

# 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.