



**DARK HORSE  
SPORTS<sub>LLC</sub>**

# **DHS SUPPLEMENT GUIDE**



# DHS SUPPLEMENT GUIDE

Imagine rowing a boat with 12 people in the boat, but only 4 oars in the water.

The other 8 people are just dead weight, making the 4 rowers work. Two-thirds of the team isn't working to pull their weight.

This is how most people live their life: forcing their bodies to try to function optimally with less than ideal levels of nutrients. Is it any wonder why they're tired all the time, stressed, and overwhelmed?

All 12 people rowing in this analogy is equivalent to is your homeostasis or baseline, where your body wants to be. To begin living an optimized life you must first ensure that all your oars are in the water. That's why we are going to give you the information you need and where and how to get the best quality supplements. We'll even give you some discounts!

Next we'll discuss some supplements in particular that most people may need or could use for improved health or performance.

## THERE ARE 4 BASIC REASONS WHY WE SUPPLEMENT:

- 1 We lack something genetically. (return us to homeostasis/baseline)
- 2 We lack something dietarily. (return us to homeostasis/baseline)
- 3 We are training/under stress and using more. (optimization)
- 4 We need to push through our previous limits. (better sleep, better recovery, better performance). (Performance).

As always, make sure your doctor approves any supplementation to make sure they will not interact with any medications you're on.

# SUPPLEMENTS

## DIGESTIVE ENZYMES

We think that Digestive Enzymes are super important! After all, you are what you digest. Digestive enzymes help to make sure you're properly digesting your foods so your body can extract the maximum nutrition from what you are eating. Remember, once your food has been cooked, all the digestive enzymes die, so by supplementing with these enzymes, you are helping to take some of the load off of your digestive system. There are different types of enzymes that help in digesting certain macronutrients. Make sure to pick one that is a wide spectrum (digest carbs, proteins, and fats).

### DHS RECOMMENDATION:

- Best "Everything" Wide Spectrum - **DIGESTXYM**  
OR
- **MASSZYMES** - (code DHS for 10% off)
- **DIGESTIVE COMPLETE**
- Best For Protein - **HCL-XYM**  
OR
- **BETAINE HCL**
- Best For Fat - **ENZALASE**
- Best For Cheat Meals - **GLUTAXYM**

## PROTEIN

Protein may be the first word that comes to mind when you think of Supplements. In Latin the word means “primary” or most important. Truly Protein is very important. You need it to build muscle. You need it to repair your body. You need it to feel full and lose fat. It's the only macronutrient your body can not store. You need it with every meal. While the best sources are whole foods, sometimes you may need to supplement with a protein powder.

While there are a plethora of protein powder sources to choose from, we prefer Beef Protein Powder as the best. Whey is good too but may cause irritation for some populations. We've listed some different Protein Powders below:

### DHS RECOMMENDATION:

- Best Protein - **Beef Protein**
- OR
- **Dynamic Paleo Protein**
  
- Whey Protein - **Hydrolyzed ISO-Whey Protein**
- **Dynamic Whey Protein**
- Plant Protein - **PROTEINXYM**
- **Organifi Protein** - (code MUSCLE for 20% off)

## MAGNESIUM

Magnesium is known as the “master mineral” and is responsible for over 300 metabolic processes in the body. Magnesium helps activate other proteins in the body.

It also interacts with phosphate in many cellular reactions and is essential for the synthesis of DNA, RNA, and ATP. It is essential for all types of recovery. Ever hear of Epsom salts? That's actually magnesium.

In fact, Magnesium deficiency can lead to a whole host of symptoms including calcium deficiency, poor heart health, muscle cramps, tremors, nausea, high blood pressure, respiratory illness, and confusion.

Most people require magnesium supplements since they are not getting enough of the important mineral through their daily diet.

Magnesium is essential for bone formation. It regulates calcium levels and activates vitamin D synthesis in the kidneys. This is another nutrient important to bone health. More than fifty percent of the magnesium in your body is stored in your bones. Studies indicate that the higher your magnesium intake, the greater your bone mineral density. Those who get enough magnesium throughout their lives are at a lower risk of developing osteoporosis at an older age. This is especially important for older, post-menopausal women.

Increasing your magnesium intake can decrease your blood pressure. Experts link high blood pressure to heart disease and stroke. Lowering your blood pressure consistently may reduce this risk. In one study, magnesium supplements lowered blood pressure for people who were hypertensive. Results showed that magnesium supplements work to reduce blood pressure in those already suffering from high blood pressure. However, they might not work for those with normal levels.

