

# BEYOND THE GEAR:

## THE SUPPLEMENT THAT KEEPS ME FRESH & FOCUSED

**GUEST NAME | GUEST PHONE | GUEST EMAIL | AIR DATE: March 17**

Guest Bio:

### INTRO/ICEBREAKER – Introducing the New Series

- This is a new series dedicated to talking about the tools, gear, equipment, books, software, etc. that I personally use and believe in & believe will help others reach their peak performance
  - Will be review, thoughts, uses, etc.
- Episode Intro
  - Why do energy supplements matter for performance?
    - Energy fuels performance – fatigue leads to poor form, slower reactions & mental fog
    - Good focus keeps you locked in – better mind- muscle connection & decision making
    - Caffeine + Nootropics (Nootropics are substances that enhance cognitive function, memory, and focus) = Clean Stimulation – boosts alertness without crashes or jitters
    - Amino Acids + Electrolytes support endurance – help sustain energy and aid in recovery
    - The right supplement enhances both training and daily productivity – fuel body and mind

### POINT 01 – Amino Energy by Optimum Nutrition

- Why do I love Amino Energy by ON?
  - I usually drink 2 scoops with about 16-20oz of water throughout the workday
  - Has some amazing flavors
  - It's clean
  - Easy to find, you can get it at almost any grocery store
  - Can mix it with OJ or other drinks to break it up a bit
- How AE helps me focus and control my ADHD
  - Caffeine + L-Theanine create a balanced and sustained focus
    - L-Theanine helps smooth out the caffeine's impact on the body preventing overstimulation but also promoting focused energy to the brain

- Amico Acids support brain function which helps with mental clarity and getting things done throughout the day without squirrelling
- Helps with low dopamine issues which is a common problem with ADHD people
  - Amino Acids like Tyrosine support dopamine production improving motivation and numbing some of the symptoms of ADHD like focus problems
  - Caffeine alone won't do anything for ADHD people, but when paired with amino acids it sustains that focus throughout the day

## POINT 02 – What Others Should Consider

- Everyone is built different & functions differently, what should you consider based on your needs?
  - Choose the right caffeine level, some can't handle caffeine at all
    - Low for steady focus, higher for more intense workouts
  - Look at how the ingredients work together
    - L-Theanine smooths out the caffeine, BCAA's aid in recovery & electrolytes rehydrate and prevent fatigue
  - Match it to your lifestyle, daily focus, endurance training or short bursts of energy all require different formulas
  - Consider timing and dosage, taking too much caffeine can lead to overstimulation while steady intake throughout the day which is what I do may work better for sustained focus

## OUTRO

- Who should try AE by ON?
  - People who need smooth, clean sustained energy without the jitters and crashes of high stimulant pre's
  - Athletes and highly active individuals
    - Supports endurance and hydration during workouts
  - People with ADHD or struggle with focus
  - Those who want a light, everyday energy drink
    - Works great for work, studying or an afternoon pick me up nt just as a pre
  - Anyone sensitive to strong pre's
    - Lower stimulant with a balanced energy boost
- Final thoughts
  - If you want a hardcore stimulant or are highly sensitive to caffeine don't take this drink
    - At the end of the day, it's about what you need and what your body chemistry can handle

## RECOURCES

<https://www.optimumnutrition.com/en-us/advice/supplements/the-importance-of-electrolytes-in-the-body>

<https://www.optimumnutrition.com/en-us/Products/Anytime-Energy/ESSENTIAL-AMIN-O-ENERGY%C2%AE/p/amino-energy>