# Athlete Supplement Protocol

This playbook describes the process of selecting and timing the intake of supplements such as creatine, beta-alanine, and caffeine to enhance athletic performance.

### Step 1: Assessment

Assess the athlete's needs, current diet, allergy profile, and specific performance goals. This information will guide the choice of supplements.

### Step 2: Research

Conduct thorough research to understand the benefits, side effects, and effective dosages of potential supplements like creatine, beta-alanine, and caffeine. Scientific journals and sports nutrition guidelines are reliable sources.

### Step 3: Consultation

Schedule a consultation with a sports nutritionist or dietitian to discuss supplement options. They can provide personalized advice based on the athlete's unique requirements.

### Step 4: Selection

Select appropriate supplements based on research and expert advice. Consider the athlete's preferences, tolerance, and the legal status of supplements in their sport.

### Step 5: Scheduling

Determine the timing for supplement intake to maximize performance benefits. This includes pre-workout, post-workout, and any specific timing protocols advised for each supplement.

### Step 6: Monitoring

Monitor the athlete's response to the supplements, including performance outcomes and potential side effects. Adjust the protocol as necessary in consultation with the sports nutritionist.

### Step 7: Documentation

Keep detailed records of the supplements, dosages, and timing. Track progress over time to assess the effectiveness and make informed adjustments to the protocol.

## General Notes

### Legal Compliance

Ensure that all selected supplements comply with the rules and regulations of the athlete's sport governing body to avoid any potential disqualification from competition.

### Health Priority

Always prioritize the athlete's health over performance enhancement. If any adverse effects occur, consult with a healthcare provider immediately.