



**WomenWho  
LiftWeights**

**PRESENTS...**

# TOP 10 SUPPLEMENTS FOR WOMEN WHO LIFT WEIGHTS



***Essential Supplements to Boost Strength.  
Performance, and Recovery for Women***

**BY COACH ROBERT KING**

[www.WomenWhoLiftWeights.com](http://www.WomenWhoLiftWeights.com)

### **Disclaimer**

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# WELCOME!

Hello and thanks for reading our Top 10 Supplements for Women Who Lift Weights.

I'm Robert King, but many of you know me as "Coach Rob." As the owner of Women Who Lift Weights (WWLW), I'm excited to share my passion for empowering women in their fitness journeys.

With years of experience in the fitness and supplement industry, I've witnessed firsthand how the right supplements can transform performance and results. Before founding WWLW, I spent a decade as the proud owner of Heavy Weights Sports Supplements. This experience taught me not only the science behind these products but also the importance of building trust with my customers.

I personally tested every supplement I recommended, ensuring I could vouch for their effectiveness. This commitment to transparency created a strong bond within our community of women who rely on my expertise and guidance.

Now, I'm thrilled to bring that same dedication to you with "The Top 10 Supplements for Women Who Lift Weights." In this guide, you'll find comprehensive information about each supplement, including their benefits, recommended dosages, and potential side effects. Each selection is backed by scientific research and real-world feedback from women who have achieved remarkable results.

Whether you're just beginning your fitness journey or you're a seasoned lifter, this guide is designed to empower you to make informed choices about your supplement regimen. From enhancing muscle growth and recovery to supporting overall health and performance, these supplements can elevate your training to new heights.

**- Coach Rob**



# TOP 10 SUPPLEMENTS

1. CREATINE
2. PROTEIN POWDER
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5. ELECTROLYTES
6. OMEGA-3 FISHOIL
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8. MAGNESIUM
9. COLLAGEN
10. ZINC & IRON

# CREATINE

**Recommended Dose:** 3-5 grams per day (consider 20 grams per day during a loading phase for the first 5-7 days).



Creatine is a powerhouse supplement for women looking to maximize their strength and power during strength training.

It provides several benefits, including increased muscle strength, enhanced explosive power, and improved muscle endurance.

Creatine works by replenishing the muscles' energy stores of adenosine triphosphate (ATP), allowing for more intense and prolonged workouts. For women who lift weights, creatine can help break through plateaus, improve overall performance, and support muscle growth and development.

## Top 5 Benefits of Creatine for Women

**Increased Strength and Power:** Creatine supplementation has been shown to enhance strength and power output, allowing women to push harder during weightlifting sessions and potentially achieve greater gains in muscle strength and performance.

**Improved Muscle Recovery:** Creatine has the potential to enhance muscle recovery by replenishing ATP (adenosine triphosphate) stores more rapidly. This can reduce muscle damage and soreness after intense workouts, enabling women to recover faster and continue their training regimen.

**Enhanced High-Intensity Performance:** By increasing phosphocreatine stores in the muscles, creatine can improve performance during short-duration, high-intensity activities like weightlifting. This can lead to increased workout capacity, more reps, and better overall performance.

**Muscle Mass and Body Composition:** Creatine supplementation may promote an increase in lean muscle mass. By facilitating protein synthesis and supporting cellular hydration, creatine can contribute to a favorable muscle-to-fat ratio, helping women achieve their desired body composition goals.

**Brain Function and Cognitive Benefits:** Beyond its impact on physical performance, creatine has been associated with potential cognitive benefits. Research suggests that creatine supplementation may enhance cognitive function, memory, and attention in women, offering additional advantages beyond the weightlifting realm.

