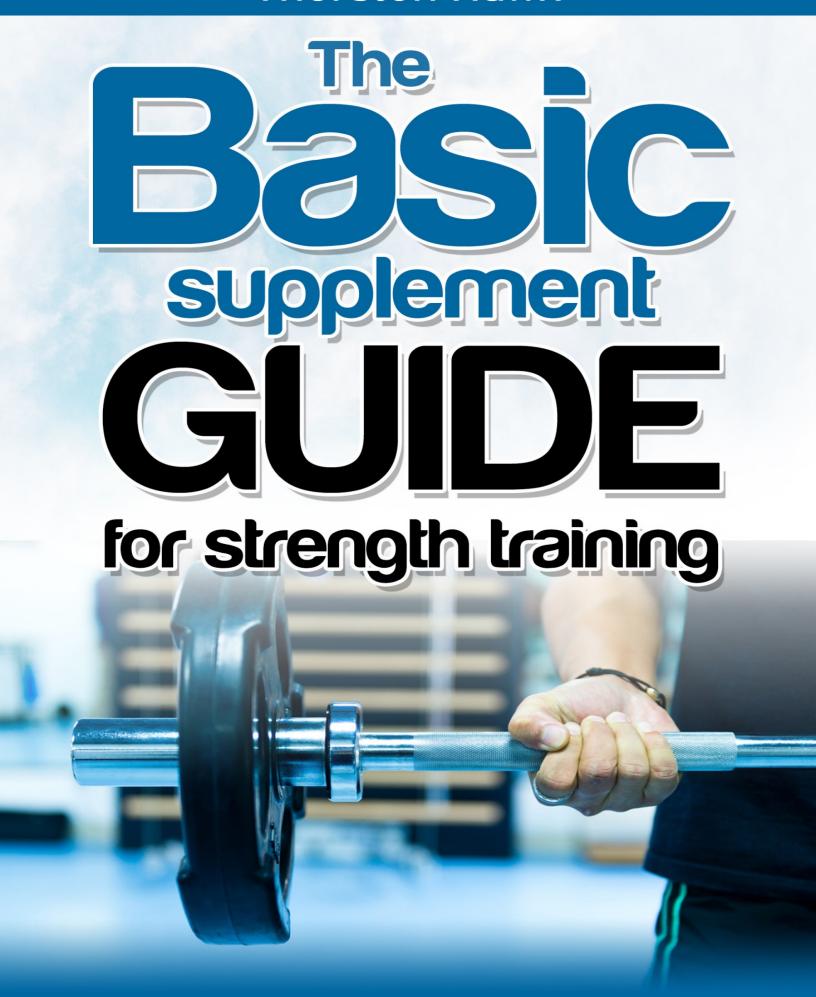
Thorsten Hawk



## THE BASIC SUPPLEMENT GUIDE FOR STRENGTH TRAINING

By Thorsten Hawk

## **TABLE OF CONTENTS**

WHEY, WHAT'S THAT?
WHO NEEDS IT?
HOW WHEY INGEST PROTEIN AND ITS DOSES?
WHY WITH DEXTROSE AND WITH WATER?
WHY AFTER THE TRAINING?
WHAT IS WHEY ISOLATE?
WHAT IS VITAMIN D3?
WHAT IS IT NEEDED FOR?
VITAMIN D3 DEFICIENCY?
<b>DOSAGE AND HOW TO TAKE VITAMIN D3?</b>
SIDE EFFECTS?
WHEN TO TAKE?
WHAT IS ZMA?
INTAKE OF ZMA?
WHAT DOES ZMA DO?
WHY SHOULD YOU TAKE ZMA?
DOSAGE OF ZMA?
FISH OIL
FISH OIL CAN HELP BURN FAT.
IT CAN HELP BUILD MUSCLE.
IT REDUCES INFLAMMATION IN JOINTS.

IMPROVES INSULIN SENSITIVITY AND METABOLISM.