoids	Green tea	Vitamin E, C
Vitamin A	Garlic	Proanthocyanidins	SOD

Ø **Garlic Cayenne** tablets (follow directions on bottle): Dilates blood vessels, prevents blood clots, lowers cholesterol, immune stimulant, anti-cancer, antibiotic, anti-viral. Cayenne enhances circulation and is a catalyst for garlic.

Ø **Detox formula** capsules (per directions on bottle) for 6 months:

Apple pectin	Chrysanthemum	Garlic	Kelp
Buckthorn root	Dandelion root	Ginger root	Licorice root
Burdock root	Fennel Seed	Goldenseal root	Marshmallow
Cascara sagrada bark	Fiber	Hibiscus	Orange peel
Oregon grape root	Peppermint	Prickly ash bark	Psyllium
Red Clover	Rosehips	Sarsaparilla root	Stillingia
Yellow Dock			

Ø **Calcium/Magnesium complex**: protects bone and teeth, helps with healthy blood clotting, nerve conduction, muscle contraction, lowers cholesterol, essential for bone growth, provides energy; prevents muscle weakness.

Chlorophyll, phytonutrients and optimal use of vitamins:

Chlorophyll is the blood of the plant. It is strikingly similar to the molecular structure of human hemoglobin, the main part of human blood. The byproduct of plant metabolism is oxygen, and our cells need oxygen in order to survive. It also contains enzymes, which are the catalysts of life and play a role as anti-inflammatory agents, free radical scavengers and

blood tonifiers in the body. It also contains high amounts of trace minerals, which help the body to maintain high levels of overall health. It also helps to alkalize the body, which helps to strengthen the immune system. Amazingly chlorophyll rich vegetables contain several amino acids, which are the building blocks of protein. Even once juiced, green vegetables provide beta glucan, which is a water soluble fiber.

Red chlorophyll from red fruits provides potent anti-oxidants needed to fight free radical damage and help to repair damaged cells in the body, as well as enzymes and minerals. It is as important to get red chlorophyll into the body as it is to get green chlorophyll.

Red fruit juices:

Dehydrated juices of nutrient dense foods that are rich in vegetarian sources of the carotenoid lycopene as well as other phytonutrients. Cranberries, apple pectin, strawberries, cherries, red raspberries, peaches, pears, papayas, mango, watermelon, red currants, nectarines, Pink grapefruits, blood oranges, pomegranates are good examples.

Advanced red fruit juices:

prune (dried plum), apple, blueberry, cranberry, tart cherry, acerola, mangosteen, wolfberry, citrus bioflavonoids, grape seed extract, bilberry 25%, beet juice powder, stevia, fiber gum, grapefruit, orange, pineapple, lemon, lime, watermelon, pear, mango, strawberry, papaya, tangerine, apricot, raspberry, Activin®

Green juices:

Green chlorophyll-rich foods that are also sources of phytonutrients, essential fatty acids, amino acids, anti-oxidants and trace minerals. For example, Green Kamut® juice, wheat grass juice, barley green juice, alfalfa leaf, oat grass juice, broccoli, parsley, kale, soluble rice bran, pineapple, carrot juice, spirulina, yucca root, black licorice root extract.

Juiced greens and sprouted grains:

Probiotics, Essential Fatty Acids, pH balancers, enzymes, carotenoids and naturally occurring trace minerals are found in a powdered base of powerful chlorophyll-rich green vegetable juices. Some examples include:

Flax seed	Alfalfa Leaf
Sprouted Quinoa	Fennel
Fructooligosaccharides (FOS)	Vitamin E
Sprouted Green Algae	Oat Grass Whole Leaf
Pumpkin	Carrot Juice Powder
Sprouted amaranth	Green Algae Powder
Wheat Grass Powder	Yucca
Sprouted Spelt	Spinach
Barley Grass Powder	Parsley

Spirulina
Sea Vegetables
Broccoli
Ginseng
Pineapple

Chia
Cauliflower
Kale
Carotenoid Complex

Vitamin C products should contain:

Natural vitamin C from Acerola and Amla berries, fat soluble Vitamin C (ascorbyl palmitate), bioflavonoids, and phytonutrient rich red fruits (blueberry and cranberry), ascorbic acid, calcium, potassium and magnesium ascorbates and selenium for maximum absorption..

