

A Powerful Muscle Building Supplement That Actually Works

What's the best muscle building supplement available today? You might not like the answer. It's not sexy, it's not new, and it's not touted as a steroid replacement. And if you don't, you might want to consider getting away from all those "steroid-like" results ads you are bombarded with in all the magazines. If you get a chance, take a look back at all the muscle magazines from eight to ten years ago. What do you see? I'll tell you. You see a lot of ads for "wonder" supplements, many of which were called the best muscle building supplement available at the time. Only problem is, you don't see any ads for those muscle building supplements today. Why is that? Because they just don't work! Eventually, consumers figure that out and the supplements stop selling. So the supplement companies come out with the latest, greatest, cutting-edge, best muscle building supplement for you to spend your hard earned money on. There are a couple of supplements that you still see ads for today. But they aren't sexy, they aren't new, they aren't cutting edge, and they aren't "drug-like" grey area supplements. So I give two answers to the best muscle building supplement question - protein and creatine. If you want to make outstanding muscle building progress, you must put together a solid weight training program, train with a high level of intensity, add poundage to your exercises as often as possible, eat six high protein meals every day, and make sure you are out of the gym often enough to recover from your workouts so that you can build the muscle you are triggering into growing. Oh, and add the dual "best muscle building supplement" to your program - protein and creatine. Protein powders make it extremely easy and convenient to eat six meals a day and to get enough quality protein into your body. Use Protein Shakes - This will make it easier for you to consume enough calories and protein each day, as well as making it much more convenient to have 6 meals a day. Who has time to prepare six meals a day? Not anybody I know, that's for sure. Here's a sample weight gain drink you can make up and use in your muscle building diets: 100 grams of protein powder, 2 quarts of whole or 2% Milk, 2 cups of skim milk powder, 2 cups of chocolate ice cream, 4 tablespoons of peanut butter, 1 banana. Mix in a blender and drink throughout the day, in addition to your regular food meals. Add or subtract ingredients based on individual taste preferences and number of calories needed. When you have your post-workout muscle building protein shake, throw in a serving of creatine as well. High quality protein, aka, 'the real muscle building supplement' should be the center point of all your meals. Intense exercise increases demand for protein, which support muscle repair and growth. When you train with weights, you should eat a minimum of 1.5 grams of protein per pound of bodyweight. If you weight 150 pounds, try and take in at least 225 grams of protein each and every day. I know this sounds like a lot and you could probably do okay with 1 gram of protein per pound of bodyweight. But if you find it really difficult to gain muscle, this extra protein can help. You don't have to have carbs or fat at every meal, but you must have protein. When I say protein, I am referring to high quality protein derived from animal sources. For getting bigger and stronger, the only protein you need to be concerned with are those found in whey, casein (cottage cheese), eggs, beef, poultry, and fish. This is the best muscle building supplement around and should be the cornerstone of your muscle building nutrition plan. Throw in a high quality creatine product and you are good to go. As for the rest, save your money and stick with the dual muscle building protein/creatine stack for massive muscle mass gains.

About the Author

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