Supplement Review Guide

Your Step-By-Step Guide To Choosing & Using The Best Sports Supplements For Fast Results!

by Jeff Anderson

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The REAL "Secret" To Getting The Most Powerful Supplements...For Next To NOTHING!

Legal Stuff To Cover My @$$...

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Meet The "Muscle Nerd"!

Short of bringing my "pocket-protector" to the gym, the nickname given to by my sadistically cruel gym buddies is actually probably well deserved.

I was the "geeky guy" at the gym who would always be seen sitting on the weight bench, hunched over my handy little notepad, scribbling down every last detail of my workout and results to be able to scientifically analyze what **WORKS**…and what was a complete waste of time when it came to building muscle while burning fat.

Laugh if you must…

...but it was these notes that lead to some of the most remarkable discoveries in natural bodybuilding and my ultimate step-by-step roadmap to amazing muscle growth that I detailed in my best selling program **Optimum Anabolics** (www.OptimumAnabolics.com).

In fact, my discoveries have made such a dent in traditional thinking about how to build muscle and burn fat that even some **PRO BODYBUILDERS** are using the "natural hormone triggering" process I discovered as an alternative to steroids in their own program…

...and **IT WORKS**!

But what you may NOT know about me is that I spent 10 years serving my country in the U.S. Army as a light-infantry soldier.

As a leader in several infantry units, I've trained soldiers all around the world…in 4 feet of snow; in drenched clothes in the freezing rain; under the searing heat of the desert sun; slicing through vines and elephant grass in jungles; neck-deep in swamps…you name it!

And ironically, besides actual combat training, I've also received specialized military training as a Master Fitness Trainer and "Weight Control Specialist" where I discovered some of the most advanced training concepts ever devised.

My follow on career after the military has led me on a never-ending search for the true "secrets" of fitness and the yet-to-be-discovered breakthroughs that lay out there, just WAITING to be revealed.

And I've made it my goal to not only unearth the most cutting edge advancements in the scientific world of muscle building and fat burning...but also to SHARE them with my loyal clients who have found my programs to be so powerful.

Here's a look at some of my other programs based upon my research...

Other "Muscle Nerd" Programs...

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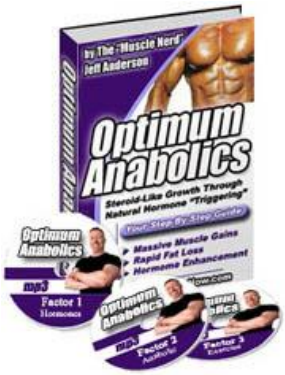
The ULTIMATE FAT BURNING GUIDE to show off your new muscle!

Discover how the training techniques of the U.S. Military can take you step-by-step to 6-PACK ABS**!**

www.CombatTheFat.com



Optimum Anabolics

Build muscle and burn fat by skyrocketing your body's NATURAL anabolic hormones!

The "before & after" pictures speak for themselves!

www.OptimumAnabolics.com

Homemade Supplement Secrets

For the serious athlete who uses supplements, find out why you should NEVER buy your supplements "off the shelf"!

Learn how to easily MAKE YOUR OWN SUPPLEMENTS and save up to 98% while making formulas that are even BETTER than the name brands!

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Advanced Mass Building

If you've ever struggled in packing on solid mass, THIS is the program that will make all your frustrations go bye-bye!

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Introduction

The 'Muscle Nerd"
Jeff Anderson

One of the most common questions I'm asked by those who have read my books or hundreds of articles, is...

> ***"Do you REALLY need supplements to build muscle and burn body fat?"***

Those that know my work understand that I have a real "love-hate" relationship with supplements.

You see, it **IS** true that you can achieve great results without the use of supplements, the **REAL** truth is that you can achieve **BETTER** and **FASTER RESULTS**....

... but **ONLY** if you do it right!

Supplements **AREN'T** about picking up a bottle of fancy-schmancy, hyped up glamour pills and expecting fantastic results.

The supplements you pick, when you use them, and the amounts you ingest will all influence the effectiveness of your program, and all of that will impact your financial justifications as well.

But thanks to hyped up marketing of the "power" of supplements to magically build muscle and blast away body fat, the average consumer's mind has been programmed that the path to a better body lies in the form of the latest cutting edge "breakthrough" supplement.

When frustration after frustration takes its toll on the high expectations of seeing some significant results like those of the steroid-fueled pro that graced the supplement ad, it's no wonder guys turn to dangerous steroids and other cocktails in an effort to achieve super-human bodies.

