

ELEVATE 

EXECUTIVE SUPPLEMENTS

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To consistently perform at a high level whether in the boardroom, on the road, or in the gym your body and mind need reliable fuel.

While food always comes first, supplementation helps bridge common nutritional gaps, especially when life gets hectic.

This executive guide has been carefully curated to help you simplify your routine, maintain sharp focus, support recovery, and feel energised every day.

Most of these are available directly from [Bulk™](#) or Amazon, offering convenience and quality from one source.

However, we are not affiliated with Bulk, and you are welcome to purchase supplements from any trusted brand that meets your personal standards.

This isn't about taking more it's about covering the right gaps efficiently.

Need help stacking these with your meals or timing them around your day? Just ask.



Gavin Walsh

Head Coach

Core Daily Essentials

These cover foundational health, energy, and resilience:

1. High Quality Multivitamin

Why: Covers baseline micronutrient needs often missed through diet, especially under stress or when travelling.

Recommended: [Bulk Multivitamin & Multimineral](#)

2. Omega3 (EPA/DHA)

Why: Supports focus, inflammation control, and heart health. Look For: Minimum 500mg EPA + 250mg DHA per serving.

Recommended: [Bulk Super Strength Omega 3 Softgels](#)

3. Vitamin D3

Why: Immunity, bone health, testosterone support, especially for indoorbased clients.

Recommended: [Bulk Vitamin D3 Tablets](#)

4. Magnesium (Glycinate or Citrate)

Why: Supports sleep, recovery, and stress resilience. **Best taken:** 1 hour before bed.

Recommended: [Bulk Magnesium Bisglycinate Tablets](#)

Performance & Focus Boosters

Ideal around workouts, long meetings, or mental deep work:

5. Creatine Monohydrate

Why: Supports brain function, energy metabolism, and muscle performance. Dose: 5g daily, loading phase is optional.

Recommended: [Bulk Creatine Monohydrate Powder](#)
(unflavoured)

6. Ashwagandha

Why: Adaptogen for mental resilience, stress buffering, and sustained energy.

Recommended: [Bulk KSM-66 Ashwagandha Capsules](#)

7. Holy Basil

Why: Adaptogen for stress buffering, poor sleep and brain fog.

Recommended: [Gaia Holy Basil](#)

Gut & Travel Support

Crucial for frequent flyers, heavy dining, or highstress weeks.

8. Probiotic or Digestive Enzymes

Why: Improves gut health, digestion, and nutrient uptake.

Recommended: [Bulk Complete Bio-Culture](#)

9. Greens Powder (Optional Insurance)

Why: Micronutrient backup on low veg days.

Recommended: [Bulk Complete Greens Powder](#)

Protein

Essential for recovery, lean muscle maintenance, and appetite control. Helpful if you're struggling to get enough protein through diet alone.

10. Whey Isolate or Vegan Protein

Why: Convenient, fast digesting protein source to hit your daily target.

Recommended: [Bulk Pure Whey Isolate](#) (unflavoured or stevia sweetened) or [Bulk Vegan Protein Blend](#)

Use postworkout, midmorning, or when travelling. Shake with water or almond milk, or blend into oats/smoothies.

⚠️ A Note on Protein Powders

Not all protein is created equal.

Most commercial brands, especially the ones pushed in supermarkets or by influencers, are packed with:

- Artificial sweeteners that mess with your gut and taste buds
- Cheap fillers that dilute protein quality
- Ingredients you can't pronounce (and shouldn't digest)

The result?

Digestive issues, blood sugar swings, and cravings that make it harder to stay on track.

If you're using protein to support recovery, appetite control or muscle maintenance, then quality matters. A lot.

Look for:

- Minimal ingredients
- No artificial sweeteners like sucralose or aspartame
- Transparent sourcing and testing
- Grass-fed whey or a clean vegan blend

You're putting this into your body daily, so choose carefully.