

Do Bodybuilding Supplements Really Work – Yes, They Do!

Bodybuilding enthusiasts and athletes have been using bodybuilding supplements since time immemorial. Whether you are a beginner or a pro, you can use bodybuilding supplements so long as you know what you're using and your objective behind using that supplement. All bodybuilders take protein supplements, creatine being a huge favorite and with good reason. Creatine is a naturally occurring compound that supplies energy to our muscles. Bodybuilders supplement their creatine intake by consuming creatine monohydrate which is the best source of creatine compared to anything else in terms of purity and per-weight-of-material. Benefits of creatine include dramatic improvement in lean muscle mass in as little as two weeks; improvement in recovery rates with respect to muscle fatigue, and better performance in high intensity exercises. Creatine gives you bigger and better muscles. Another popular supplement that delivers awesome benefits to bodybuilders is glutamine. L-Glutamine is an amino acid that is found in abundance in the muscle tissue. It can be safely consumed all year round. It plays a key role in cell volumizing, anti catabolizing, and overall muscle maintenance. Glutamine helps in the process of generating Human Growth Hormone, which is necessary for muscle growth and metabolizing body fat. However its primary aim is that of promoting a positive nitrogen balance and muscle maintenance. Moreover, it is also required by the immune system to prevent sickness. Proteins are amongst the most popular bodybuilding supplements available; this is because protein is the most elementary building block of our muscles. Ideally, we need 1-2 grams of protein per pound of bodyweight. Protein supplements are either low-carb or weight gainers. Whey protein is easy to digest and is a popular post-workout supplement. Casein is recommended as a bed-time supplement as it can take anywhere between 2-7 hours to digest. Egg protein is the cheapest and most easily available form of protein. Vegetarians have soy to turn to. There are protein supplements available in the market that are a combination of soy-egg-casein-whey protein. These proteins are a handy for an anytime intake and they offer a staggered rate of protein absorption. Pro-hormones or natural testosterone boosters are important for gaining lean muscle mass improving muscular strength and muscle size. 4-androstenediol or 4-AD is an anabolic prohormone booster. It is converted into testosterone in the liver. It is a pre-training supplement that helps weightlifters and bodybuilders to exert themselves to the maximum. Pro-hormones help bodybuilders by increasing the oxygen supply to the muscles, quickening muscle recovery, and reducing muscle loss. Nitric oxide helps to increase the blood flow to muscles and is therefore of importance to bodybuilders who use it to deliver a greater amount of nutrients to their muscles, especially when the muscles are stressed. Growth Hormones aid in tissue growth, tissue repair, fat loss, muscle gain, and boosting energy levels. They are also known anti-ageing agents. In short, growth hormones are crucial for bodybuilders. What adds to their importance as a bodybuilding supplement is the fact that the body's capacity to produce them naturally decreases after the age of 30.

About the Author

Muscle building has several important health benefits other than looking good at. The amino acid glutamine aids in protein synthesis and building.

Source: <http://www.productsherbal.com>