



ECOBOLIC

BY DEREK WOODSKE

**SPORTS
SUPPLEMENT
GUIDE**

SPECIFIC SUPPLEMENT
RECOMMENDATIONS FOR TRAINING
PROGRAMS AND ATHLETES

AM FOR ATHLETES

Base Camp recommendations for all athletes.

- Ensure Proper Vitamin and Mineral Status
- Nootropic reserve for Dopamine and Noradrenalin
- Ensure Mitochondria Energy Stores
- Ensure ATP stores
- Collagen Protein
- MCT (medium Chain Fatty Acids) Energy

Bubs Collagen Protein

Thorne Q-Best 100

Bubs MCT Oil Powder

Thorne **AM/PM** Multi

Thorne Neurochondria

Thorne Iso-Phos

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PM FOR ATHLETES

Base Camp recommendations for all athletes.

- Ensure Proper Vitamin and Mineral Status
- Nootropic For Sleep and Restoration
- Vaso Relaxation and GH release
- Magnesium Recovery and Sleep
- Collagen Protein
- Vaso Restoration

Bubs Collagen Protein

Thorne Q-Best 100

Thorne Perfusia-SR

Thorne AM/PM Multi

Thorne Theanine

Thorne Mag Bisglycinate

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PRE-WORKOUT ATHLETES GENERAL

General Pre-Workout .

- **Nootropic Mental Drive and Focus**
- **Metabolic Performance**
- **Hormonal Regulation**

Thorne Beta Alanine
Thorne Memoractive
Thorne Tyrosine

Thorne Carnitine

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INTRA WORKOUT ATHLETES GENERAL

General Pre-Workout .

- Muscle Drive
- Electrolytes
- Focus

Thorne BCAA
Thorne Catalyte

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POST WORKOUT ATHLETES GENERAL

General Pre-Workout .

- Muscle Recovery
- Mental Recovery
- Inflammation
- Hormonal

Thorne Meriva
Thorne Super EPA

Thorne L-Glutamine
Thorne Whey Isolate

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ATHLETE HYPERTROPHY

Let's Grow!

AM - BUBS Protein 2 Scoops. Thorne Taurine 2g. Thorne Multi. Thorne Carnitine 2grams. Thorne Neurochondria. Thorne Creatine 2grams

PM – Thorne Recovery Pro. Thorne L-glutamine 5grams. Thorne Perfusia-SR. Thorne Q-Best. Thorne Multi, Thorne Glycine

Pre – Thorne Beta-Alanine. Thorne Carnitine 2grams. Thorne Perfusia-Sr. Thorne Tyrosine 1-2 grams

Intra- Thorne Catalyte 2 scoops Thorne Aminos 5grams
Dextrose / Carb Source (juice)

Post- BUBS Protein 2 scoops. Vitamin C 1-2grams, Thorne Taurine 2 grams, Thorne Glutamine 2 grams, Thorne Meriva

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ATHLETE FAT LOSS

Ripped Town

AM - BUBS Protein 2 Scoops. Thorne Taurine 2g. Thorne Multi. Thorne Carnitine 3grams. Thorne Neurochondria. Thorne Memroactive. BUBS MCT

PM – Thorne Recovery Pro. Thorne L-glutamine 5grams. Thorne Perfusia-SR. Thorne Q-Best. Thorne Multi

Pre – Thorne Beta-Alanine. Thorne Carnitine 2grams. Thorne Phosphatidyl Choline 2 grams. Thorne Tyrosine 1-2 grams

Intra- Thorne Catalyte 2 scoops Thorne Aminos 5grams

Post- BUBS Protein 2 scoops. Vitamin C 1-2grams, Thorne Taurine 2 grams, Thorne Glutamine 2 grams, Thorne Meriva

