

Hottest Body Building Supplements For Women

A woman's sport as well. Bodybuilding is known to be for "the boys" only. However, these days it has grown its popularity to the female population. Bodybuilding for women is not solely for muscle build-up, they do it for several reasons such as to achieve a desired size, increase in strength, and most importantly confidence. The bodybuilding supplements utilized by the male species are different from those supplements for women. For instance, testosterone booster is not applicable for women since it may result to deepening of voice and more hair growth. Here are some bodybuilding supplements which you may consider:

Use of Creatine There is specially designed creatine for women such as the "Femme Advantage Creatine." It comes in liquid form. The difference of the usual creatine from this type of specially-designed creatine is that it gets rid of side effects. The possible side effect of the usual creatine includes irritated stomach, muscle cramps, loose bowel movement and dehydration.

Vitamin B Supplements This type of bodybuilding supplement helps in proper metabolic process of carbohydrates, fats and protein. Additionally, the said vitamins are vital to keep your eyes, hair and skin healthy. Vitamin B6 helps in proper utilization of carbohydrates. On the other hand, Thiamine or Vitamin B1 is considered to develop "packed muscles." Niacin or Vitamin B3 aids in several "metabolic processes" which produces energy. Alternatively, three important production of energy is involved with Vitamin B2 or what is commonly referred to as Riboflavin.

Calcium Supplements In bodybuilding you need to have robust bones to keep up with rigorous training, hence, the need for calcium. Calcium is a vital factor that maintains proper functioning of the bones. There are several calcium supplements you can purchase in the market. Alternatively, it is recommended to consume "natural sources of calcium" such as dairy products, seaweeds, and broccoli.

Full Essential Fatty Acids The use of essential fatty acids or EFAs brings numerous benefits to female bodybuilder since: It produces energy. It diffuses oxygen in the bloodstream. It reduces "water retention." It has a "calming effect" as well as normalize mood. It aids in the transport and metabolic process of "triglycerides" and cholesterol. Most fish and plant oils are rich in essential fatty acids.

Protein Supplements Protein is considered a necessary "building block" of muscles. It aids in proper functioning of the muscles through repair and growth. Bodybuilding protein supplements are commonly in powder form. There are four major types where you can obtain protein: (1) Whey; (2) Egg whites; (3) Casein; and (4) Soy.

Meal Replacement Products or MRPs This type of supplement comes in bars or drink mixes. MRPs are good bodybuilding supplement since it is high in protein, less fat and carbohydrates. Most importantly, MRPs are said to contain various vitamins and minerals. Commonly MRP products consist of proteins from whey, casein, soy and egg. Additionally, MRP have carbohydrate ingredient which usually comes from oat fiber, wheat flour, and brown rice. The use of supplement must be consulted with your bodybuilding trainer so that you will be properly guided. To achieve a good female bodybuilder's physique, you need to be disciplined and persistence. Not only will you consuming such supplements, you also need to do proper workouts, maintain a good diet and most significantly obtain proper rest.

About the Author

Bodybuilding article about diet and nutritional planning to achieve.

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