

A Guide to Common Supplements

What They Do, How They Help, and When to Take Them

Supplements exist to help close nutritional gaps your diet doesn't fully cover — they're not a replacement for real food. This guide breaks down 6 commonly used supplements: what each one actually does in your body, how it helps, and the best time to take it for the most benefit.

Colour Key

Vitamins & Minerals

Performance & Recovery

Vitamin D3

BEST TIME: AFTER BREAKFAST

What It Does

A fat-soluble vitamin that regulates calcium absorption and supports several body systems beyond just bones.

How It Helps

Supports strong bones, healthy immune function, and has been linked to mood and energy levels — especially relevant for those with limited sun exposure.

Zinc

BEST TIME: AFTER DINNER

What It Does

An essential mineral involved in immune function, protein synthesis, wound healing, and hormone regulation.

How It Helps

Supports immune defence, skin health, and healthy testosterone levels, while also playing a role in recovery from training.

Electrolytes

BEST TIME: BEFORE OR AFTER WORKOUT

What It Does

A mix of minerals (sodium, potassium, magnesium, and others) that regulate fluid balance, nerve signalling, and muscle contractions.

How It Helps

Helps prevent dehydration and cramping, and supports performance during and after intense exercise or heavy sweating.

Magnesium

BEST TIME: AFTER DINNER

What It Does

A mineral involved in over 300 enzymatic reactions in the body, including muscle relaxation, nerve function, and energy production.

How It Helps

May support better sleep quality, reduce muscle cramps, and help the body manage stress more effectively.

Creatine

BEST TIME: ANYTIME

What It Does

A naturally occurring compound stored in muscles that helps regenerate ATP, your muscles' immediate energy source, during high-intensity effort.

How It Helps

Supports strength, power output, and muscle growth over time — one of the most researched and consistently effective supplements available.

Protein Powder

BEST TIME: ANYTIME

What It Does

A concentrated source of protein (whey, yeast, soy, and others) used to help meet daily protein needs conveniently.

How It Helps

Supports muscle repair and growth (Muscle Protein Synthesis), and helps preserve muscle mass, especially during a caloric deficit.

Note: This guide is for general education. Supplement needs vary by individual, diet, and health status — consult a doctor before starting new supplements, especially if you're pregnant, breastfeeding, or on medication, as some supplements can interact with certain drugs.