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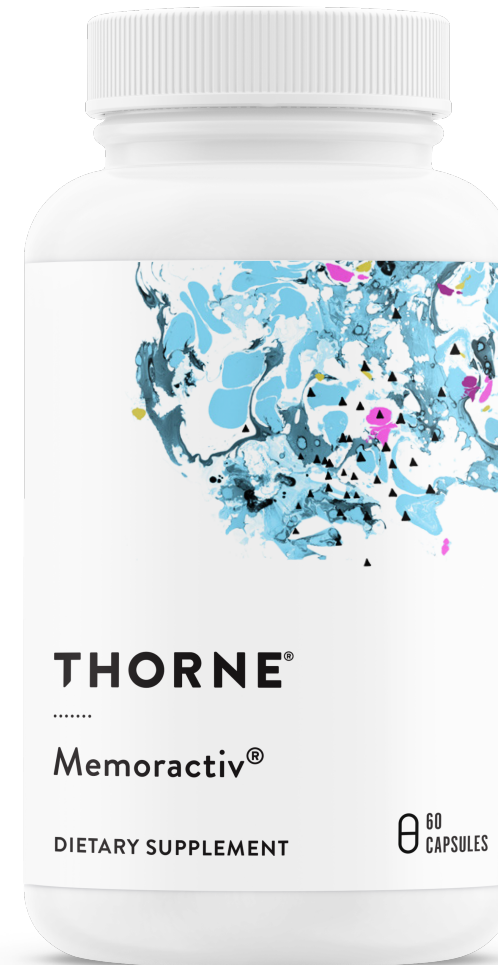
SUPS BREAK DOWN

Memoractiv™ is a unique combination of botanical extracts and nutrients that support cognitive function, mental focus, and visual health.* The ingredients in Memoractiv are well studied and have been found to provide many cognitive benefits, including support for concentration, motivation, mental focus, and reaction time.

Amino acids are the building blocks of protein. They fuel muscle gain and other physiological functions, including enzyme production, hormone regulation, cognitive ability, neurotransmitter balance, metabolism, and energy production.* As we age, we lose muscle mass, which can cause other health issues, so it is important to promote the growth of lean muscle mass.*

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SUPS BREAK DOWN

Meriva® helps maintain a healthy inflammatory response throughout the body and provides relief from overuse of muscles and joints and relief from injuries.* Used as a food ingredient in Asia for thousands of years, curcumin is a potent antioxidant that offers numerous health benefits, including support of joint, liver, GI, and cardiovascular function.* Normally, however, curcumin is poorly absorbed in the bloodstream, whether it comes from food or a nutritional supplement. Meriva curcumin phytosome, the most clinically studied curcumin on the market

phosphatidylcholine is a major component of the membranes of the liver cells (hepatocytes). As such, it provides significant protection for the liver, probably because good liver health requires the ongoing replacement of old cell membranes with healthy new ones.*

Phosphatidylcholine has been shown in numerous studies to protect liver cells from damage from a variety of toxins

Elite athletes, high school athletes, and weekend warriors all have one thing in common – the need to fully recover, so they can be ready for tomorrow’s training.

RecoveryPro helps moderate stress and encourages restful sleep while optimizing nighttime muscle recovery.*



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SUPS BREAK DOWN

Multi Both formulas contain a full complement of vitamins and minerals in their most absorbable forms.* Vitamin D promotes strong bones and healthy immune function.* B vitamins support heart, blood vessel, and nerve health.* Vitamins K1 and K2 contribute to bone and blood vessel health.*

Super EPA the two most important omega-3 fatty acids from fish – EPA and DHA – are beneficial for the cardiovascular system.* These two fatty acids support good circulation by promoting healthy blood vessels, enhancing blood flow by optimizing vascular endothelial function, and maintaining already normal triglyceride and cholesterol levels.

Coenzyme Q10 functions as an intracellular antioxidant and is essential for the health of tissues and organs.* It particularly benefits those cells that are the most metabolically active, including cells in the heart muscle.* CoQ10 promotes normal cardiovascular function, enhances blood vessel function, and is an essential nutrient for cellular energy production

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L-theanine is a unique amino acid that is found almost exclusively in the tea plant (*Camellia sinensis*) and which has been used safely in Japan for decades. L-theanine has been shown to positively modify brain waves and the key neurotransmitters involved in mood, focus, and memory.* L-theanine enhances the production of the neurotransmitters' dopamine and serotonin

Magnesium is essential for the health of the heart and blood vessels, brain, bones, muscles, and lungs, and to support healthy blood sugar Promotes bronchial relaxation. It's an essential mineral for electrical activity of the heart, which supports healthy heart rate and rhythm

Catalyte Optimal electrolyte balance supports performance before, during, and after high intensity activities. Maintaining proper electrolyte balance helps you push your body to the limits, so you can train harder and longer.