# PROTEIN POWDER

**Recommended Dose:** 20-30 grams post-workout or as needed to meet daily protein intake.



Protein powder is a staple supplement for women who lift weights, offering a convenient and effective way to meet their increased protein needs. Protein is essential for muscle repair and growth, and weightlifting places high demands on muscle tissue. By consuming protein powder, women can ensure an adequate protein intake to support muscle recovery, enhance lean muscle mass, and optimize strength gains. Additionally, protein powder provides a quick and convenient post-workout option, promoting muscle protein synthesis and reducing muscle soreness.

## Top 5 Benefits of Protein Powder

**Muscle Repair and Growth:** Protein powder provides essential amino acids necessary for muscle repair and growth, making it an excellent supplement for women who lift weights.

**Convenient Source of Protein:** Protein powder offers a convenient and quick way to increase protein intake, especially for busy women who may find it challenging to consume adequate protein through whole foods alone.

**Weight Management:** Protein is known to promote satiety, helping to curb cravings and support healthy weight management. Incorporating protein powder into a balanced diet can assist women in reaching their body composition goals.

**Post-Workout Recovery:** Consuming protein powder after weightlifting sessions helps replenish glycogen stores and aids in muscle recovery. It enhances muscle protein synthesis, reducing muscle soreness and optimizing the recovery process.

**Support for Vegan or Vegetarian Diets:** For women following vegan or vegetarian diets, protein powder derived from plant sources offers an excellent option to meet their protein needs without relying solely on animal-based foods.

# L-CARNITINE

**Recommended Dose:** 500-2,000 mg per day, taken before workouts.

L-Carnitine is a popular supplement among women who lift weights due to its potential benefits for fat loss and muscle preservation. It plays a vital role in energy metabolism by facilitating the transport of fatty acids into the mitochondria, where they are burned for fuel. By increasing the utilization of stored fat as an energy source, L-Carnitine can aid in reducing body fat while preserving lean muscle mass. For women focused on body composition changes, L-Carnitine can be a valuable addition to their supplement regimen.

## Top 5 Benefits of L-Carnitine for Women

**Fat Burning and Weight Management:** L-Carnitine plays a crucial role in fat metabolism, facilitating the transportation of fatty acids into the mitochondria where they are converted into energy. By promoting the utilization of stored fat as fuel, L-Carnitine can support weight loss efforts and aid in maintaining a healthy body composition.

**Muscle Preservation:** During calorie-restricted diets or intense workout regimens, there is a risk of muscle breakdown. L-Carnitine can help mitigate this by promoting the use of fat as an energy source, thus sparing muscle glycogen and preserving muscle tissue. This makes it particularly beneficial for women who want to maintain lean muscle mass while focusing on fat loss.

**Enhanced Exercise Performance:** L-Carnitine has been shown to improve exercise performance by increasing the availability of energy substrates for muscles and reducing the buildup of metabolic byproducts, such as lactic acid. This can result in improved endurance, reduced fatigue, and enhanced overall athletic performance.

**Reduced Muscle Soreness and Recovery Time:** Intense workouts can lead to muscle damage and delayed-onset muscle soreness (DOMS). L-Carnitine supplementation has been associated with a reduction in muscle damage markers and faster recovery times, allowing women to bounce back more quickly and continue with their training routine.

**Heart Health Support:** L-Carnitine plays a vital role in supporting cardiovascular health. It helps transport fatty acids into the heart muscle, providing a source of energy for optimal cardiac function. By promoting heart health, L-Carnitine may help reduce the risk of cardiovascular diseases and support overall well-being.

# BRANCHED-CHAIN AMINO ACIDS (BCAAs)

**Recommended Dose:** 5-10 grams before or during workouts.



BCAAs, including leucine, isoleucine, and valine, are essential amino acids that play a crucial role in muscle protein synthesis. They can benefit women who lift weights by promoting muscle recovery, reducing muscle breakdown, and enhancing exercise performance. During weightlifting sessions, BCAAs help provide fuel for the muscles, delay fatigue, and support endurance. Consuming BCAA supplements around workouts or throughout the day can aid in preserving and building lean muscle mass while minimizing muscle damage.

