

Forum:[Hack Forums](#)

Thread: [Supplement checklist?](#)

Kush Did 420 - January 29, 2015, 3:16 pm

Hey, I'm not too big into supplements I just have a few protein shakes every day and sometimes use a pre workout. But I'd like to step it up, I was hoping to go to the health store soon and definently get creatine. Is there anything else I MUST have?

FRANKIE - January 29, 2015, 3:18 pm

Water.

Keep your system in a flushing & constant rotation.

Kush Did 420 - January 29, 2015, 3:20 pm

(Jan 29, 2015 04:18 PM)FRANKIE Wrote: [\[CITE\]](#) Water.

Keep your system in a flushing & constant rotation.
I agree, but i was looking for something not natural.

Sliph - January 29, 2015, 3:24 pm

(Jan 29, 2015 04:16 PM)Vices Wrote: [\[CITE\]](#) Is there anything else I MUST have?
No.

If you're consuming a decent protein brand, then you don't even need an additional creatine supplement.

Don't waste your money on unnecessary supps.
Just buy food.

Kush Did 420 - January 29, 2015, 3:32 pm

(Jan 29, 2015 04:24 PM)Sliph Wrote: [\[CITE\]](#) No.

If you're consuming a decent protein brand, then you don't even need an additional creatine supplement.

Don't waste your money on unnecessary supps.
Just buy food.
Money isn't really an issue. I'm pretty sure my protein brand is shit anyway.

Stelio - January 29, 2015, 3:38 pm

(Jan 29, 2015 04:32 PM)Vices Wrote: [\[CITE\]](#) Money isn't really an issue. I'm pretty sure my protein brand is shit anyway.

What do you expect to happen from you taking creatine?

Sliph - January 29, 2015, 3:38 pm

(Jan 29, 2015 04:32 PM)Vices Wrote: [\[CITE\]](#) Money isn't really an issue. I'm pretty sure my protein brand is shit anyway.

It's not about money.
The point is that the supps are not necessary.

#DPT - January 29, 2015, 3:40 pm

Lemme tell you something, alot would tell you you should buy Amino ACIDS, and Glutamine..
But when ever you do your first Steroid Cycle, you would understand that all of those are unnecessary.

Internet - January 29, 2015, 6:48 pm

This is the best answer you will get:

DO NOT WASTE YOUR HARD EARNED \$\$\$ ON SUPPLEMENTS!

All the money you will waste on supplements, you can buy a lot of QUALITY foods that will actually get you somewhere in the weight room. Don't believe me? Try it! I promise you'll see better results if you are reaching your macros (tracking the number of grams of protein, carbohydrates, and fats you consume on a particular day), training right, and getting plenty of rest.

fnatic440 - January 29, 2015, 6:53 pm

(Jan 29, 2015 04:16 PM)Vices Wrote: [\[CITE\]](#) Hey, I'm not too big into supplements I just have a few protein shakes every day and sometimes use a pre workout. But I'd like to step it up, I was hoping to go to the health store soon and definently get creatine. Is there anything else I MUST have?

Well if money is not an issue and you want to try these out then you can buy:

Glutamine

Branch Chain Amino Acids

L-Arganine (get's converted into nitric oxide, which dilates your blood vessels and gets more blood to your muscles)

I personally tried all three of them, and I think I noticed the most results from Branch Chain amino acids. But I wanted to believe that buying all the supplements would speed up the process, it might but it's not worth the money. But if you want to try it out yourself so that you can be convinced from personal experience go ahead.

/Ninja - January 29, 2015, 7:00 pm

(Jan 29, 2015 04:16 PM)Vices Wrote: [\[CITE\]](#) Hey, I'm not too big into supplements I just have a few protein shakes every day and sometimes use a pre workout. But I'd like to step it up, I was hoping to go to the health store soon and definently get creatine. Is there anything else I MUST have?

I feel that Creatine and Glutamine are a must in any workout supplement plan. ITs a stable if you must a base. As for preworkouts i dont really seem them all that much effective unless you really need the energy i perfer food or a carb powder (KArbolyn or something from allmax) mixxed woth some BCAA pre/intra workout.

Whey creatine glutamine BCAA and a carb podwer (depending on goals) <---The Basics

Cant go wrong with a multi and maybe some EFA and CLA (healthy fats)<keeps you heathly I like to run EFA and CLA the majority of the year keeps my blood pressure down and keeps me healthy chlosteral and stuff. (steriods tend to make things like blood pressure rise)

Z?zz - January 29, 2015, 7:01 pm

Stepping it up to creatine straight away? Slow down there pal

/Ninja - January 29, 2015, 7:02 pm

(Jan 29, 2015 04:40 PM)#DPT Wrote: [\[CITE\]](#) Lemme tell you something, alot would tell you you should buy Amino ACIDS, and Glutamine..

But when ever you do your first Steroid Cycle, you would understand that all of those are unnecessary.

He was asking for the basics not steriods.....

I use gear and still keep creatine and glutamine in my supp stack

Sliph - January 29, 2015, 7:58 pm

People are seriously recommending glutamine?

Are we stuck in 2004 with this nutrition dogma bullshit?

Kush Did 420 - January 29, 2015, 7:58 pm

(Jan 29, 2015 08:00 PM)/Ninja Wrote: [\[CITE\]](#) I feel that Creatine and Glutamine are a must in any workout supplement plan. It's a staple if you must have a base. As for preworkouts I don't really seem them all that much effective unless you really need the energy I prefer food or a carb powder (Karbolyne or something from allmax) mixed with some BCAA pre/intra workout.

Whey creatine glutamine BCAA and a carb powder (depending on goals) <---The Basics

Can't go wrong with a multi and maybe some EFA and CLA (healthy fats) <keeps you healthy I like to run EFA and CLA the majority of the year keeps my blood pressure down and keeps me healthy cholesterol and stuff. (steroids tend to make things like blood pressure rise) Pre-workouts definitely make a difference. I'm probably going to buy Phenibut before the DEA stops it. Thank you for your suggestions.

Edit: Do you have any name brand suggestions?

/Ninja - January 29, 2015, 8:29 pm

(Jan 29, 2015 08:58 PM)Vices Wrote: [\[CITE\]](#) Pre-workouts definitely make a difference. I'm probably going to buy Phenibut before the DEA stops it. Thank you for your suggestions.

Edit: Do you have any name brand suggestions?

Name brands... Well I can tell you what I use and what I have used.

Whey right now I use ISO flex from allmax allmax makes a good carb powder also but I love karbloyn it reminds me of an old school one called vitargo

Carb powder I use Karbolyn company is eff I believe (love the stuff)

Bcaa I use helix bcaa from Nubreed right now. But I really like xtends (I may have misspelled it)

creatine and glutamine I use the ones from dymatize nutrition (creatine monohydrate) keep these two simple nothing crazy

As for a multi personally I think any will do just depends what you need.

Efa/CLA Right now I'm using Omegalyze from Species Nutrition I got it for free from an expo I went to

I have no preference when it comes to CLA and EFA just as long as it does its job.

OH and I also like to use a vaso dilator and little pump amplifier. Like A2 Pump or dilate from ATS labs Solutions for athletes or something like that.

That's why I don't like using preworkouts

shredder - January 29, 2015, 10:15 pm

Less than \$100 a couple months BCAA, L-Glutamine, Whey, Casein, Vitamins. Those are what I take

helps a lot food just ain't gonna cut it sometimes these supplements should be more than enough
Umm there are more do some research see whats right for you.