Anti aging formulas should contain

- Vitamin E (Mixed tocopherols) 501U 167%
- Acetyl-L-Carnitine Arginate 300 mg *
- L-Carnosine 500 mg *
- R-Alpha Lipoic Acid 200 mg *
- Gingko Biloba Leaf Powder 25 mg *
- Cayenne 50 mg *
- Glycerophosphoryl-Choline 100 mg *
- Phosphatidyl serine 75 mg *
- Quercetin 100 mg *
- Benfotiamine 50 mg *

Anti Aging powders often contain:

Soy Protein, Whey, Juiced Greens, Aloe Vera, Gingko Biloba Leaf, Phosphatidyl serine, Lycopene, Grape Seed Extract, Royal Jelly, Non-Dairy Acidophilus, Bifidus, Bee Pollen and Acetyl-L-Carnitine; Lecithin, Green Algae Powder, Wheat Grass Powder, Green Barley Powder, Alfalfa Leaf, Oat Grass, Broccoli, Parsley and Kale; Cranberries, Strawberries, Apples, Cherries, Red Raspberries, Peaches, Pears, Papayas, Mangoes, Watermelons, Red Currants, Nectarines, Pink Grapefruits, Blood Oranges, Pomegranates, Pineapples, Lemons, Limes, Tangerines, Apricots and an herbal blend of Black Cohosh Root (*Actaea Racemosa*), Blessed Thistle Herb (*Conicus Benedictus*) Chastetree Berry (*Vitex Agnuscastus*), Cramp Bark (*Viburnum Opulus*), Damiana Leaf (*Turnera Aphrodisiaca*), Dong Quai Root (*Angelica Sinensis*), False Unicorn Root (*Chamaelirium Luteum*), Fo-Ti Root (*Polygonum Multiflorum*), Ginger Root (*Zingiber Officinale*), Gotu Kola Herb (*Centella Asiatica*), Hawthorn Berry (*Crataegus Laevigata*), Licorice Root (*Glycyrrhiza Glabra*), Motherwort Herb (*Leonurus Cardiaca*), Passion Flower (*Passiflora Incarnata*), Peppermint Herb (*Mentha Piperita*), Saw Palmetto Berry (*Serenoa Repens*), Siberian Ginseng Root (*Eleutherococcus Senticosu*)

Fiber formulas often contain:

Flax seed, psyllium husk, rice bran, apple fiber, lecithin, oat bran, rice bran solubles, FOS, carrot, fruit blend (apple, grapefruit, orange, pineapple, lemon, lime, cherry, watermelon, pear, mango, strawberry, papaya, tangerine, apricot, cranberry), guar gum, locust gum, Jerusalem artichoke, vitamin C, ginger root, fennel seed, anise seed, cinnamon.

Brain formulas often contain:

B vitamins, calcium, magnesium, ginkgo, L-phenylalanine, L-Glutathione, L-Taurine, Inositol, L-Carnitine, L-Cysteine, Blue Cohosh root, Siberian ginseng root, rosemary leaves, L-Glutamine, L-Tyrosine, Phosphatidyl serine, linoleic acid, linolenic acid, Caprylic acid

Antioxidant formulas contain:

Vitamin A	Magnesium
Vitamin C	Zinc
Vitamin E	Selenium
Vitamin B6	Copper
Astaxathin	Quercetin
L-Carnosine	Lycopene
Rosemary leaf powder	Citrus bioflavanoids
Rutin	Bilberry fruit extract
Red wine concentrate	Grape skin extract
China green tea leaf powder	Reduced L-Glutathione
L-Cysteine	Coenzyme Q 10

SAMPLE GUIDELINE FOR SHAKES AND JUICES

1. **PROTEIN SHAKE:** Every morning a good form of protein helps to stabilize your blood sugar for up to 4 hours. Use a BLENDER.

