

Flexible
GUIDE

THE PERFECT SYMPHONY
OF TRAINING AND NUTRITION



UNLOCKING POTENTIAL
SUPPLEMENTS

WORKOUT | DIET | SUPPLEMENTS

FUNDAMENTALS OF SUPPLEMENTATION

WHAT ARE DIETARY SUPPLEMENTS?

Dietary supplements are products designed to complement the diet by providing nutrients that may be absent or insufficient in daily food intake. They may include vitamins, minerals, proteins, carbohydrates, healthy fats, amino acids, and natural extracts.

SUPPLEMENTS VS. DIET: WHAT'S THE DIFFERENCE?

Although a balanced diet should be the foundation, supplementation can be essential to:

- Enhance physical performance.
- Fill nutritional gaps.
- Accelerate muscle recovery.
- Maximize muscle gain.

Example: Someone with an intense training routine may not be able to consume enough protein through food alone, making the use of whey protein a strategic choice.





WHEN SHOULD YOU USE SUPPLEMENTS?

1. The goal requires greater precision in nutrient intake (such as muscle gain).
2. There are dietary restrictions or difficulties consuming specific foods.
3. The routine requires convenience (e.g., meal replacement or a quick snack).

HOW TO CHOOSE THE IDEAL SUPPLEMENT?

To make the right choice, consider:

- **Goal:** Do you want to gain muscle, improve performance, or increase energy?
- **Lifestyle:** Do you train daily? Are you following a diet?
- **Budget:** It's possible to find effective options without overspending.
- **Labels:** Check the ingredients and origins. Prefer certified brands.



CONVENTIONAL SUPPLEMENTS

Here, we present the most popular and widely used supplements on the market, developed based on scientific evidence to maximize results.

Whey Protein

Goal:

Increase the intake of high-quality proteins to stimulate muscle synthesis and accelerate recovery.

Main Benefits:

- High bioavailability and rapid absorption.
- Promotes muscle gain and maintenance.
- Supports post-workout recovery.



Creatine

Goal: Improve performance in high-intensity activities and promote muscle gain.

Main Benefits:

- Increases strength and performance.
- Improves muscle recovery capacity.
- Supports increased muscle volume.



BCAA (Branched-Chain Amino Acids)

Goal: Prevent muscle breakdown during intense workouts and accelerate recovery.

Main Benefits:

- Reduces muscle fatigue.
- Promotes faster recovery.
- Helps increase energy during workouts.



Glutamina

Goal: Support immunity and muscle recovery.

Main Benefits:

- Strengthens the immune system.
- Reduces recovery time.
- Supports gut health.



Natural supplements are extracted from foods, plants, and biological compounds, offering benefits through a more holistic and functional approach.

Peruvian Maca

Goal:

Improve energy, endurance, and hormonal balance.

Main Benefits:

- Increases physical and mental vitality.
- Contributes to hormonal regulation.
- Enhances workout performance.



Spirulina

Goal: Provide nutritional support, enhance energy, and promote detoxification.

Main Benefits:

- Rich source of protein, vitamins, and minerals.
- Supports immune system function.
- Aids in natural detoxification.



Ashwagandha

Goal: Reduce stress, support hormonal balance, and enhance overall well-being.

Main Benefits:

- Helps manage stress and anxiety.
- Supports hormonal regulation.
- Improves energy and vitality.

Omega-3 (Fish oil)

Goal: Support cardiovascular health, reduce inflammation, and enhance cognitive function.

Main Benefits:

- Promotes heart and vascular health.
- Helps reduce inflammation.
- Supports brain function and cognitive health.



HOW TO MAXIMIZE RESULTS WITH SUPPLEMENTATION

To get the most out of supplements, it's essential to know when, how, and in which combinations to use them. Here, we explore practical strategies to maximize your results.

Ideal Times for Consumption

The time of day you consume supplements can directly impact their effectiveness.

Before Workout

- Goal: Provide energy and prepare muscles for exertion.

Suggestions:

- Creatine: Increases strength and performance.
- BCAA: Prevents muscle catabolism.
- Caffeine: Improves focus and alertness.

During Workout

- Goal: Maintain energy and prevent fatigue.

Suggestions:

- Fast carbohydrates (Maltodextrin or Dextrose): Provide immediate energy.
- Electrolytes: Maintain hydration and mineral balance.

After Workout

- **Goal:** Repair muscles and replenish depleted nutrients.

Suggestions:

- **Whey Protein:** Promotes muscle synthesis.
- **Creatine:** Replenishes cellular stores.
- **Omega-3:** Reduces muscle inflammation.

Recommended Dosages

The correct dosage may vary depending on the supplement, your goals, and individual needs.

Here are some general guidelines:

- **Whey Protein:** 20–40g per serving, usually post-workout.
- **Creatine:** 3–5g per day (maintenance phase).
- **BCAA:** 5–10g before or during your workout.
- **Glutamine:** 5–10g after training or before bedtime.
- **Maca Root:** 1–3g per day, divided throughout the day.
- **Omega-3:** 1–3g per day, preferably with meals.

