

- **Multivitamin** – Recommended Brand: Rainbow Light Men’s One Energy Vitamin, Rainbow Light Women’s One Multivitamin
<http://www.bodybuilding.com/store/rainbowlight/rainbowlight.htm?searchterm=rainbow>)

 - By taking a multivitamin, it ensures they are meeting the minimum requirement of vitamins and minerals which is vitally important for how hard we are training. **If you can only purchase one supplement, make it the multivitamin!**

- **Whey Protein** – Recommended Brands: Optimum Nutrition 100% Whey, NOW Whey Protein Isolate (<http://www.bodybuilding.com/store/now/whey.html>)

 - Whey Protein Isolate is a high quality protein supplement that is both bioavailable and easily digested. Whey protein contains a high concentration of Branched Chain Amino Acids (BCAA's), which are important for efficient muscle metabolism. These qualities make Whey Protein Isolate an ideal supplement for active individuals. Whey protein is considered to have the highest biological value of any protein source - superior in essential amino acid content to beef, milk, casein or soy. Students should take on the basis of how many grams of protein they are ingesting per day. A typical guideline for athletes’ protein intake is 1.4 grams of protein per kg of body weight. So for the sake of an easy calculation, a 100 kilogram (220 lb.) track & field athlete that is training on a consistent basis should consume 140 grams of protein per day. It’s hard to eat 140 grams of protein in lean meats. Sometimes it is much easier to supplement the athlete’s nutrition by adding a whey protein shake once or twice per day, depending on protein intake.

- **Magnesium Chelate or Chelated Magnesium** – Recommended Brand: Country Life Chelated Magnesium 250 mgs (<http://www.amazon.com/Country-Life-Chelated-Magnesium-tablets/dp/B00013YZNO>)

 - Magnesium is needed for more than 300 biochemical reactions in the body and helps to relax muscles and to maintain an already normal blood flow. It can also support a steady heart rhythm and a healthy immune system, as well as keep bones strong. I take chelated magnesium daily with my supplement regiment. It helps a ton with recovery and also helps to prevent cramping. Chelated magnesium is bound together with an amino acid and makes it more easily absorbed by the body.

- **Creatine Monohydrate** – Recommended Brand: Optimum Nutrition Micronized Creatine Powder (<http://www.bodybuilding.com/store/opt/crea.html>)

 - Creatine has gotten a bad reputation over the last two decades. It’s certainly understandable as parents are worried their kids are taking steroids or performance enhancing drugs. Creatine is, for the most part, very safe. Creatine helps for short, explosive movements - sprinting, jumping, hurdling, throwing shot/discus, weight lifting. **I would not recommend it for distance runners.** “Extensive research has shown that oral creatine supplementation at a rate of five to 20 grams per day appears to be very safe and largely devoid of adverse side-effects, while at the same time effectively improving the physiological response to resistance exercise, increasing the maximal force production of muscles in both men and women.” – from Wikipedia. Females are fine to use creatine. It will not turn them into a bodybuilder or make them put on a crazy amount of weight. It will help them develop more explosion in their respective events and recover more quickly from hard workouts. My only suggestion is to stay properly hydrated while taking creatine. **I’ve suggested to all of the track & field athletes that they should be carrying with them or in their bag a water bottle at all times. They should always be sipping water throughout the day!**