



BEACH TRACK CLUB

# SUPPLEMENT BASICS

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Food first, always. These are the few supplements that fill real gaps for training athletes, in the order Curtis would add them. Nothing here is required.

For athletes under 18: talk it over with a parent and your doctor before starting anything, and choose products with the NSF Certified for Sport mark. Doses below are adult reference points, not prescriptions.

## BRANDS

Garden of Life, Thorne, KAL, Enzymatic Therapy. NOW for beta-alanine.

## PRIMARY

### **MULTIVITAMIN / MULTI-MINERAL**

Training athletes rarely get every nutrient from food alone, and screens back that up. A good multi fills the gaps that time and diet leave.

### **ESSENTIAL FATTY ACIDS WITH FISH OIL**

Antioxidant support, better fat utilization, and healthy movement pathways. One of the best value supplements there is.

### **VITAMIN B COMPLEX, B6 AND B12 EMPHASIS**

Critical for nerve recovery and sheath formation, which matters a lot in speed and power training.

### **VITAMIN D**

Power output and bone health. Dose depends on body weight, sunlight, and blood work. Curtis took a high weekly dose at 185 lbs; lighter athletes need less. Ask your doctor for a level before guessing.

### **BETA-ALANINE**

Helps 400m-type speed endurance. NOW is a reliable brand.

## SECONDARY

### **DIGESTIVE ENZYMES**

Help break down food and move nutrients where they're needed, especially around big meals.

### **L-GLUTAMINE**

Supports the gut lining and neurotransmitter production. Some research on muscle tissue. Typical adult use is 5 g up to three times a day.

### **GREENS PRODUCT**

Garden of Life Greens or a greens meal for days the vegetables didn't happen.

### **PROBIOTIC**

Rebuilds gut flora so neurotransmitters get produced at normal levels. Useful during travel and heavy training.

### **INOSITOL WITH IP-6**

Immune support during cold and allergy season.

### **FULL-SPECTRUM AMINO ACIDS**

For long workouts and meet days. Curtis likes OptimumEFX.