

ESSENTIAL SUPPLEMENTS FOR THE CROSSFIT ATHLETE



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BOX NUTRITION

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SUPPLEMENTS

Supplements provide little value compared to kcal balance, your macronutrient setup and nutrient timing. This is why you need to pay far more attention to these elements of your diet rather than supplements. Do not underestimate the power of food. Supplements do not fix a bad diet but only supplement a good one.

Even though they may not be essential, the physical demands of CrossFit make supplements useful in certain circumstances. As well as looking to optimise performance, it's also necessary to focus on keeping healthy, preventing injury and boosting recovery, as these are all important to facilitate the maximum amount of time you have to train. For this reason, there are a few supplements that are worth investing in.

This is not an exhaustive list nor does it account for individual needs, but it gives an overview of the supplements which may bring about a positive affect on both health and performance.

SUPPLEMENTS FOR HEALTH

VITAMIN D3

Known as the Sunshine vitamin, vitamin D3 is actually a pro hormone. Synthesized by sunlight, it is a particularly important for people living in the UK.

Vitamin D3 helps with immune function, inflammation, respiratory health, bone health, and a body of research is beginning to show its positive role in performance too. With the lack of sunlight in the UK, it is almost impossible to get the required levels of Vitamin D3, especially during the Winter months. Furthermore, those involved in a lot of activity like Crossfit athletes make this supplement a great addition.

[BUY HERE](#)



WHEY PROTEIN

Even though you can get all of your protein from whole food sources, sometimes it can be difficult to actually eat that much. This is why something like whey protein can be easily added to the diet to bolster protein intake. It is also convenient, cost effective, high in leucine (effective for protein synthesis) and easy to digest making it particularly useful before and after you train.

[BUY HERE](#)

If you are intolerant to dairy or are a vegetarian, then a soy protein or vegan blend can be used instead.

OMEGA 3 FISH OILS

Omega 3 fish oil has shown to benefit body composition, joint health, brain function, insulin sensitivity, joint health and have positive effects on cardiovascular function. Their anti-inflammatory properties also help reduce the risk of injury and illness, making it an important addition for any Crossfit athlete if you do not eat much oily fish.

[BUY HERE](#)

SUPPLEMENTS TO IMPROVE PERFORMANCE

CREATINE

As one of the most widely researched supplements, creatine monohydrate is also one of the most popular, and rightly so. Creatine has been shown to increase strength, power and fat free mass. It may also benefit high intensity sprints and even endurance training fitting nicely with Crossfit style workouts.

[BUY HERE](#)

BETA ALANINE

Beta alanine is a non essential amino acid needed for the production of carnosine, a compound that helps maintain the PH of muscles by hydrogen ions, which reduces the symptoms of fatigue. It has also been shown to increase exercise capacity in endurance sports and during high intensity exercise, making it a great addition for any Crossfit athlete

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SODIUM BICARBONATE

Sodium bicarbonate is another buffering agent that helps with acidity and maintaining the PH of the muscle cells. Like beta alanine, this also has been shown to improve endurance capacity in both longer and high intensity training bouts, especially beneficial for Crossfit. Be sure not to ingest more than the recommended amount to reduce any tummy upsets, the last thing you want during a Fran workout!

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