



EVOLVED & BALANCED

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Supplements Complete Guide



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Science-Backed · Evidence-Based · No BS

Everything you need to know about sport supplements –
what works, what doesn't, and how to use them properly.

Data sourced from Examine.com · Peer-reviewed research



www.eb-athletic.com

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All information for educational purposes only.
Consult a healthcare professional before supplementing.

Introduction

Welcome to the Evolved & Balanced Complete Sports Supplements Guide. Whether you're a beginner stepping into the gym for the first time or an experienced athlete optimizing performance, this guide provides clarity in a world full of noise, hype, and misinformation.

The supplement industry generates billions annually, flooding the market with bold claims and confusing labels. Many people waste money on products they don't need, take them incorrectly, or buy low-quality formulations that deliver zero results.

What makes this guide different?

Every supplement in this guide is evaluated using data from Examine.com — the world's largest independent database of nutrition and supplement research, analyzing over 80,000 studies. We combine this evidence with practical, real-world application so you know exactly what works, what doesn't, and how to use it.

You'll also find goal-based stacks, common mistakes, and guidance on sourcing quality supplements in Egypt through trusted retailers like Super Supplement (super-eg.com) and iHerb (iherb.com).

Let's get into it.

Do you even need supplements?

Before spending a single pound, understand one fundamental truth: supplements are meant to supplement — not replace — a solid foundation of training, nutrition, sleep, and stress management.

The hierarchy of importance

1. Consistent Training — progressive overload, proper form, adequate volume
2. Nutrition — adequate protein (1.6-2.2g/kg), calories aligned with goals
3. Sleep & Recovery — 7-9 hours quality sleep, stress management
4. Consistency — months and years of adherence
5. Supplements — the final 5-10% optimization

When supplements make sense

Supplements become valuable when your foundation is solid and you want to close nutritional gaps, optimize recovery, or support specific goals. If you struggle to hit your daily protein target, whey protein is a practical solution. If you want to maximize strength, creatine monohydrate has decades of research behind it.

The bottom line

Think of supplements as tools — not magic pills. Used correctly and strategically, they provide a meaningful edge. Used without the right foundation, they're a waste of money.

Supplement Categories

Five main categories organized by primary purpose

Performance & Muscle Building

- 01 Whey Protein (Concentrate / Isolate / Hydrolyzed)
- 02 Casein Protein
- 03 Mass Gainers
- 04 Creatine Monohydrate
- 05 BCAAs & EAAs
- 06 Beta-Alanine
- 07 HMB
- 08 L-Arginine
- 09 Glutamine
- 10 Carbohydrate Supplements



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Energy & Focus

- 01 Caffeine
- 02 Pre-Workout Formulas
- 03 L-Citrulline / Citrulline Malate
- 04 Taurine
- 05 Lion's mane
- 06 5-HTP
- 07 Electrolytes & Hydration
- 08 Ginkgo Biloba

Fat Loss

01	L-Carnitine
02	CLA (Conjugated Linoleic Acid)
03	Fat Burners / Thermogenics
04	Green Tea Extract (EGCG)
05	Yohimbine
06	Garcinia Cambogia
07	Water Pills / Diuretics
08	Chromium

Health & Recovery

01	Fish Oil / Omega-3s
02	Multivitamins
03	Vitamin D3
04	Vitamin C
05	B-complex
06	Vitamin B12
07	Vitamin K
08	Folic acid
09	Calcium
10	Magnesium
11	Zinc
12	Boron
13	Selenium
14	Copper
15	Biotin



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16	CoQ10
17	ALA (Alpha Lipoic Acid)
18	Collagen Peptides
19	Glucosamine & Chondroitin
20	MSM
21	Joint Support Complex
22	Ashwagandha
23	ZMA
24	Probiotics
25	Berberine
26	Spirulina
27	Turmeric / Curcumin
28	Milk Thistle
29	Digestive Enzymes
30	Ginger
31	Psyllium Husk
32	L-Lysine
33	Iron
34	Melatonin



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Testosterone & Hormonal Support

01	Full Testosterone Complexes
02	Tongkat Ali
03	D-Aspartic Acid
04	Maca
05	Panax Ginseng
06	Shilajit