· **Protein powder:** ONE SCOOP

rice protein

soy protein

whey protein

egg white protein

hemp protein

pea protein

· **Liquid Aloe Vera** _____ oz.

· **Berries:**

blueberry, cranberry, pomegranate and black cherry concentrates:

1 TBS each OR

Blend frozen or fresh strawberries, raspberries, blueberries

Acai berries, Goji berries and mangosteen are also fine to add

· Optional to add: nuts, seeds, nut butters; if blood sugar imbalances are not an issue, pineapple, mango, banana

· **Dilute** with milk substitute, organic juice, coconut milk or water, 6-8 oz.

· **Red Chlorophyll powder** _____

· **Vitamin C powder** _____

· **Essential Fatty acids or oils:**
Udo's choice _____

Flax oil or flax seeds _____

Walnut/Evening Primrose/Avocado/Borage Oils _____

Norwegian Cod Liver oil _____

· May be added to this or green juice:

Bee propolis (powerful antibiotic) _____

Lecithin (source of phosphatidyl choline to support brain, nerves, muscles and controls cholesterol and triglyceride levels) _____

L-Glutamine (brain nutrient, energy source, healthy libido) _____

Digestive enzyme powder _____

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2. **GREEN JUICE LEMONADE:** Helps to detoxify, oxygenate and alkalize the body. Every afternoon:

· Green juice (see sample juicing schedule)

· Green

powders _____

· Liquid Aloe Vera _____ oz

· Vitamin C powder _____

· Spirulina,
chlorella _____

· Dilute with water, coconut water, organic fruit juice, 6-8 oz.

· Sweeten to taste with stevia, agave or xylitol

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3. **FIBER SHAKE:** A gentle cleanse for the entire digestive system while you sleep. 1-3 hours before bedtime, use a blender.

- Comprehensive fiber product (e.g., Gary Null's Friendly Fiber)____
- ¼ tsp Celtic Sea Salt (re-mineralizes the colon)
- Red Chlorophyll powder_____tsp.
- Liquid Aloe Vera_____oz.
- Vitamin C powder_____
- Dilute with milk substitute, coconut milk, organic juice or water
- Optional to add: cinnamon, nutmeg, carob powder, non-irradiated flavorings like vanilla, maple, butterscotch, peppermint)
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Supplement formulas

(Based on the protocols of Gary Null, from his book, **Get Healthy Now!** 2006, Seven Stories Press)

Managing withdrawal symptoms or headaches:

<i>Magnesium 500 - 1000 mg</i>	<i>Cayenne 10-20mgm</i>
<i>Niacinamide (non flush niacin)</i>	<i>Gingko 150mgm</i>
<i>Vitamin B6 90-100mgm</i>	<i>CoQ10 200mgm</i>
<i>Evening Primrose Oil 1500mgm</i>	

Natural adrenal support

Reishi mushroom complex	L-Taurine 500mg
Beta 1,3 glucan	Pantothenic acid (Vitamin B5)
Siberian ginseng	Vitamin B6
Panax ginseng (good for hypothyroid conditions with weight gain)	
L-Tyrosine	Red chlorophyll powders

Brain drink for increased mental functions: Listen to Mozart while studying

12 oz. Protein shake with

- *2 scoops of protein powder*
- *Soymilk 5oz*
- *Water 5 oz*

- *Pineapple juice 2 oz*
- *Lecithin 1 TBS*
- *1 scoop Green vegetable powder*
- *Brain formula capsules 2 capsules*
- *Cognitex (Life Extension Foundation, www.LEF.org)*

Pre-workout

Protein shake

Green tea extract

CoQ 10 100 - 500 mg

Vitamin E 200-400IU

Mitochondrial Energy Optimizer (www.LEF.org)

L-Carnitine 500 - 1,000mg

Vitamin B12 1,000mcg under the tongue

DMG 125 mg under the tongue

Post Workout:

Antioxidant formula

CoQ10 100-500mg

L-Carnitine 500-1,000mg