

Discover eight of the most powerful muscle building supplements that will take your arm growth to the next level



Eight of the most powerful muscle building supplements

By Leon Cruz



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Introduction

In athletics, there has always existed an insatiable quest to find and use ergogenic aids in which to gain an edge over the competition. Bodybuilding, Powerlifting and the sports of strength are no exceptions. Since the emergence of physique development, bodybuilders have been in pursuit of the perfect physique. This may not be true of all of those who weight train, but I can surely say that most of the people who purchase a gym membership or a barbell set, will go forth to do one of two things; gain muscular size or lower their body fat percentage and rip-up. Body building has become three things; a sport, an art and a lifestyle. Bodybuilding has evolved into a very competitive sport and so has the supplement companies that produce the myriad of sports supplements.

The supplement industry has come a long way. If you were to take a look at the bodybuilding and fitness magazines of the 1980's, you will find that the only things basically available in terms of supplements were protein powders, carbohydrate powders, amino acid tablets and your classic vitamin & mineral tablets; that would be it. Today the supplement industry is backed by science and research and loads of testing. The one person who pioneered this incredible concept in the early 1990's, from my estimation, was non other that Bill Philips from Muscle Media fame. Bill Philips went on to create a supplement empire by associating himself with Dr. Scott Connolly creator of Met-Rx. After these two men parted company, Bill went on to create his own line of sports supplements that worked named EAS (Experimental and Applied Science). As the name implies, his company would bring in many unique products that would first be extensively tested in university studies before releasing those products to the public.

Now we fast forward to the new millennium and see many supplement companies mirroring what EAS has pioneered. If you thumb through many of the bodybuilding and fitness magazines, you will find ads upon ads trying to sell you this product and that product. Many new companies pop up monthly. But there are many companies that fade away as well and as fast as they came.

I am here to say that supplements do work despite what many so called doctors have to say. If supplements did not work then why do you suppose big pharma wants a piece of the action by trying to constantly regulate and control the supplement industry? The goal here is trying to figure out what companies and what products actually produce what they are claiming. The purpose of this report is to help you with the very basic products that have been shown to work and have been around for about 15 years. Fifteen years in the supplement industry shows you that a supplement works and has staying power. If this were not true then you will see many of these supplements fade away as fast as they came. Not so with the supplements that I am going to cover hear.

Now onto the best supplements.

Now we will go into the best supplements that actually work in helping you build muscle. With the supplement industry improving by leaps and bounds, it has become prevalent that one can build a quality physique with today's updated products like one could back in the 1970's with a mild steroid cycle. This special report can be used to help you form a strategic supplement program and also aid you in purchasing products that are worth every penny. You will be buying supplements in confidence and supplements that actually work in building muscle.

Amino Acids – Amino acids are the building blocks of protein. The best forms of amino acids are the peptide bonded amino acids. These are derived from egg albumin meaning that they yield a high protein efficiency ratio (P.E.R.). This translates to the supplement being utilized more efficiently. As bodybuilders and fitness people, eating enough protein is vital for continued muscle gains. Peptide bonded amino acids are highly recommended. The recommended dosage is about 2-4 tablets with 4 of your 6 meals; 2-4 times daily especially after your training session. The best brands to buy from are: Twin Labs – Amino Fuel, Ultimate Nutrition – Amino Gold, Universal Supplements – Amino 1900.

Branched Chain amino acids – The three branched chain amino acids (BCAA) are Leucine, Isoleucine, and Valine. They are found in abundance in skeletal muscle and play a major role in muscle growth and recovery. They are the first amino acids oxidized during exercise. BCAA should be taken before and after exercise to ensure that muscle not be sacrificed by the body and used as fuel during training. Consuming a quality Whey protein supplement also ensures that you are taking in enough BCAA. The dosage that should be taken is about 3-5 capsules 60-90 minutes before and after training. Also advised: Drink a whey protein drink after your training session. The best Whey Protein brands to buy from are: Met-Rx – Whey Protein, AST- Whey Protein and Next Nutrition – Whey Pro. The best BCAA tabs to buy from are: Pro-labs BCAA-Plus, Ultimate Nutrition – BCAA and NOW Supplements BCAA powder.

