

## 5 Basic Bodybuilding Supplements

The only way to increase your muscle mass is to stick to a good bodybuilding program. You cannot get massive muscle by downing a quart - or a gallon - of a supplement product. Supplements are not needed to build muscles bigger or stronger. The supplement industry would like you to think otherwise, but it just is not so. If you are putting your self through standard routines to stay in shape and maintain the strength and lean muscle that you have, you will get adequate nutrition by eating a good balanced diet. If you are a vegan, you will need to supplement with some nutrients found only in animal protein, but that is about it. There is no easy to swallow substitute for hard work - you are not going to find it by using any miracle bodybuilding supplement. There is no substitute for maximum effort on your part. On the other hand, supplements are needed if you want to become as big and as strong as you possibly can. If you are seriously dedicated to working yourself as hard as it takes to build the most lean muscle possible in the shortest time possible, you absolutely need to use supplements. There are several that are considered essential when you work yourself to the max.

**High-Potency Multivitamin** The importance of multivitamin and mineral supplements is overlooked by many bodybuilders. No, they don't pack a lot of lean muscle on you. But they are extremely important in the chain of reactions that occur to produce that lean muscle and contribute to your overall fitness. The thousands of chemical processes that go in your body are all dependent upon vitamins. Taking a high-potency multivitamin is cheap insurance in your bodybuilding program.

**Glutamine** L-Glutamine is an amino acid which is normally produced in sufficient quantities by the body itself. However, during times of stress such as during exercise, illness or an immune disorder, your body cannot keep up with the demand. Glutamine helps in energy recovery, muscle rebuilding, fueling the brain and strengthening the immune system. It also encourages the production of Human Growth Hormone. Pure glutamine is available and inexpensive but it is quite bitter. Because of this, many suppliers offer it combined with other supplements to mask the bitterness.

**Whey Protein** Building muscle mass quickly requires a protein supplement and there is no better source than whey protein. It is pure protein from cow's milk. Whey protein contains little if any fat, lactose or cholesterol and is a rich source of essential amino acids. Whey protein isolate is the purest form and is an ideal supplement for our use.

**Essential Fatty Acids** Essential fatty acids are the 'good fats' omega-3 and omega-6. EFAs help boost the immune system and have been claimed to improve a number of conditions including arthritis, depression, brain function, dry skin and hormonal balance. Like all fats, they are a source of energy but unlike saturated fats which we try to avoid while building lean muscle, they are a good source. EFAs can provide adequate energy levels for good performance and ensure metabolic function.

**Creatine** Creatine is synthesized in the liver which produces sufficient amounts for normal activities. The function of creatine is to help supply energy to the muscles. It is found naturally in skeletal muscles and studies have shown that ingesting creatine increases the level in the muscles. They have also shown that supplementing with creatine does increase performance and help build muscle mass. It is not considered 'doping' and its use is not banned by sports bodies. Certain forms, however are banned from sales in several countries.

The underlying goal of these 5 basic bodybuilding supplements is energy supply and lean muscle building. Evaluate any supplement you consider putting into your body with that goal in mind. If it doesn't measure up, do not take it.

### About the Author

**Role of Insulin in Building Muscle** Insulin is a hormone released by the pancreas in response to high levels of sugar in the bloodstream.

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