



## NTXMSK Recommended Supplements

<https://wellevate.me/dennis-minotti>

### Musculoskeletal Health

#### **Vitamin C** – 2,000 to 3,000 daily

*Increases bone marrow production of stem cells. Used as an anti-oxidant and modulator of the immune system. Also, cross links collagen during healing.*

#### **L-Glutamine** – 3,000 – 5,000 mg daily

*An amino acid for tissue repair and immune function. It promotes Growth Hormone release to increase fat loss and increase lean muscle development.*

#### **Arginine** - 500mg twice a day

*An amino acid that Increases cell health though increasing Nitric Oxide production. It increases blood flow and oxygenation of the healing tissue.*

#### **Perfect Protein** – Intake of 0.5 grams/pound for your ideal body weight

*Needed to maintain an anabolic state during the healing phase. With injury and healing, the body has a higher need for healing amino acids and protein.*

#### **Tumeric (curcumin)** – 300-600 mg/day

*Acts as a natural anti-inflammatory. Upregulates bone formation and decreases bone loss.*

#### **Vitamin D3** –5,000 IU/day

*Helps reduce the aging of stem cell and helps stem cells differentiate into other cell types.*

#### **Resvoxitrol** – 25-50mg a day Available on Amazon

*Protects the cartilage and reduces cartilage loss.*

#### **Glucosamine/Chondroitin** – 1000mg a day

*Acts as a natural anti-inflammatory and aids in healthy cartilage.*

#### **Fish Oil/Omega**- 3 healthy fat- 1,000mg daily

*Helps modulate abnormal inflammation and augment healing*

### Additional supplements to enhance lean muscle support and fat loss

#### **Fiber**- 15 grams of a combined soluble/insoluble fiber taken before meals twice a day.

*As fiber passes through our intestines, it carries fat and calories out, preventing the body from breaking down and absorbing some of the fat and cholesterol we ingest. Fiber decreases the “sugar effect” of carbohydrate foods and decreases the insulin spiking. This leads to less storage of fat and studies show an extra 1-2 pounds of weight loss a month just from the extra fiber. Fiber also helps eliminate unneeded hormones and hormone bi-products that can lead to weight gain.*

#### **Perfect Protein**- 0.5-0.75 Grams per pound of body weight throughout the day and essential within an hour after workout.

*Protein contains the essential building blocks for muscular growth and recovery after a workout.*

Athletes and those working out have the highest protein needs. This protein is built from whey protein with additional amino acids to stimulate a natural release of Growth Hormone to maximize lean muscle gains and fat loss through an increased metabolism.

**Tonalin CLA (Conjugated Linoleic Acid)** - 2 Capsules 3 times daily with meals.

CLA is safe, well tolerated and leads to long-term reduction of body fat mass. A recent study showed loss of 6-8% of body fat mass, while increasing lean body mass. CLA is particularly effective in reducing abdominal fat stores. It also increases insulin sensitivity which leads to less insulin release and less fat stored.

**Chromium (not as polinate)**

Helps increase insulin sensitivity and is useful with weight loss, diabetes and hypertension. It also helps decrease carbohydrate (sugar) cravings.

**Omega 3-** 3-5 grams daily.

Decreases cholesterol. It is needed for brain and nerve health and function. Helps joints and muscles repair after exercise. Tip: Store in freezer and take frozen to avoid any after taste

**Buffered Vitamin C** - 2000-3000mg daily.

Vitamin C is an important antioxidant which can bind exercise produced free radicals. It decreases histamine levels and provides some anti-inflammatory actions. High dose supplementation will improve recovery time after workouts and strengthen the immune system. It also increases insulin sensitivity.

**D3-** 2000-3000 IU-once a day.

At optimal levels D promotes bone health, immune function, energy and strength, mood enhancement, immunity and cancer prevention.

**Probiotics and digestive enzymes**

These are helpful when starting the higher protein intake to help digestion and immune function.

**Additional supplements for working out with weight training to enhance recovery**

**Coenzyme-Q10-** 1 capsule before workout.

CoQ10 is used by the body to transform food into adenosine triphosphate (ATP), the energy needed to run the body. It is also an antioxidant that helps in recovery after an intense workout. Statins, beta blockers, some psych meds, metformin and other medications will decrease levels in the body. It also stabilizes blood sugar levels and improves circulation.

**Magnesium-** 250mg am and 500mg pm

Magnesium is essential for muscle contraction and relaxation. With workouts and activity, the muscles become deficient and can lead to pain, cramping and spasm.

**L-CARNITINE 500--** 1-2 capsules twice daily.

Carnitine is essential in the breakdown of fats into energy, and results in significant improvement in exercise tolerance.