

# ELECTROLYTES & SUPPLEMENTS

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I created this document to outline the electrolyte and supplementation structure I use.

Everything in this document works together alongside my daily meal plan and weekly training schedule.

The goal is not perfection or extreme optimisation but instead creating a sustainable structure that allows me to consistently train hard, recover well, maintain mental clarity, and perform at a high level across both physical training and daily life.

This is not written as advice or a recommendation for others. It is simply what personally works well for me and the structure I follow.

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## Electrolytes

This is the practical DIY electrolyte and hydration system I use.

It includes the exact serving sizes, mineral breakdowns, and explanations of how each ingredient helps with hydration, muscular function, recovery, and training output.

### Daily Morning Electrolyte Mix

Ingredient	Serving	Notes	Primary Benefit
Sodium	1.4g	530mg sodium	Water retention, hydration, muscle contraction
Potassium Chloride	0.7g	360mg potassium	Cell hydration, nerve signaling and muscle contraction
Magnesium Glycinate	1.8g	210mg magnesium	Muscle relaxation, energy production, nervous system support
Creatine Monohydrate	5g	Saturation based supplement	Power output, recovery support, ATP regeneration
Beta Alanine	2.4g	Saturation based supplement	Acid buffering, fatigue resistance, high intensity support
EAA's	11g	8.6g amino acids	Muscle repair, recovery support, muscle preservation
Water	500ml	-	Hydration medium

## Electrolyte Mix Key Notes

- Sodium is the primary electrolyte lost through sweat and plays the biggest role in maintaining hydration status during endurance training.
  - Potassium works alongside sodium to support intracellular hydration, nerve signalling, and muscular function.
  - Magnesium supports muscular relaxation, energy production, recovery, and nervous system function, particularly during higher training loads.
  - Creatine and beta alanine are saturation-based supplements, meaning the benefits come from consistent daily intake over time rather than acute timing before training.
  - EAAs provide all 9 essential amino acids and are more complete than BCAAs alone for supporting recovery, muscle repair, and adaptation to training.
  - The electrolyte and supplement base remain consistent while carbohydrate intake can be adjusted depending on session length, intensity, climate, and overall training demand.
  - This hydration system helps me maintain consistent training quality, recovery, and physical output across repeated high intensity sessions throughout the week.
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## Supplements

This is the current supplementation structure I use.

My supplements are focused on recovery, mental clarity, nervous system support, and general wellbeing,

My approach is built more around consistency and long-term sustainability rather than relying on stimulants for.

### Upon Waking - Empty Stomach

Taken immediately after waking, before my morning electrolyte mix.

Supplement	Serving	Notes	Primary Benefits
L-Arginine + L-Citrulline	2 capsules	500mg arginine 500mg citrulline	Blood flow, oxygen delivery, circulation support

### Morning Focus Stack - With or After Breakfast

Supplement	Serving	Notes	Primary Benefits
Vitamin D3 + K2	1 capsule	5,000 IU D3 120mcg K2 MK-7	Bone health, immune support, calcium regulation
Magnesium Glycinate	2 capsules	~267mg magnesium	Recovery support, nervous system support, muscle relaxation
Omega-3	2 soft gels	~1667mg total omega-3s	Recovery support, brain function, cardiovascular support
Ashwagandha	1 capsule	450mg	Stress management, recovery support, nervous system support

### Daily Coffee

Supplement	Serving	Notes	Primary Benefits
Black Coffee	1, sometimes 2	180mg caffeine	Alertness, mental clarity, focus

I don't use caffeine specifically as a performance supplement or pre-workout tool right now. I mainly drink coffee because I like it and it helps improve my alertness and focus throughout the day.

My caffeine intake is relatively moderate and controlled, which I personally prefer.

### Evening Recovery Stack - 30 minutes before bed

Supplement	Serving	Notes	Primary Benefits
Magnesium Glycinate	2 capsules	~267mg magnesium	Recovery support, nervous system support, muscle relaxation
Omega-3	2 soft gels	~1667mg total omega-3s	Recovery support, brain function, cardiovascular support
Ashwagandha	1 capsule	450mg	Stress management, recovery support, nervous system support

## Supplement Key Notes

- L-citrulline is often considered more effective than arginine alone because it converts into arginine within the body and may support nitric oxide production, blood flow, circulation, and nutrient delivery more consistently.
- I take vitamin D3 and K2 with breakfast to help improve absorption. Together, they help support calcium regulation, bone health, immune function, recovery, and overall wellbeing.
- Splitting magnesium intake between morning and evening works well for me and feels easier on digestion than taking a large dose all at once. Magnesium supports muscular function, recovery, nervous system regulation, relaxation, and sleep quality.
- I mainly use omega-3 to support recovery, cardiovascular health, joint health, cognitive function, and inflammation management, especially during higher training volumes.
- I mainly use ashwagandha to support recovery, stress management, nervous system regulation, sleep quality, and overall wellbeing during heavier training periods.

## Daily Hydration Structure

Hydration is something I adjust based on climate/humidity and sweat loss.

During cooler months in Japan, I drink around:

- 6 to 7 litres of water daily
- 1 electrolyte mix each morning

During the Japanese summer, especially when training twice per day or outdoors, my water intake usually increases to around:

- 8 to 9 litres daily
- 2 electrolyte mixes daily on heavier sweat-loss days

I notice a major difference in recovery, energy levels, training quality, and general wellbeing when I stay consistent with hydration and electrolytes. Consistency is key.

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## To Summarize

My overall approach prioritises hydration, recovery, training sustainability, mental clarity, and long-term performance rather than excessive reliance on stimulants or aggressive supplementation.

The foundation of performance and recovery is still consistent training, quality nutrition, hydration, sleep, and recovery habits. Supplements are there to support those foundations, not replace them.