## Top 5 Benefits of BCAA's for Women

**Muscle Recovery and Reduced Muscle Soreness:** BCAAs, including leucine, isoleucine, and valine, have been shown to accelerate muscle recovery and reduce muscle soreness. By supplying the muscles with essential amino acids, BCAAs help repair damaged muscle tissue and minimize post-workout soreness, allowing women to bounce back faster and continue their training regimen.

**Muscle Protein Synthesis and Muscle Growth:** BCAAs are known to stimulate muscle protein synthesis, the process through which new muscle tissue is built. This can be particularly beneficial for women who want to build and maintain lean muscle mass. By providing the necessary building blocks for muscle growth, BCAAs support the development of a toned and defined physique.

**Preservation of Lean Muscle Mass:** During periods of calorie restriction or intense exercise, there is a risk of muscle breakdown. BCAAs can help mitigate muscle loss by providing an alternative fuel source for the muscles. This is especially relevant for women who want to lose body fat while preserving their hard-earned muscle mass.

**Energy and Endurance Support:** BCAAs serve as a readily available energy source during workouts. They can be directly metabolized in the muscles, providing a source of fuel to sustain energy levels during prolonged exercise sessions. By delaying fatigue, BCAAs help women maintain intensity and endurance, enabling them to push through challenging workouts.

**Reduced Exercise-Induced Fatigue:** BCAAs have been shown to decrease central fatigue, which is the feeling of exhaustion and mental fatigue during intense exercise. By competing with the amino acid tryptophan in the brain, BCAAs can help prevent the increase in serotonin levels that contribute to fatigue, allowing women to maintain focus and mental sharpness throughout their training.



# ELECTROLYTES

**Recommended Dose:** 500-1,000 mg of sodium, along with adequate potassium and magnesium, consumed before or during workouts.



Electrolytes are essential minerals that play a crucial role in maintaining hydration, muscle function, and overall health, making them particularly important for women engaged in weightlifting and intense training. Key electrolytes like sodium, potassium, magnesium, and calcium help regulate nerve function and muscle contractions, ensuring optimal performance during workouts. Adequate electrolyte balance can enhance endurance, prevent cramping, and support recovery, allowing women to perform at their best.

## Top 5 Benefits of Electrolytes for Women

**Enhanced Hydration and Performance:** Electrolytes help retain water in the body, which is vital for maintaining hydration levels during exercise. Proper hydration is crucial for optimal performance, as even mild dehydration can impair strength, endurance, and cognitive function.

**Prevention of Muscle Cramps:** Electrolyte imbalances, particularly low levels of sodium and potassium, can lead to muscle cramps and spasms during workouts. Supplementing with electrolytes can help prevent these issues, allowing women to train harder and longer without interruption.

**Improved Muscle Function:** Electrolytes are essential for muscle contractions and nerve signaling. Maintaining a proper balance of electrolytes supports effective muscle function, enabling women to lift heavier weights and execute movements with better coordination and control.

**Support for Recovery:** After intense training sessions, replenishing electrolytes can aid recovery by restoring fluid balance and reducing muscle soreness. This can help women bounce back faster between workouts, promoting more consistent training and improved results.

**Regulation of Body Temperature:** Electrolytes play a key role in regulating body temperature during exercise. They help manage the heat generated during intense workouts, reducing the risk of overheating and allowing women to maintain peak performance even in challenging conditions.

# OMEGA-3 FISH OIL

**Recommended Dose:** 1,000-2,000 mg per day (combined EPA and DHA)



Omega-3 fatty acids, particularly EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) found in fish oil, offer a wide range of benefits for women who lift weights. These healthy fats have potent anti-inflammatory properties, which can help reduce exercise-induced inflammation and promote faster recovery. Omega-3s also support joint health, making them valuable for women engaged in weightlifting movements that stress the joints. Additionally, omega-3 fish oil contributes to cardiovascular health, brain function, and overall well-being.

