

Micronutrients

Micronutrient per 1 calorie

Potassium, mg – 2.2

Magnesium, mg – 0.19

Iron, mg – 0.009, for runners 0.018

Calcium, mg – 0.658

Zinc, mg – 0.007 mg

Micronutrient per Day

Vitamin K, mcg – 120-159 mcg total per day *FAT SOLUBLE*

Vitamin E, mg – 15 mg (AKA 22 IU) total per day *FAT SOLUBLE*

VITAMIN D, mcg – 25-100 mcg (AKA 1000-4000 IU) total per day *FAT SOLUBLE* - Deficiency Common

Vitamin A, mcg – 900 mcg, total per day *FAT SOLUBLE*

Vitamin C, mg - 90 mg, total per day

Folic Acid (Folate) mcg, - 300 mcg per day (aids depressive order recovery)

Vitamin B12 – 3mcg per day

Vitamin B6 – 1.3-1.7 mg per day (aids depressive order recovery)

Vitamin B3 – 16 mg NE (Niacin Equivalents) per day

B2 – 1.7 mgs per day (small doses can turn urine yellow)

B1 – 1.2 mgs per day

*Individuals with Celiac Disease Need Vitamin A, Vitamin B12, Vitamin D, Calcium, Zinc, and Iron Supplements

Supplements

Whey Protein Concentrate - Induces lean-body-mass gain by an average of 27%, and increases muscle fiber sectional area by an average of 38%

- Protein Source Should Have 1.7-3.5 grams of Leucine per dose and all essential amino acids (histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine)

Leucine - Take **0.023 g/lb body weight of a Leucine Supplement every 3 hours** with A High Protein Diet to build more muscle

Creatine Monohydrate - Enables You to Complete More Sets of Very Heavy Weight

- For the first 5-7 days, consume 0.3 g/kg (0.136 g/lb) every 4 hours (at least 20 g in total daily)
 - After first week, consume 3-10 g daily (higher-end for high-muscle-mass individuals)