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SUPS BREAK DOWN

Neurochondria was one of the first comprehensive neurological support formulations of its kind in the supplement market. Antioxidant protection for sensitive neuronal tissue is provided by R-lipoic acid and glutathione.* Enhanced neurotransmitter synthesis is supported by acetyl-L-carnitine.* Optimal mitochondrial energetics are supported by coenzyme Q10., Cell membranes are supported by phosphatidylserine, and enhanced nerve cell function is supported by benfotiamine, 5-MTHF, and methylcobalamin.*

Taurine is a conditionally essential, sulfur-containing amino acid and the most abundant amino acid in the heart. Taurine supplementation has been shown to benefit the production of nitric oxide in the vascular endothelium, which is essential to optimal blood flow, maintaining already normal blood pressure, and overall cardiovascular function

Arginine is a semi-essential amino acid involved in multiple areas of human physiology and metabolism.* It significantly affects endocrine function and helps regulate the release of neurotransmitter chemicals, insulin, glucagon (which has the opposite effect of insulin; i.e., it raises blood sugar), and growth hormone.* However, one of L-arginine's most compelling contributions to human physiology is its role as a biological precursor of nitric oxide

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Phosphatidylserine (PS) is essential for healthy brain cell membranes and to maintain an environment required for optimal brain function.* Phosphatidylserine improves cell-to-cell communication in the brain, and thus cognitive function, at least in part by increasing cell membrane fluidity.* Other mechanisms of action include enhancing cell metabolism (such as glucose utilization) and neurotransmitter formation.*

L-Glutamine Evidence suggests supplemental L-glutamine benefits gastrointestinal health, supports wound healing, maintains immune health, and helps restore plasma glutamine levels depleted after periods of physical stress, such as prolonged exhaustive exercise.*

L-tyrosine plays an important role in the central nervous system, the thyroid, and the adrenal glands.* It is an amino acid precursor for the synthesis of the brain-friendly neurotransmitters norepinephrine and dopamine.* By improving the rate of neurotransmitter production and stimulating the central nervous system



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SUPS BREAK DOWN

Carnityl® (acetyl-L-carnitine) supports the health of the nerves in the upper and lower limbs and enhances the production of the neurotransmitter acetylcholine, which supports brain function.*

Acetyl-L-carnitine also helps minimize the discomfort due to alterations in nerve function; for example, in cancer patients undergoing chemotherapy or individual with high blood sugar.*

Acetyl-L-carnitine is better absorbed and crosses the blood-brain barrier more rapidly than L-carnitine

Beta Alanine-SR is NSF Certified for Sport® and the PureTab® sustained-release delivery system minimizes tingling sensations and maximizes absorption.* Because acidity is a major contributor to muscle fatigue, the presence of carnosine helps maintain a normal pH in muscles by buffering the hydrogen ions created when muscles generate energy

glycine plays a key role in maintaining a healthy central nervous system (CNS).* It is considered one of the most important inhibitory neurotransmitters in the CNS, particularly in the brainstem and spinal cord.* Studies show glycine can help improve memory retrieval in individuals with a wide variety of sleep-depriving conditions, such as jet lag and overwork

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SUPS BREAK DOWN

Creatine is NSF Certified for Sport®. It plays an important role in the body's production of cellular energy because it helps make ATP, a molecule needed by all cells.* Strenuous regular exercise or when muscle damage occurs increases the physiological need for creatine.* Creatine supplementation supports increased work capacity and the power output of muscle while also promoting physical endurance and gain of lean body mass.*

L-carnitine is a cofactor that is required for the metabolism of fats and their subsequent transport into the mitochondria, where they undergo oxidation and produce energy.* L-carnitine is probably best known for its cardiac benefits.* In the heart muscle, L-carnitine facilitates fatty acid use, and promotes rhythm, myocardial blood flow, and cardiac output.* It has also been shown to benefit athletic performance.*

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SUPS BREAK DOWN

Collagen is the most abundant structural protein in the human body, making up over a third of the body's protein content. While humans are perfectly capable of producing endogenous collagen, age and diet can slow the body's ability to synthesize this vital protein. Exogenous supplementation with BUBS' Collagen promotes health, vitality and improves recovery and healing from the inside out.

MCT Oil Powder is an ultralight, free-flowing oil powder that is soluble in both hot or cold liquids and can easily be incorporated into baked goods. In addition to improved portability, MCT Oil Powder is also gentler on the digestive system than MCT Oil, and can easily be combined with BUBS' Collagen Peptides for a powerful one-two punch.



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