## Top 5 Benefits of Omega-3 Fish Oil for Women

**Heart Health:** Omega-3 fatty acids, including eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), have been extensively studied for their cardiovascular benefits. Omega-3 fish oil has been shown to support heart health by reducing triglyceride levels, decreasing blood pressure, improving blood vessel function, and reducing the risk of cardiovascular diseases in women.

**Brain Function and Mental Health:** DHA, one of the essential Omega-3 fatty acids, plays a crucial role in brain health. It is a major structural component of the brain and supports cognitive function, memory, and overall mental well-being. Omega-3 fish oil has also been linked to a reduced risk of depression, mood disorders, and age-related cognitive decline in women.

**Inflammation and Joint Health:** Omega-3 fish oil has anti-inflammatory properties that can benefit women with joint issues, such as arthritis. By reducing inflammation in the body, it can help alleviate joint pain, stiffness, and improve overall joint function. This is particularly relevant for women who engage in weightlifting or other physical activities that put stress on the joints.

**Skin Health:** Omega-3 fatty acids have been found to nourish the skin from within, promoting a healthy complexion. They help maintain skin moisture, improve elasticity, and reduce skin dryness and irritation. Omega-3 fish oil may also have a positive impact on skin conditions such as eczema and acne, contributing to clearer and healthier skin for women.

**Pregnancy and Fetal Development:** Omega-3 fish oil is crucial during pregnancy for both the mother and the developing baby. DHA, in particular, supports proper brain and eye development in the fetus. It has been associated with improved cognitive function in children. Additionally, Omega-3 fish oil supplementation during pregnancy may reduce the risk of preterm birth and support overall maternal health.

# VITAMIN D

**Recommended Dose:** 600-2,000 IU per day, depending on individual needs.



Vitamin D, often referred to as the “sunshine vitamin,” is essential for women who lift weights. Adequate vitamin D levels are crucial for bone health, as weightlifting places stress on the skeletal system. Vitamin D supports calcium absorption, promotes bone mineralization, and helps reduce the risk of fractures. Moreover, vitamin D plays a role in muscle function and function, making it particularly important for women engaged in weightlifting. Optimal vitamin D levels can support muscle strength, coordination, and balance, ultimately enhancing performance and reducing the risk of injuries. Many individuals, especially those with limited sun exposure, may be deficient in vitamin D. Supplementation can help ensure sufficient levels, supporting overall bone and muscle health.

## Top 5 Benefits of Vitamin D for Women

**Bone Health:** Vitamin D plays a crucial role in maintaining optimal bone health. It aids in the absorption of calcium and phosphorus, which are essential minerals for building and strengthening bones. Adequate Vitamin D levels help reduce the risk of conditions such as osteoporosis and fractures, particularly in postmenopausal women who are at higher risk.

**Immune System Support:** Vitamin D is known to play a vital role in supporting immune function. It helps regulate the immune response and promotes the production of antimicrobial peptides that defend against infections. Adequate Vitamin D levels have been associated with a reduced risk of autoimmune diseases and improved overall immune system function.

**Mood Regulation:** Vitamin D is involved in the production and regulation of neurotransmitters such as serotonin, which plays a key role in mood regulation. Research suggests that maintaining optimal Vitamin D levels may help alleviate symptoms of depression, particularly in women who are more prone to mood disorders.

**Hormonal Balance:** Vitamin D has been shown to play a role in hormone regulation, including estrogen and progesterone. Adequate Vitamin D levels may help promote hormonal balance in women, supporting menstrual regularity and potentially alleviating symptoms associated with hormonal imbalances such as PMS (premenstrual syndrome).

**Improved Muscle Function:** Vitamin D is essential for muscle health and function. It aids in muscle development, strength, and coordination. Adequate Vitamin D levels may help prevent muscle weakness and improve physical performance, which can be especially beneficial for women who engage in weightlifting or other forms of exercise.