MRP's (Meal Replacement Powders) – This category of protein supplement has been in existence since 1991 with the introduction of Met-Rx, which was founded and created by a heart surgeon, Dr Scott Connelly. MRP's are intended to be used as a meal but it is classified as a dietary supplement. These types of products contain high amounts of quality protein, moderate amounts of carbohydrates and minimal levels of fat along with loads of vitamins and minerals. As a hard training athlete, eating frequent meals is vital to your success. By including a quality MRP, you are making sure that your meal frequency is not disturbed. The best brands are: Labrada Nutrition - Lean Body MRP, Met-Rx, AST research- Nitro Pro.

Creatine - Creatine debuted back in 1993 by Anthony Almada and Ed Byrd and took the supplement market by storm. This supplement was the first over the counter product that actually delivered results that were ergogenic; results that were only reserved for muscle building pharmaceuticals. The study of creatine continues today. Scientists are coming up with better ways for using creatine and coming up with better supplement formulas. Creatine is found in small amounts in red meat. Creatine, taken in supplement

form, has been shown to increase peak – power output and also cause significant weight increase. Creatine causes the muscle to hold more fluid by soaking up the creatine. Creatine is one of the muscles main energy sources. Up to 95% of the creatine in the body is stored in the muscles. When the muscles are saturated with creatine you can expect a major increase in strength and you will recuperate much faster. Creatine taken with simple carbohydrates drinks, such as grape juice, has shown to increase the absorption of creatine by spiking the body's natural insulin levels, which help to drive the creatine into the muscle cells. Because of this unique discovery, there have been many supplement companies developing creatine transport system supplements. These products contain glucose, Alpha Lipoic Acid (a very potent insulin transport supplement) and sucrose. These formulas help the body use the creatine more efficiently thus ramming the creatine into the muscle cells. EAS, Phosphagen HP and Muscle Techs Cell Tech are two such products that deliver fantastic anabolic like effects. Creatine is highly recommended.

Glutamine – Glutamine is involved in a variety of metabolic processes and the main one is the prevention of muscle wasting. Our bodies use significant amounts of glutamine on a daily basis. Glutamine helps our immune system function properly and also is one of the few amino acids that cause a major growth hormone release. ***This is truly a must use supplement.*** Glutamine in conjunction with Creatine has been shown, in many scientific studies, to help increase the muscle-cell volume.

Conjugated Linoleic Acid (CLA) – The concept that certain dietary fats help promote muscle growth was brought about by the late great bodybuilding expert Dan Duchaine. CLA was introduced to the supplement market by EAS. Controlled studies have shown that CLA helps in the prevention of weight loss and enhance growth in animals suffering adverse effects of catabolic hormones. This study shows that it may be useful for weight training athletes due to CLA's anticatabolic properties. CLA has also been shown to be a very powerful anti oxidant similar to vitamin E and Beta Carotene. CLA is highly recommended.

Ephedrine-Caffeine-Aspirin Stack – Ephedrine is the first over the counter medication that gave athletes and sedentary people the opportunity to use an effective fat burning supplement that works. Ephedra is an herb derived from the Ephedra plant. Its main chemical constituent, ephedrine, is a beta adrenergic agonist similar to that of Clenbuterol. On it own it is a potent thermogenic compound but studies have shown that when ephedrine is combined with caffeine and aspirin, their thermogenic qualities are multiplied and their fat burning effects become stronger. Along with fat burning, the ephedrine-caffeine-aspirin stack has also been shown to have a nutrient partitioning effect. Ephedrine is an ancient Chinese herb. It has been around for about 5,000 years. Ephedras' Chinese name is Ma-Huang. Many supplement companies are developing fat burning supplements that contain the herbal counter parts to the ephedrine stack, such as ephedrine herbal form: Ma-Huang, Caffeine: Kola nut and aspirin: White willow bark. Caution should be exercised when using ephedrine and its' herbal counter parts as these products have central nervous system stimulating effects. Not everyone can tolerate these effects. Consult your physician if you decide to use any of these products.

Whey Protein – Whey is a cheese by product. There was a time when dairy farmers would dump this whey substance down the drain thinking it was useless. Scientists and the weight training, fitness and bodybuilding community discovered that whey was a much more efficient protein source. More efficient than egg protein, casin, soy and milk and egg protein supplements. During the process of turning milk into cheese, whey protein is separated out. Whey protein has the highest value in providing branched chain amino acids, which result in building and retaining muscle tissue. Whey protein is an insuligenic protein in that it uses your natural insulin to move the amino acids to the muscles. Whey protein provides the body with the necessary building blocks to produce amino acids that are used for building muscle tissue. Whey protein is a must use supplement.

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