The heart muscle also benefits from magnesium. It can regulate the heartbeat and protect the heart from muscle stress. Many stressors in the body such as muscle cramps, indigestion, pain, or constipation, can put undue pressure on the cardiovascular system. Since magnesium eases these ailments, it also takes the pressure off the heart allowing it to beat regularly.

Magnesium lowers cholesterol and blood pressure, which are two leading contributors to heart attack risk.

Magnesium can prevent and relieve constipation since it relaxes the intestinal muscles, allowing for smoother movement of food and waste through your gut. Magnesium also attracts water to the intestines, softening the stool for easier elimination.

There is a well-known link between magnesium deficiency and symptoms of anxiety and depression. Since magnesium plays a major role in brain function and mood, people who do not have enough magnesium can experience mild anxiety or depression. During times of significant stress, the magnesium supply is used up more quickly by the body, leading to even more stress. Magnesium only treats anxiety and depression specifically linked to magnesium deficiency. If you have clinical anxiety or depression, consult with your primary physician to determine if magnesium supplements are right for you. If you are experiencing symptoms of mild anxiety or depression, talk to your doctor about taking a magnesium supplement

As you can see, magnesium is very important to many areas of the body, and there are different forms of magnesium that are specifically useful depending on what you need. From muscle recovery, to brain health.

### DHS RECOMMENDATION:

- For “Everything” (7 Different Types) - **MAGNESIUM BREAKTHROUGH** - (code DHS for 10% off)
- Muscles - **MUSCLE EZE** OR **MAGNESIUM MALATE**
- Brain & Sleep - **NEURO COMPLEX**
- Easily Digested For The Gut - **MAGNESIUM BISGLYCINATE**

## OMEGA 3'S (FISH OIL) ///

To give you a quick breakdown: Omega 3's reduce inflammation in the body, increase your ability to burn fat, strengthen your immune system, improves circulation, improves good cholesterol, and the list goes on and on. Omega 3's have DHA & EPA. DHA is important for the brain, and EPA is important for body inflammation. This is a supplement where quality is especially important as cheaper sources are often rancid.

### DHS RECOMMENDATION:

- **OMEGA 3 HI-PO**
- **OMEGA PURE**

## L-GLUTAMINE ///

L-Glutamine is an amino acid that helps repair your stomach lining. It is a supplement that can make a big difference in your gut health and improve your overall digestion. I suggest taking it twice a day mixed with water. In the morning on an empty stomach and at night before bed. As a bonus add in prebiotic fiber.

### DHS RECOMMENDATION:

- **GLUTAMINE**
- **L-GLUTAMINE**

Probiotics are live microorganisms that can be consumed through fermented foods or supplements. More and more studies show that the balance or imbalance of bacteria in your digestive system is linked to overall health and disease.

Probiotics promote a healthy balance of gut bacteria and have been linked to a wide range of health benefits. These include benefits for weight loss, digestive health, immune function, and more.

Millions of people across the world suffer from inflammatory bowel disease, including ulcerative colitis and Crohn's disease. Certain types of probiotics from the Bifidobacterium and Lactobacillus strains have improved symptoms in people with mild ulcerative colitis. Surprisingly, one study found that supplementing with the probiotic E. coli Nissle was just as effective as drugs in maintaining remission in people with ulcerative colitis. However, probiotics appear to have little effect on symptoms of Crohn's disease. Nevertheless, probiotics may have benefits for other bowel disorders. Early research suggests they may help with symptoms of irritable bowel syndrome (IBS).

Live probiotic cultures are often found in fermented dairy products such as yogurts and milk drinks. Fermented foods like pickled vegetables, tempeh, miso, kefir, kimchi, sauerkraut and soy products may also contain some lactic acid bacteria. You can also take probiotics as tablets, capsules and powders that contain the bacteria in dried form.

However, be aware that some probiotics can be destroyed by stomach acid before they even reach the gut, meaning that you get none of the intended benefits. If you want to experience any of the health benefits discussed above, it's important that you consume adequate amounts. Most of the studies showing benefits used dosages of 1 billion to 100 billion live organisms or colony-forming units (CFU) per day.

Probiotics help to restore balance back to your digestive system. Remember the good bacteria help to keep you in check- they help to fight against the “bad” bacteria, viruses and other pathogens. It's really important to give these good bacteria an extra hand, because toxins, chemicals, and any antibiotics we are exposed to will kill off these microscopic warriors.