# MAGNESIUM

**Recommended Dose:** 300-400 mg per day.



Magnesium is a mineral involved in over 300 enzymatic reactions in the body, including those related to muscle function and energy production. For women who lift weights, magnesium plays a crucial role in muscle contraction, relaxation, and recovery. It helps prevent muscle cramps, supports proper nerve function, and aids in protein synthesis. Furthermore, magnesium has a calming effect on the nervous system, which can contribute to better sleep quality, reduced stress levels, and improved overall recovery.

## Top 5 Benefits of Magnesium for Women

**Stress and Anxiety Relief:** Magnesium plays a crucial role in regulating neurotransmitters and mood. It helps activate the parasympathetic nervous system, which promotes relaxation and reduces stress. Adequate magnesium levels have been associated with a reduction in anxiety symptoms and improved overall mental well-being in women.

**Improved Sleep Quality:** Magnesium is known for its relaxing properties, making it beneficial for promoting better sleep quality. It helps regulate neurotransmitters involved in sleep patterns and muscle relaxation. Adequate magnesium levels can support restful sleep, reduce insomnia symptoms, and contribute to overall sleep quality in women.

**Hormonal Balance and PMS Relief:** Magnesium has been shown to help alleviate symptoms associated with premenstrual syndrome (PMS). It can help regulate hormone levels, reduce bloating, ease menstrual cramps, and stabilize mood swings. Adequate magnesium intake may support hormonal balance and provide relief during the menstrual cycle.

**Bone Health:** Magnesium works in conjunction with other minerals like calcium and vitamin D to maintain optimal bone health. It plays a crucial role in the absorption and metabolism of calcium, which is essential for strong and healthy bones. Adequate magnesium levels support bone density and reduce the risk of osteoporosis in women, particularly during and after menopause.

**Energy Production and Muscle Function:** Magnesium is involved in energy metabolism, helping convert food into energy at the cellular level. It also aids in muscle function, including muscle contraction and relaxation. Adequate magnesium levels can support physical performance, reduce muscle cramps and spasms, and enhance overall energy levels in women.

# COLLAGEN

**Recommended Dose:** 10-15 grams per day.



Collagen is a protein that serves as a vital building block for various connective tissues, including tendons, ligaments, and cartilage. Women who engage in weightlifting can benefit from collagen supplementation due to its potential to support joint health and reduce the risk of injuries.

Additionally, collagen promotes healthy skin, hair, and nails, offering aesthetic benefits alongside its structural role. By supporting the integrity of connective tissues, collagen can enhance overall performance and help women lift weights with greater confidence.

## Top 5 Benefits of Collagen for Women

**Skin Health and Anti-Aging:** Collagen is a major component of the skin, providing structure, elasticity, and firmness. As women age, collagen production naturally declines, leading to wrinkles, fine lines, and sagging skin. Supplementing with collagen can help improve skin elasticity, reduce the appearance of wrinkles, and promote a more youthful complexion.

**Joint Health and Flexibility:** Collagen plays a crucial role in maintaining the health and integrity of joints, tendons, and ligaments. It provides cushioning and support to the joints, promoting flexibility and reducing the risk of injuries. By supplementing with collagen, women can support joint health, alleviate joint pain and stiffness, and enhance mobility, particularly important for those who engage in weightlifting or high-impact activities.

**Strong and Healthy Hair:** Collagen is essential for strong and healthy hair growth. It provides structural support to the hair follicles and promotes hair thickness, strength, and overall quality. By supplementing with collagen, women can improve hair health, reduce hair breakage and brittleness, and enhance the appearance and vitality of their hair.

**Nail Health and Growth:** Collagen is a vital component of nails, contributing to their strength and growth. Supplementing with collagen can help improve nail health, reduce brittleness and breakage, and promote faster and healthier nail growth. Women who struggle with weak or brittle nails can benefit from collagen supplementation.

