

NUTRITION GUIDE

The Supplements Guide

What's actually worth your money and what's marketing hype.

The supplement industry is built on confusion and clever marketing. Most products aren't necessary. A handful genuinely are. This guide gives you the honest breakdown of what's worth spending on.

8 Supplements
Ranked

How To Prioritise

Common Mistakes

Do's & Don'ts

BILLY BUTLER

PT · Dad of 2

WHY MOST SUPPLEMENTS AREN'T NECESSARY

Supplements are designed to supplement an already solid foundation of nutrition and training, not replace one. Most of the industry sells solutions to problems that consistent food and training would solve for free.

THE NUMBERS

- **PRIORITY ORDER**

Nutrition and training come first. No supplement fixes a poor diet or inconsistent training.

- **BUDGET GUIDE**

If money's tight, protein powder and creatine cover 90% of what supplements can realistically offer.

- **TIMING**

Far less important than total daily intake, don't overthink windows and timing.

THE FOUNDATION RULE

Get your nutrition and training consistent first. Supplements amplify a good foundation, they don't replace one, no matter how convincing the marketing is.

Creatine Monohydrate

WORTH IT

High value

The most researched, most effective supplement for strength and performance available.

Protein Powder

WORTH IT

High value

A convenient way to hit your daily protein target, not essential if food alone covers it.

Vitamin D

WORTH IT

UK-specific

Especially relevant in the UK, many people are deficient, particularly in autumn and winter.

Omega-3 (Fish Oil)

WORTH IT

Situational

Useful if you don't eat oily fish regularly, supports heart and joint health.

Caffeine

USEFUL

Performance
aid

Genuinely improves training performance and alertness, just don't rely on it to mask poor sleep.

Multivitamin

USEFUL

Insurance
policy

A reasonable safety net if your diet has gaps, though not a substitute for varied whole foods.

Fat Burners

SKIP

Low value

No supplement meaningfully burns fat without diet and training already doing the real work.

BCAAs

SKIP

Usually
redundant

Unnecessary if you're already hitting your daily protein target through food or a full protein powder.

HOW TO PRIORITISE YOUR SPENDING

Approach supplements in order of proven value, not marketing volume.

Nail nutrition and training first

If either of these is inconsistent, no supplement stack will meaningfully move the needle on its own.

Start with the highest value two

Protein powder and creatine cover most of the genuine supplement benefit for most people.

Add situationally, not habitually

Vitamin D and omega-3 make sense if your diet or sunlight exposure has genuine gaps, not as a blanket default.

A SIMPLE, EVIDENCE-BASED STACK

Protein powder — to help hit daily target

Creatine monohydrate — 5g daily

Vitamin D — particularly autumn/winter in the UK

COMMON MISTAKES WITH SUPPLEMENTS

These patterns waste money and distract from what drives results.

1

Buying fat burners or 'metabolism boosters'

There's no meaningful evidence these work without diet and training already in place.

2

Assuming expensive means effective

Price often reflects marketing budget, not proven results, check the evidence, not the price tag.

3

Building a large stack too early

Taking 10+ products before nutrition and training are consistent is spending money before it can help.

4

Believing supplements replace food

Supplements fill genuine gaps; they were never designed to be the foundation of a diet.

5

Not checking for third-party testing

Quality and purity vary significantly between brands; this matters more than most people realise.

DO

- ✓ Get your nutrition and training consistent first, supplements amplify a good foundation, they don't replace one.
- ✓ Choose products that are third-party tested for quality and purity where possible.
- ✓ Spend your money on the few things with genuine evidence, creatine and protein are the two biggest wins.

DON'T

- ✗ Don't buy into 'fat burner' pills, there's no supplement that meaningfully burns fat without diet and training.
- ✗ Don't assume expensive means effective, price often reflects marketing budget, not results.
- ✗ Don't take a supplement stack of 15 products when 2-3 would cover almost everything you need.

THE BOTTOM LINE

Supplements are the last 5%, not the foundation. Get nutrition and training right first, then add the few proven options that genuinely fill gaps in your diet.

WANT THE FULL SYSTEM, NOT JUST ONE PIECE?

This guide is one piece of the puzzle. The Fit Dad Challenge brings training, nutrition and mindset together into one 6-week programme built around a dad's actual life.

[Join the Fit Dad Challenge — £99](#)