



JSS FIT

Supplement Guide

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About Your Coach



Jashandeep Singh

Evidence-based fitness and nutrition guidance.

Introduction to Supplements

Supplements are designed to supplement a balanced diet, not replace it. Focus on nutrition, training, sleep and recovery first.

Popular Supplements

Supplement	Purpose	Recommended Use
Whey Protein	Protein intake	1-2 scoops as needed
Creatine Monohydrate	Strength & performance	3-5g daily
Fish Oil	Omega-3 support	1-3g daily
Multivitamin	Micronutrient support	1 serving daily
Vitamin D3	Bone & immune health	As advised
Electrolytes	Hydration support	During heavy sweating
Mass Gainer	Extra calories	For hard gainers only

Whey Protein

Convenient source of high-quality protein. Useful when daily protein targets are difficult to meet through food.

Creatine Monohydrate

One of the most researched supplements. Supports strength, power and muscle performance.

Fish Oil

Provides omega-3 fatty acids which support general health.

Mass Gainers

Useful for individuals struggling to consume enough calories through food.

Pre-Workout

May improve workout energy and focus. Check caffeine content.

Supplement Myths

Supplements do not build muscle without proper training and nutrition.

Contact

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