We Like: **ULTRABIOTIC COMPLETE**

#### **DHS RECOMMENDATION:**

- Good Pre & ProBiotic Formula - **P3-OM**
- **ULTRABIOTIC COMPLETE**

## **VITAMIN B**

Vitamin B6 also known as pyridoxine, is a water-soluble vitamin that your body needs for several functions. It's significant to protein, fat and carbohydrate metabolism and the creation of red blood cells and neurotransmitters. This is partly because this vitamin is necessary for creating neurotransmitters that regulate emotions, including serotonin, dopamine and gamma-aminobutyric acid.

Your body cannot produce vitamin B6, so you must obtain it from foods or supplements.

Most people get enough vitamin B6 through their diet, but certain populations may be at risk for deficiency. Consuming adequate amounts of vitamin B6 is important for optimal health and may even prevent and treat chronic diseases

Vitamin B12 plays a vital role in helping your body produce red blood cells.

Low Vitamin B12 levels cause a reduction in red blood cell formation and prevent them from developing properly.

Healthy red blood cells are small and round, whereas they become larger and typically oval in cases of vitamin B12 deficiency. Due to this larger and irregular shape, the red blood cells are unable to move from the bone marrow into the bloodstream at an appropriate rate, causing megaloblastic anemia. When you're anemic, your body doesn't have enough red blood cells to transport oxygen to your vital organs. This can cause symptoms like fatigue and weakness.

Vitamin B12 may improve your mood. The effect of vitamin B12 on mood is not yet fully understood. However, this vitamin plays a vital role in synthesizing and metabolizing serotonin, a chemical responsible for regulating mood. Therefore, vitamin B12 deficiency may lead to decreased serotonin production, which may cause a depressed mood.

Additionally, high vitamin B12 levels have been linked to better treatment outcomes and an increased probability of recovery from a major depressive disorder. Though vitamin B12 supplements may help improve mood and depression in people with a deficiency, research does not currently suggest that they have the same effect in those with normal B12 levels.

#### **DHS RECOMMENDATION:**

- **B Complex (Methylated)** (B1, B2, B3, B6, B9, B12)

## **VITAMIN C**

Vitamin C is an essential vitamin, meaning it can't be produced by the body. Nevertheless, it has many roles in your body and has been linked to impressive health benefits. It is water-soluble and found in many fruits and vegetables, including oranges, strawberries, kiwi fruit, bell peppers, broccoli, kale, and spinach.

Vitamin C is a strong antioxidant that can strengthen your body's natural defenses. Antioxidants are molecules that boost the immune system. They do so by protecting cells from harmful molecules called free radicals. When free radicals accumulate, they can promote a state known as oxidative stress, which has been linked to many chronic diseases.

Studies show that consuming more vitamin C can increase your blood antioxidant levels by up to 30%. This helps the body's natural defenses fight inflammation and improve Iron absorption.

Hypertension, high levels of LDL cholesterol, high levels of blood triglycerides and of course heart disease are all impacted by bad lifestyle choices.

Vitamin C alongside each other aspects that we have covered can play a crucial role in reducing risk factors.

#### **DHS RECOMMENDATION:**

- **Vitamin C 1000 Complex**

## **VITAMIN D3**

More than 50% of US pop is deficient in D3. You already know you get it from sunlight and it helps with blood sugar levels. It's good for menstrual health. It Helps with estrogen control. It Burns fat as fuel. It Enhances muscle function and VO2max. BTW VO2max is the maximal volume of oxygen your body can utilize. It helps with inflammation. It Helps with immunity. The list goes on and on. Just know that it works even better with vitamin K.

#### **DHS RECOMMENDATION:**

- Softgels - **Vitamin D3**
- Capsul - **US Enzymes - D3-XYM**

## **FRUITS & GREENS**

You know you are supposed to eat a ton of fruits and vegetables. But it can just be hard to do that on a daily basis. Enter fruits & greens powders. They truly are a "supplement". They will make your mom happy and give you all the fruits and vegetables you need. Just remember this doesn't mean you don't have to eat any real vegetables. Make your mom happy!

#### **DHS RECOMMENDATION:**

- **NutriDyn Fruits & Greens**
- **Organifi Green Juice** - (use code MUSCLE for 20% off)

# ZINC

Zinc is a vital mineral that your body uses in countless ways. In fact, zinc is the second-most-abundant trace mineral in your body after Iron and is present in every cell.

Zinc is necessary for the activity of over 300 enzymes that aid in metabolism, digestion, nerve function and many other processes.

