

Supplement Guide for Glycolytic System Support

- **Beta-Alanine**

Dose: 3.2–6.4 grams daily

Purpose: Buffers lactic acid to delay fatigue during intense efforts

Note: Split into 2–4 doses to reduce tingling

- **L-Carnitine L-Tartrate (LCLT)**

Dose: 1,500–3,000 mg daily

Purpose: Reduces soreness, supports fat metabolism and recovery

Note: Best taken with meals or carbs

- **PQQ (Pyrroloquinoline Quinone)**

Dose: 10–40 mg daily

Purpose: Supports mitochondria and ATP output during stress

Note: Often stacked with CoQ10 or Ubiquinol

- **Acetyl-L-Carnitine (ALCAR)**

Dose: 500–2,000 mg daily

Purpose: Boosts mental energy and glucose metabolism

Note: Crosses blood-brain barrier effectively

- **Creatine Monohydrate**

Dose: 3–5 grams daily

Purpose: Replenishes ATP for explosive efforts

Note: Great with beta-alanine for strength/power

- **CoQ10 / Ubiquinol**

Dose: CoQ10: 100–200 mg; Ubiquinol: 100 mg = ~200 mg CoQ10

Purpose: Supports mitochondrial electron transport and metabolism

Note: Ubiquinol preferred in older adults or those on statins