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Nutritional Supplement List 08/09

Probiomine: MT Labs

Glutamine, Arginine, Ornithine & Tyrosine
Designed to assist in the natural production of Growth Hormone as well as IGF-1. Glutamine is known to help assist in muscle recovery, Tyrosine is known to assist the Thyroid gland produce it's hormones, Arginine is known to help in the production of Nitric Oxide which helps cardiac tissue and Ornithine plays a role in production of growth hormone.

DSF: Nutri-West (DSF Formula, as opposed to the DSF Herbal)

Contains nutrients to support the following tissues: Adrenal, Thyroid, Parotid, Spleen, Stomach. Also contains B vitamins.

Immuplex: Standard Process Labs

Immuplex is, by far, the best immune system support that I believe is available. It contains vitamins, minerals and glandular extracts all needed for highest level of immune system function.

B-Vital: Biotics Research Corp.

Contains Deer Velvet and Peruvian Maca Root. Both of these are shown to assist in the production and support of testosterone.

Eicopro: Zone

This is the Fish Oil supplement that we use. Zone makes this product which contains fish oil as well as Gamma Linolenic Acid. We run a blood test on all our athletes to determine if they need the GLA. If they need a lesser amount of the GLA then we use another fish oil product called Omega-3 RX.

The blood test is important since it measures the Arachidonic Acid to Eicosapentanoic Acid ratio as well as measuring the HDL to Triglyceride ratio. Both of these ratios help to measure the body's ability to handle/deal with inflammation.

Bio-Gest: Nutri-West

This is a digestive enzyme/Hydrochloric Acid supplement to help digest food. Since the athletes need to consume such high amounts of food it is necessary to aid the digestion of these high quantities of food.

