



# The Supplement Checklist For Beginners

*Version 1.0: Fully Updated*  
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**You've made it this far.**

If you have really been diving into your nutrition you know how important it is.

Yet, there is always this 'silent voice in the background' telling you that without supplements you will never achieve your goals.

Well...not with the supplements you think you need.

**DISCLAIMER:** Keep in mind that 'training, eating real foods and allowing your body to rest properly' are an infinite amount of times more effective than any single supplement.

**But here are 2 essential and 2 additional supplements that will most likely benefit your training.**

## Essential Supplements

- **Magnesium** – The relaxation and energy mineral. Boosts exercise performance, speeds up recovery, improves sleep quality and even helps against depression. If you are reading this and exercise you are most likely deficient ([1](#), [2](#), [3](#), [4](#)).

**Recommendation:** Choose bisglycinate, taurate, malate or take a regular magnesium chloride (foot)bath.

- **Vitamin D3** – up to 70% of people in Western Countries are deficient in this 'vitamin'. Essential for bone health, anti-depression, muscular development and there are strong indicators for a positive effect on overall athletic performance ([5](#), [6](#), [7](#), [8](#), [9](#), [10](#)).

**Recommendation:** Choose a coconut or olive oil based supplement with 1000-2000 IU. Make sure to get your levels tested first.






## Additional Supplements

- **Omega-3** – Essential for brain function, cell health, athletic performance and intelligence. Specifically needed if you don't eat fish or other seafood ([11](#), [12](#), [13](#)).

**Recommendation:** Choose high EPA & DHA in triglyceride forms.

- **Adaptogens** – There are many, but one of my favorites is Ashwaganda. Specifically beneficial for vitality and testosterone and increased muscular activity ([14](#), [15](#), [16](#)).

**Recommendation:** Choose an adaptogen that targets your specific needs.



## The brands I personally use

### Magnesium Chelated – Dr's Best



### Vitamin D – Dr's Best



### Fish Oil – Nordic Naturals