Strategic Combinations

Some supplements work even better when combined, optimizing results for specific goals.

For Muscle Mass Gain

Combo: Whey Protein + Creatine + Maltodextrin

Why?: This combination provides protein for the muscles, quick energy, and support for muscle strength.

For Improved Performance and Endurance

Combo: BCAA + Caffeine + Maltodextrin

Why?: Enhances focus, reduces fatigue, and ensures steady energy supply.

For Muscle Recovery

Combo: Glutamine + Omega-3 + Whey Protein

Why?: Promotes muscle repair, reduces inflammation, and strengthens the immune system.

For More Energy and Vitality

Combo: Maca Root + Spirulina + Caffeine

Why?: Offers lasting energy, antioxidant support, and improves focus.

Prioritize the Powerful Trio – Nutrition, Training, and Rest

If you want to gain lean muscle mass quickly and consistently, the secret lies in balancing proper nutrition and supplementation, intense training, and sufficient rest.

These three pillars are inseparable, and when aligned, they create the ideal environment for muscle growth.

Patience and Consistency

Fast results don't mean immediate results.

Build the habit of following your plan every day, adjusting as needed but never giving up.

Muscle growth is a process that rewards those who are consistent.

With these practices, you'll be on the path to transforming your body and achieving your goals safely and efficiently.



Safety and Efficiency in Supplement Use

Although supplements are powerful tools to help you reach your goals, safe and efficient use depends on being mindful of potential risks and following responsible practices. This chapter discusses how to maximize the benefits without compromising your health.

Possible Side Effects

Improper use of supplements can lead to adverse reactions. It is essential to pay attention to any symptoms that may indicate problems, as well as the recommendations and contraindications described on the labels or package inserts of each supplement.

In case of adverse effects, discontinue use and seek medical advice.

Drug Interactions: What to Avoid

Some supplements may interact negatively with medications, reducing their effectiveness or increasing the risk of side effects. Important Note: Always inform your doctor or nutritionist about the supplements you are taking, especially if you are undergoing medical treatment.

The Importance of Hydration and Nutrition

Supplements were created to complement the diet, not to replace it. Combining them with a balanced diet and good hydration is essential to ensure safe and effective results.

Why Is Hydration Essential?

- Assists in the absorption of nutrients from supplements.
- Helps the kidneys process and eliminate metabolic waste.
- Prevents side effects related to kidney overload (especially with creatine and proteins).

Why Don't Supplements Replace Food?

Whole foods provide fibers, vitamins, and minerals that are not present in many supplements.

The combination of nutrients in foods works synergistically, promoting better absorption and utilization.

Practical Tip:

Drink water regularly throughout the day, especially when using protein supplements or creatine.

Plan balanced meals with lean proteins, complex carbohydrates, and healthy fats as the foundation of your diet.

Always prioritize safety in supplement use by monitoring for possible side effects, avoiding dangerous interactions, and maintaining healthy habits as the basis for optimizing results.

Conscious and Efficient Supplementation

Supplementation can be a great ally in the pursuit of a healthier life, with more energy and muscle gains. However, to achieve the best and safest results, it is crucial that the use of supplements is done consciously, based on knowledge and good practices.

Choosing the right supplements, following recommended dosages, understanding the ideal times for consumption, and above all, respecting the body's limits are fundamental to ensure effectiveness and avoid health risks.

Moreover, supplementation should always be seen as a complement—not a replacement—for a balanced diet and an appropriate exercise routine.

Remember that each body reacts in a unique way, and professional guidance—whether from a nutritionist, doctor, or physical trainer—is essential to personalize the use of supplements according to your goals and needs.

With the right information and a balanced approach, you will be on the right path to maximize your results and achieve your goals in a safe, efficient, and healthy way.

Disclaimer

The content presented here is for informational and educational purposes, and aims to provide guidance on dietary supplementation based on scientific research and good practices. The information contained herein does not replace the guidance of a health professional, such as a doctor or nutritionist, and should not be interpreted as individualized recommendations.

Before starting the use of any supplement, it is essential that the reader consults a qualified professional to assess their nutritional needs and specific health conditions.

Supplementation should be seen as a complement to diet and lifestyle, and not as a substitute for a balanced diet and healthy habits.

The responsibility for the use of supplements lies solely with the reader. The author and those responsible for the creation of this content are not liable for any adverse effects, allergic reactions, drug interactions, or other problems resulting from the use of any supplements mentioned in this material.

By using the information contained in this eBook, the reader acknowledges and accepts that the content is for educational



**“EACH SMALL STEP IS A STEP CLOSER
TO YOUR GOAL.**

**YOUR JOURNEY IS UNIQUE.
VALUE YOUR PROGRESS AND KEEP GOING,
NO MATTER HOW DIFFICULT
IT MAY SEEM.**

**TAKING CARE OF YOUR BODY IS AN ACT OF
SELF-LOVE.**

**ALLOW YOURSELF TO FEEL
GOOD EVERY DAY.”**

*Celebrate every
achievement*

GUÍA
Flexivel