In addition, it's critical for the development and function of immune cells. This mineral is also fundamental to skin health, DNA synthesis and protein production.

What's more, body growth and development relies on zinc because of its role in cell growth and division.

Zinc is also needed for your senses of taste and smell. Because one of the enzymes crucial for proper taste and smell is dependent on this nutrient, a zinc deficiency can reduce your ability to taste or smell. It's also one of the hardest minerals to replenish.

## **DHS RECOMMENDATION:**

- **Zinc+**

# WHERE TO GET SUPPLEMENTS

Supplements can be a great asset to your health, but since there is so much crap out there in the market, you have to be very careful about the brands you choose to make sure you're getting quality ingredients. That's why we've added links to the products we recommend and trust.

As stated, it is very important that you prioritize Quality over Quantity. Even if it comes down to an issue of finances, quality is of the most importance. (But don't worry we have worked out some discounts for you below.) If you are at a place in life where you are struggling financially here is a tip:

It is better to use a smaller amount of a higher quality supplement than to use a larger quantity of poorer quality supplements. So instead of a full scoop of cheap quality protein powder use half a scoop of higher quality protein powder.

## WE HAVE A WIDE VARIETY OF VERY HIGHEST-QUALITY SUPPLEMENTS SUCH AS:

- Protein Powder (Whey, Beef, Plant, etc.)
- Meal Replacement
- Creatine
- Gut Health
- Fish Oils, Vitamins
- Greens Powders
- Collagen
- And many others.

These are the same supplements that Professional and Olympic Athletes use. We are proud to provide 4 different supplement stores for our athletes. The reason we have several brands is that certain brands specialize in certain supplements.

- 1** Our **Designs For Sport Store** has exceptionally high quality supplements created specifically for muscle building and athletic performance. We mention them first, because they are a brand that has excellent quality across their product line. When in doubt or not specifically stated, go with **Designs For Sport**. You can view and purchase these supplements at our website store under the "Supplements" Tab or here:

**DFS Supplement Store**. Simply use code **DHS20** at checkout and You will receive an exclusive **20% Discount** off any purchase.

- 2** **US Enzymes**. This is the best enzyme and digestive aid that we have found. Truly worth the investment on these. Especially the **DIGESTXYM** (for normal meals) and **GLUTAXYM** (For large meals where you know you're going to cheat lol) products. They also have an excellent plant protein powder. Please follow these instructions:

### **US Enzymes**

#### **Patient Instructions:**

- 1** Start here: **<https://usenzymes.com/account/register>**
- 2** Enter the one-time access code: **USE77**
- 3** Create an account by entering your name, email and desired password. Click Register.
- 4** Use the coupon code: **NINO10** at checkout for **10% off!**

- 3** **Bioptimizers**. This company specializes in magnesium, digestive enzymes, and pre/probiotics. We especially recommend their **MAGNESIUM BREAKTHROUGH** product because it combines 7 different types of magnesium.

This is our go-to magnesium product. They also carry a good digestive enzyme called **MASSZYMES** and a pre/probiotic supplement called **P3-OM**. For sleep issues (which we all have) we like their new Melatonin-Free **SLEEP BREAKTHROUGH** product that everyone should try.

**Bioptimizers Store.** Simply use code **DHS** at checkout and You will receive an exclusive **10% Discount off** any purchase.

4

Our **NutriDyn Store** has a wide variety of supplements for general health related supplements. You can view and purchase these supplements at our website store under >>Services>>Supplements>> or here:

**NutriDyn Supplement Store.** Simply create an account at checkout and receive You will receive a **15% discount** on any purchase as well as FREE Shipping on all orders starting at \$50.



### **HELIMIX** Protein Shaker / Water Bottle

The best workout and the best supplements deserve the best shaker and water bottle out on the market. We are proud to offer a **20% Discount** at **HELIMIX**. Use Code **DHS20**. You won't regret it! Trust us, it even mixes peanut butter!

# APPROACH SUPPLEMENTS IN 3 STEPS:

## STEP 1 — RETURN TO BASELINE HOMEOSTASIS

First, address any deficiencies in the system. Every one of us has basic requirements to live a healthy, vigorous and rigorous life. Having a reliance on substances like caffeine for energy fails is a sure sign you need to return to homeostasis. Caffeine and energy drinks just push those 4 rowers harder, digging the deficiency hole deeper.

Deficiencies can occur from genetic, environmental, or dietary causes. Address any deficiencies in Vitamins, Minerals, Amino acids (AAs), Essential Fatty Acids (EFAs) as soon as possible. These things are the foundations of life, and you can't thrive without them.

