



Dr Kristina Kendall appeared in Episode 14 of The Brain and Power Podcast to talk all about supplements. Here are her Top 5 recommendations when it comes to including supplements in your diet.

1. **Creatine is your friend:** Creatine monohydrate is the most researched supplement on the market. It is proven to assist in muscle hypertrophy (building) as well as recovery and is used by athletes from a variety of different sports.
2. **Do your research:** There is a huge range of different supplements on the market and as a result some manufacturers are more trustworthy than others. Supplement testing does occur, however, in Australia, a product can be on the shelves before being tested. It's important to research your manufacturers and select supplements made by the companies who have been in the market the longest as they will have been passed by the Therapeutic Goods Administration. Be suspicious of new companies promising unrealistic results.
3. **The golden hour is more like a golden 3-4 hours:** It was once thought that you had to consume food within the first hour of finishing your workout. New research indicates that eating within 3-4 hours has the same benefit. Protein shakes can still be consumed directly after a workout and are still recommended as they assist in recovery, but unless you're an elite athlete training multiple times a day, you don't have to be eating straight away.
4. **Your body doesn't waste protein:** Protein supplements are the most popular products on the market. The body generally breaks down and synthesises 20 grams of protein per hour. However, the old school of thought was that if you consumed more than 20 grams per hour that your body would excrete it or store it as fat. New research suggests your body retains the excess protein, often using it to prevent muscle breakdown and then synthesises it later on.
5. **You probably don't need BCAAs and Glutamine:** BCAAs and Glutamine have had many claims made about them from preventing muscle loss to boosting recovery. However, research has shown that neither are of any real benefit. BCAAs can help with recovery for someone who is just starting but is unlikely to assist anyone going to the gym regularly. The claims for Glutamine have mainly been debunked. Dr Kendall did mention though that BCAAs can be used as a way to keep athletes hydrated as they are often flavoured and avoids the need for a high sugar sports drink.