

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.