
My Supplements

Posted by WadeM - 2008/05/28 17:46

Here's what I've been doing so far, with regard to supplements... Anyone disagree, or have suggestions?

Multivitamin:
Ultra Vita Man

Recovery Drink:
16 oz. Lowfat Chocolate Milk
1 heaping TSP of L-Glutamine
1 heaping TSP of Creatine

Protein Drink:
8 oz. Skim Milk
1 scoop (1/3 cup) of Whey Protein Powder

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Re:My Supplements

Posted by Cronos1247 - 2008/07/18 15:36

Seems fine, as long as it fits your calories/macros, not sure which level you are doing. I'm supplementing the following:

Multi-Vitamin
Animal Cuts (Thermo fat burner)
Yohimbine
ON Fish Oil
ON CLA
Purple Wraath (BCAA/ECAA's) during workout
Torrent post workout (contains 3,000mg of creatine as well as about the same as the P90X recovery drink, less sugar)
Whey Protein

I'm debating cycling off creatine for the last 2 phases of the program.

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