

HEALTH MASTERY TOOLKIT

*The Engineer's Blueprint for
Body Recomposition*

03

THE SUPPLEMENT TIER LIST

**Separating Proven Science
from Expensive Urine**

*Focus on what works.
Skip what doesn't.*



03 The Supplement Tier List

Separating Proven Science from Expensive Urine

DISCLAIMER I am an engineer and a data-enthusiast, not a doctor or a certified professional. This toolkit represents my personal research and journey. Always consult your GP before changing your diet, exercise, or medication routine.

Intro

Walk into any fitness store, and you will see walls of neon tubs promising explosive muscle growth. The truth? 95% of them do absolutely nothing but give you expensive urine. Supplements are the final 5% of the puzzle. They only work if your diet and exercise are already locked in.

TIER 1: THE ESSENTIALS

Backed by decades of strong scientific consensus (Randomized Controlled Trials):

- **Whey Protein Powder:** Not magic; just convenient food. The most cost-effective way to hit high protein targets.
- **Creatine Monohydrate:** The most researched supplement in history. It recycles cellular energy (ATP), allowing you to lift heavier and preserve muscle mass.
- **Caffeine:** Taken 30-45 minutes pre-workout, it objectively lowers your perception of fatigue.

TIER 2: THE SITUATIONAL

Highly beneficial, but only if your environment or diet is lacking:

- **Multivitamins / Vitamin D3:** An excellent "insurance policy" for immune health and hormone production if you don't get much sunlight.
- **Electrolytes:** Necessary to prevent cramps if you sweat heavily during cardio.

TIER 3: THE GARBAGE

Zero evidence or purely marketing hype. Save your money:

- **Fat Burners:** Mostly just massive doses of caffeine mixed with random herbs. A 10-minute walk burns more calories.
- **BCAAs (Branched-Chain Amino Acids):** A scam. A standard scoop of whey protein or a piece of meat already contains all the BCAAs you need.
- **Test-Boosters:** Over-the-counter herbal pills do not raise your free testosterone levels.

Outro

Ignore the marketing. Spend your money on high-quality groceries, stick to your protein powder and creatine, and let the science do the heavy lifting.

At a Glance

1 KEY TAKEAWAYS

- **Creatine** is safe, highly effective, and pulls water into the muscle cell, not into your fat stores.
- Fat burners and BCAAs are almost entirely useless if you eat a high-protein diet.

3 WHAT IS STILL DEBATED IN SCIENCE

- Multi-ingredient "**Pre-Workouts**." Scientists debate whether the non-caffeine ingredients (like beta-alanine) actually build muscle or just create a psychological placebo effect by making your skin tingle.

2 COMMON MYTHS

- Myth: "You must drink a protein shake within 30 minutes of your workout (The **Anabolic Window**)."
- Reality: Total daily protein matters vastly more than timing. Your muscles are primed to absorb protein for 24-48 hours after a workout.

4 PRACTICAL ACTIONS

- Take **5g of Creatine** daily. Timing does not matter, consistency does.
- Audit your supplement cabinet and throw away anything not in **Tier 1** or **Tier 2**.