

## **Pre-workout supplementation**

As you are aware, I receive many requests from lifters to check sources of ingredients in over-the-counter supplementation. I know you are genuinely concerned relative to various products you may be experimenting with in an attempt to improve your lifting/mood/energy levels etc. I think most of you know that I feel much money is being wasted on these products – most of which provide extremely little in return – except have the potential to provide you with a positive result. However, I have noticed that the ‘worst offenders’ as far as our drug-testing perceives - fall into the category of the title of this article. Therefore, I am repeating my caution in latest Newsletter that these products are abstained from by our lifters.

On the WADA list there can be different names for ingredients that, for the lay-person, do not directly correspond with what is written on the supplement purchased. Furthermore, the processing/packing method needs to be ascertained from the manufacturer – as most use the same area for the more obvious ‘natural anabolic type’ which you would avoid anyway. Cross-contamination can be relatively common. Companies who batch test are more reliable.

The food source supplements I produce for my patients are processed in a nut-free, wheat-free, animal-free, additive-free etc environment – and so is Ignite Ultra V.

I am happy to help in any way possible on this subject – but suggest that if a cup of black coffee ahead of your workouts remains insufficient – then do look at your overall eating, drinking and training habits!

**Pat Reeves**