

How to Get the Best Results from Body Building Supplements

There are a large number of body building supplements on the market and you need to pick ones that are appropriate for your body and your muscle gaining goals. Once you know which supplements to take, you really need to have an understanding of how the supplement works in your body so that you can achieve the best results. For instance, many people take creatine in order to build muscle mass and gain weight. Creatine is one of the most popular body building supplements on the market. You can even get discount creatine through Beverly International so you do not have to spend a lot on it. However, creatine tends to not be so effective after awhile because it appears that your body gets used to it. If your body gets used to the creatine, then you will not get the same results. For this reason, athletes have come up with creatine cycling, which is a way to take creatine without losing the results. There are three phases in creatine cycling. First, you will start off by creatine loading. This is when you will take the larger amounts of creatine in order to load your muscles with it. The loading phase will generally last a week. For the next three weeks, you will be in the creatine maintenance phase. This means you will take about half the dose you took during the loading phase. After the third week of the maintenance phase, you'll move into the creatine resting phase. During these four weeks you will not take the creatine at all. You can then start back at the beginning if you desire. There are also some supplements you should not take at the same time. For instance, do not take creatine and glutamine together before your workout. They can sometimes block each other out, so that you do not get the effects of either supplement. It is best to take creatine before your workout for muscle energy and then glutamine after your workout to aid in recovery. Supplements usually come with some dosing instructions and recommendations as to when to take them. Since everyone is different, you might have to find out which supplements work best for you by trial and error. Of course, you also need to realize that supplements are not magic and the best way to get good results from taking them is to work hard. You will need to have effective workouts, eat right and stay healthy. If you do that and take the supplements, you should notice dramatic differences in your body in no time.

About the Author

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