**Gut Health and Digestion:** Collagen contains specific amino acids that are beneficial for the gut lining and digestive health. It helps strengthen the gut barrier, promoting better digestion and nutrient absorption. Collagen can support a healthy gut microbiome, reduce gut inflammation, and alleviate symptoms of conditions like leaky gut syndrome or irritable bowel syndrome (IBS).

# ZINC & IRON

**Recommended Dose:** Zinc: 8-15 mg per day; Iron: 18 mg per day  
(consult with a healthcare provider for tailored dosing).



Zinc and iron are essential minerals that play crucial roles in women's health, particularly for those who lift weights. These two minerals support energy production, muscle function, recovery, immune health, and hormonal balance. Women often have higher needs for these minerals due to menstrual losses, the physical demands of strength training, and exercise-induced nutrient depletion.

## Iron: Key to Energy & Oxygen Transport

Iron is vital for oxygen transport, energy production, and muscle performance. Due to menstrual cycles and physical activity, women often face a higher risk of iron deficiency, which can lead to reduced oxygen delivery to muscles and compromised performance. Iron supplementation can prevent or correct iron deficiency anemia, ensuring optimal energy levels and enhancing workout recovery.

## Top 5 Benefits of Iron for Women Who Lift

**Boosts Energy Levels:** Iron is crucial for the production of hemoglobin, the protein in red blood cells that carries oxygen throughout the body. Adequate iron levels ensure efficient oxygen transport, which directly impacts energy production. Women with healthy iron levels often experience increased energy and improved stamina during training.

**Prevents Iron Deficiency Anemia:** Iron deficiency is a common concern for women, especially athletes. Supplementing with iron helps restore proper levels, supporting the production of healthy red blood cells and alleviating symptoms like fatigue, dizziness, and weakness, improving both daily functioning and exercise performance.

**Enhances Brain Function & Focus:** Iron ensures that the brain receives adequate oxygen, which is essential for optimal cognitive function. Maintaining proper iron levels can lead to improved mental clarity, concentration, and focus, allowing women to perform better both in and out of the gym.

**Strengthens Immune System:** Iron supports immune function by aiding in the production of immune cells like lymphocytes and neutrophils. Healthy iron levels help the body fight off infections, keeping you healthy and ready.

**Regulates Menstrual Health:** Iron is especially important for women due to blood loss during menstruation. Insufficient iron levels can lead to irregular periods or heavy, prolonged menstrual cycles. Adequate iron intake helps maintain hormonal balance and a healthy menstrual cycle.

## Zinc: Essential for Recovery & Hormonal Balance

Zinc is a powerful mineral that supports numerous functions, including protein synthesis, immune health, and hormone regulation. Women who lift weights can benefit from zinc due to its role in muscle repair, recovery, and maintaining overall health. Since exercise can deplete zinc levels, supplementation ensures proper replenishment and optimal physical performance.

### Top 5 Benefits of Zinc for Women Who Lift

**Promotes Muscle Recovery:** Zinc plays a critical role in protein synthesis, which is essential for muscle repair and growth. After intense workouts, zinc helps speed up recovery by promoting tissue repair and reducing inflammation.

**Supports Immune Function:** Zinc is known for its immune-boosting properties. It strengthens the body's natural defense system by supporting the production of immune cells and helps reduce the duration of illness, ensuring that your training stays consistent and uninterrupted.

**Enhances Hormonal Health:** Zinc is involved in regulating various hormones, including those responsible for muscle growth and reproductive health. It helps maintain a healthy balance of testosterone and estrogen, which is particularly important for women engaged in strength training.

**Improves Skin Health & Healing:** Zinc is vital for maintaining healthy skin and promoting wound healing. For women who experience skin issues or minor injuries related to training, zinc can help with tissue repair and recovery.

**Boosts Metabolism & Energy:** Zinc is involved in numerous enzymatic reactions that regulate metabolism. It helps the body efficiently convert food into energy, improving overall energy levels and metabolic rate, which is especially beneficial for women with active lifestyles.