Cover your essential nutrient bases first and you will be amazed at how great you can feel and the amazing changes you'll experience as a result of putting all the oars back in the water. Please note we have included links for most products.

### FIRST TIER SUPPLEMENTS:

Really, no supplements are "essential," but these first tier supplements will help in scenarios where perfect nutrition isn't feasible all the time.

This list includes foundational supplements we recommend taking every day and how to take them:

- **Essential Amino Acids** 10-20g post-workout
- Enzymes - **DIGESTXYM** - 1 with each meal
- **Magnesium Glycinate** 300-600mg each day with dinner or after training
- **Magnesium Threonate** 300-600mg each evening
- **Zinc** (5-15mg twice per day)
- **Omega 3 Fish Oil** (1-2g three times daily)
- **Superfood Greens** (2 scoops 2 times daily with meals - spirulina, chlorella, wheat grass, algae etc.)
- **Collagen** (¼ of my total protein in grams after training - e.g., 60 grams if I'm eating 240g of total protein)
- Glycine 5-30g daily (higher range if you're taking less collagen. \*You can take this **OR collagen**)
- **Methylated B Vitamins** (B1, B2, B3, B6, B9, B12)
- **Vitamin D with K2** (1000-3000iu daily, with dietary fat)
- Creatine (5g post workout or daily am for brain health. NOT just for muscle building).

## STEP 2 — MEET EXTRA REQUIREMENTS FROM INTENSE TRAINING

Make no mistake, training to build muscles is very stressful to your system. Building muscle is one of the most taxing activities to the muscular and nervous systems. When attempting to do anything this taxing, certain body systems will be depleted. These deficiencies must be addressed through supplementation for optimal performance, recovery, and growth.

For this, we recommend conditionally-essential **"Situational Supplements"** to aid in performance & recovery.

## SECOND TIER SUPPLEMENTS:

\* We personally take these supplements when training hard to push performance and recovery. We notice significant improvements and all of these are well-researched and backed by science:

- **Glutamine** (10-20g post-workout)
- **Alpha GPC** (600mg am, 600mg pre-workout)
- **Taurine** (2000-3000mg post workout and before bed for calming)
- Ashwagandha (500mg twice daily for adrenal support, mood and energy)
- **Caffeine** (50mg-200mg only when needed or necessary)
- **L Theanine**
- **MCT Oil** (10g am and 10g pre-workout for focus and ketone production)
- Lion's Mane Mushroom (3-6g daily)
- **Vitamin C** (500-5000mg/day)
- **L-Tyrosine** (500-3000mg am or pre-workout for dopamine support and energy)
- **Resveratrol**, COQ10, PQQ, Pterostilbene (Grouped as Polyphenols. Mitochondrial support)
- **Probiotics** 10 million twice daily (for GI health).

## STEP 3 — OPTIMIZING FUNCTION AND PERFORMANCE

When training or life begins to expose your limitations, or you encounter thresholds which are holding you back from achieving full health and recovery, additional supplementation might be necessary. Examples of limitations and thresholds might include lack of muscle mass, high levels of stress or anxiety, inflammation, GI distress, or additional dietary deficiencies not covered by tier 1.

### THIRD TIER SUPPLEMENTS:

These supplements are beneficial for some people on a conditional basis in specific scenarios. We use these supplements in a cyclical fashion or when the need arises:

- **Beef Protein** or **Whey Protein** (Once post-workout)  
- (We prefer Beef Protein)
- Reishi, Chaga, Cordyceps Mushrooms (Calm the CNS and support immunity)
- **Multi vitamins** (Only when deficient or lacking significant vegetable/fruit intake)
- Ketones - Brain fuel (**Ketone Aid** or **Ketone-IQ**)
- CBD (Inflammation and high sympathetic arousal)
- Alpha Lipoic Acid (Increased glucose uptake)
- **Berberine** (Increased glucose uptake and support microbiome)
- Glycocarn (Increased fatty acid transport)
- Glutathione/NAC (Assist detox pathways)
- Nicotinamide Riboside (Assists production of NAD)
- Niacin (Improved Cholesterol ratios).

Knowing where and when to use these supplements requires extensive knowledge and a deep understanding of how these ingredients work, and how they interact with the person's current state, their genetics and other food/supplements. Please reach out to Coach Nino or any one of the DHS Coaches on your team if you have additional questions.

**CONTACT DHS:**  
**Info@darkhorsesportsllc.com**

