



Supplements Simplified

Benefits, Dosage & Timing — everything you need to know to supplement smarter and feel your best.

8 KEY SUPPLEMENTS

EVIDENCE-BASED GUIDANCE



Omega-3 Fatty Acids

Benefits

Supports heart health, brain function, and reduces chronic inflammation throughout the body. **Need all 3- EPA, DHA, ALA to function well!**

Dose

250–500 mg Higher doses may be recommended for cardiovascular support.

BEST BRAND:

<https://eqology.com/pi2i4et>

Best Time

Take **with meals containing fat** for optimal absorption and to minimise fishy aftertaste.

Active parts:

1- EPA (Eicosapentaenoic Acid)

Strongly anti-inflammatory

Supports heart health, circulation, and blood lipids

Linked to improved mood and reduced anxiety/depression

Very helpful for joint pain, chronic stress, and recovery

2- DHA (Docosahexaenoic Acid)

Critical for brain health, focus, and cognition

Supports nervous system, memory, and learning

Important for hormonal balance and eye health

Particularly valuable for women under high stress or perimenopause/menopause

3- ALA (Alpha-Linolenic Acid)

Plant-based omega-3 (found in flax, chia, walnuts)

Acts as a precursor to EPA & DHA

Conversion in the body is very low (often <10%)

Helpful, but not a substitute for EPA/DHA from fish or algae





JOINT HEALTH

Collagen (for Joints)

Hydrolysed collagen peptides help rebuild cartilage, improve joint mobility, and enhance skin elasticity — supporting the body from the inside out.

Dose

5–10 g hydrolysed collagen peptides daily

Best Time

On an empty stomach or paired with **Vitamin C** to enhance collagen synthesis



Creatine (CreaPure)

CreaPure is the gold-standard form of creatine monohydrate — renowned for its purity and efficacy in boosting muscle strength, power output, and post-workout recovery.

1

Loading Phase

20 g/day split over 4 doses for 5–7 days to saturate muscle stores quickly

2

Maintenance Phase

3–5 g/day to sustain elevated creatine levels in muscle tissue

3

Best Timing

Post-workout with carbohydrates to maximise uptake and replenish stores

Vitamin B12

B12 is essential for a healthy nervous system, efficient energy metabolism, and the production of red blood cells. Vegans, vegetarians, and older adults are at higher risk of deficiency.



Key Benefits

Nerve function, red blood cell production, sustained energy



Dose

2.4 mcg daily; significantly higher if deficient or following a plant-based diet



Best Time

With meals for better absorption.
Avoid pairing with Vitamin C simultaneously



Vitamin D2 + K3 (Oil Form)

This powerful fat-soluble duo works in synergy: D2 enhances calcium absorption for strong bones and immune defence, while K3 ensures calcium is directed to bones rather than arteries.

Vitamin D2

1,000–2,000 IU daily for bone density, immune function, and mood regulation

Vitamin K3

Typically **~90 mcg** daily; aids calcium metabolism and cardiovascular health

Best Time

Always take **with a fat-containing meal** — oil form aids absorption naturally

EVENING SUPPLEMENT

Magnesium

One of the body's most essential minerals, magnesium regulates over 300 enzymatic reactions. Taken in the evening, it promotes deep muscle relaxation and restful, restorative sleep.



Dose

200–400 mg elemental magnesium daily. Look for glycinate or citrate forms for best absorption.

Why Evening?

Magnesium activates the parasympathetic nervous system — your body's "rest and digest" mode. Evening dosing aligns with your natural wind-down cycle for maximum effect.

Best Forms: Magnesium Glycinate · Magnesium Citrate · Magnesium Malate



Best Time

Take in the **evening or before bed** to support relaxation, reduce muscle cramps, and improve sleep quality.

L-Carnitine



Fat Metabolism

Transports long-chain fatty acids into mitochondria to be burned for energy — making it a key ally for body composition goals.



Performance Support

May improve exercise performance, reduce muscle soreness, and support faster recovery between training sessions.



Dose & Timing

500–2,000 mg daily. Best taken **before exercise** or with meals to enhance uptake and utilisation.





EVENING SUPPLEMENT

Ashwagandha

An ancient adaptogenic herb used in Ayurvedic medicine, ashwagandha helps regulate the body's stress response, lower cortisol levels, and ease the transition into deep, restorative sleep.

Benefits

Reduces stress & anxiety, improves sleep quality, supports adrenal and hormonal health

Dose

300–600 mg of standardised extract (KSM-66 or Sensoril) daily

Best Time

Evening or **before bed** — calming effects pair perfectly with your wind-down routine

Summary: Smart Supplementing for Health & Performance



With Meals (Fat-Soluble)

Take **Omega-3, Vitamin D2 + K3** with meals containing healthy fats for optimal absorption.



Around Workouts

Creatine (post-workout) and **L-Carnitine (pre-workout)** for maximum muscle and metabolism support.



Evening Wind-Down

Magnesium and Ashwagandha before bed to promote relaxation, recovery, and deeper sleep.



Stay Consistent

Consistent daily dosing and smart timing maximise absorption, bioavailability, and long-term benefits.

📌 Always consult a qualified healthcare provider before starting any new supplement regimen — individual needs and health conditions vary.