### Why Zinc & Iron Together?

While both iron and zinc are crucial individually, they work synergistically to enhance performance, recovery, and overall health. Women who lift weights can often benefit from supplementing with both minerals to meet their increased needs. Iron ensures efficient oxygen transport, boosting energy levels, while zinc supports muscle recovery, immune health, and hormonal balance—making them a powerful duo for women who train hard.

By including Zinc and Iron as part of a supplement regimen, women can optimize their energy, performance, and recovery, ensuring they perform at their best in every session.

# TOP 10 SUPPLEMENTS FOR WOMEN – SUMMARY

## Here's the combined summary and recommended dosing for each supplement:

**1. Creatine:** Helps increase strength and power output during workouts, leading to better performance and muscle gains.

**Recommended Dose:** **3-5 grams per day** (consider 20 grams per day during a loading phase for the first 5-7 days).

**2. Protein Powder:** Essential for muscle repair and growth, especially convenient for meeting protein needs when whole food sources are not available.

**Recommended Dose:** **20-30 grams** post-workout or as needed to meet daily protein intake.

**3. L-Carnitine:** May enhance fat metabolism and increase energy production, potentially aiding in fat loss and exercise performance.

**Recommended Dose:** **500-2,000 mg per day**, taken before workouts.

**4. Branched-Chain Amino Acids (BCAAs):** Known for their role in muscle protein synthesis and reducing muscle soreness, especially useful during intense training periods.

**Recommended Dose:** **5-10 grams** before or during workouts.

**5. Electrolytes:** Essential for hydration and muscle function, electrolytes help prevent cramping, enhance performance, and support recovery during intense workouts by regulating fluid balance and muscle contractions.

**Recommended Dose:** **500-1,000 mg** of sodium, along with adequate potassium and magnesium, consumed before or during workouts.

**6. Omega-3 Fish Oil:** Supports overall health, reduces inflammation, and promotes joint health, important for recovery and maintaining optimal performance.

**Recommended Dose:** **1,000-2,000 mg** (combined EPA and DHA) per day.

**7. Vitamin D:** Essential for bone health, immune function, and muscle strength, especially beneficial for those with limited sun exposure.

**Recommended Dose:** **600-2,000 IU per day**, depending on individual needs.

**8. Magnesium:** Plays a crucial role in energy metabolism, muscle function, and recovery, potentially reducing muscle cramps and improving sleep quality.

**Recommended Dose:** **300-400 mg per day**.



**9. Collagen:** Supports joint health and may help reduce joint pain associated with intense training, promoting overall recovery and mobility.

**Recommended Dose:** 10-15 grams per day.

**10. Zinc & Iron:** Essential for energy production, muscle recovery, and immune support. Iron is critical for oxygen transport, while zinc aids in muscle repair and hormone balance.

**Recommended Dose:** Zinc: 8-15 mg per day, Iron: 18 mg per day (consult with a healthcare provider for tailored dosing).

#### NOTE

It's important to note that while these supplements can offer potential benefits for women who lift weights, individual needs may vary. It's recommended to consult with a healthcare professional or registered dietitian to determine the appropriate dosage and suitability for your specific circumstances.



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 [www.robkingfitness.com](http://www.robkingfitness.com)



# ABOUT THE AUTHOR

Coach Rob is an IPF World Champion Powerlifter, 9-time Worlds Medalist, Commonwealth Deadlift Record holder, and a 5-time Team Canada Powerlifting Coach. With decades of experience, he specializes in helping lifters perfect their form, build strength, and achieve their goals safely. As the founder of Women Who Lift Weights and Heavy Weights Barbell Club, Coach Rob has guided countless athletes, from beginners to elite powerlifters, focusing on proper technique and long-term success. His mission is to provide expert guidance, ensuring every lifter can reach their full potential.



@coachrobertking



robkingfitness@gmail.com