In the end, focusing on a soundly developed core supplement program, instead of relying on steroids and other drugs to build your physique or burn away body fat, will serve you **MUCH** better.

And that's the purpose of this **Custom Supplement Program Design** guide...

In these pages, I outline my **7-Step Process** for creating your own custom-designed supplementation program that will fully support whatever your fitness goals, allowing you to achieve maximum results while saving you time, frustration, and money!

I hope it will remove some of the "mystery" that intentionally clouds the average consumer's supplement choices and provides you with a step-by-step approach to taking you training (and **RESULTS**) to the next level.

So let's begin, shall we?

Step 1: Determine Your Starting Point And End Goal

A proper supplement program begins with the end result in mind. From there it's all backwards planning.

For example, if your primary objective is to add lean muscle, you should put a higher priority on a whey protein powder rather than a "fat burner".

If getting "ripped and shredded" is your priority, the supplements you'll want to reach your goals will be different.

And dieters have emphatically different objectives, and therefore different supplemental needs, from the "muscle builders".

Pretty simple, right?

But let's add another piece to the puzzle...

What if you are a classic "hardgainer" who has a difficult time putting on weight? Do you then choose a whey protein isolate...a casein protein supplement...a "meal replacement" powder...or a commercial "mass gainer"?

This is what is meant by your "Starting Point".

In other words, what **BODY TYPE** are you and what type of a **LIFESTYLE** do you have? **HOW OFTEN** and for **HOW LONG** do you workout? **WHEN** do you workout?

When working with my clients, I generally place them in one of **5 CATEGORIES** and use that as a starting point for creating a fully customized supplement regimen...

Category	Profile Description
Underweight	Commonly called a “hardgainer”, you have a “high metabolism” that doesn’t allow you to gain weight very easily. When you exercise, you may end up actually losing weight and your routine may end up making you stronger...but not any bigger. When you **DO** gain muscle...it says bye-bye as soon as you stray from a solid training and diet program. **Your Goal:** Pack on some solid lean muscle that doesn’t disappear the first time you skip a protein shake.
Athletic Build	You’re the guy 95% of the guys on the planet would like to see run over by a Mack truck while all those blonde bimbos at the beach you stole from us, look on and start to assess their options (namely **US**!). You can gain muscle very easily and don’t have to work too hard to maintain it. Speaking on behalf of all of us “hardgainers”, please die! **Your Goal:** Train hard to optimize your gifted genetics and have fun experimenting with some of the more esoteric supplements.
Overweight	Your muscles are in there...somewhere...and you curse the stubborn goo that seems to stay stuck no matter what you do. You probably were cursing at me as I was cursing at the “Athletic Guy” because you wish you had the problem of actually being “underweight”. **Your Goal:** Get down below 20% body fat and feel great buying your next pair of jeans 2 sizes smaller than your last pair.
Over 40	How’s this for bad news...after the age of 30, our fast-twitch muscle fibers (the one’s we use for short powerful movements) naturally start to wither away unless they get used. Add to that, declining bone strength, lower “sex hormones”, a slowing metabolism (I can vouch for that!) and the new pops and creaks we feel getting out of bed in the morning, and you start to look at your annual physical in a whole different light. **Your Goal:** Reverse the aging process, speed up your metabolism, and be able to train enough to beat the tar out of anyone who calls you “middle age”.
Over-Worked	Your work hours are 7am to 7pm, Monday through Monday and your fitness schedule revolves around whenever you can wake up early enough or have enough energy elsewhere in the day. You may find it hard to sleep due to stress on the job (and at home) and your hormones are paying the toll on your body. **Your Goal:** Reverse the effects of your body’s stress chemicals that can reduce muscle tissue, wreck your metabolism and make it feel like your work life is hovering over your personal life wearing leather chaps and a horse whip.

Now of course, someone may fall into more than one of these categories.

But it's a good starting point to help determine where your goals lie and what is most important to **YOU** in order to make the right supplement choices as we progress with your program design.

Step 2: Determine Your Budget

If you're serious about adding nutritional supplements to your diet and fitness program then realize that this is going to be a monthly expenditure just like your car payment or phone bill.

And of course, you want to keep it **MUCH** closer to your phone bill than your car payment, right?

Take a practical look at your **MONTHLY** expenses and first determine exactly how much money you can commit to spending each and every month to help you reach your goals.

Ahhhh...what's the matter?

Did you hear your wallet slam shut like a dungeon door?

Attaching a monthly "commitment" to buying supplements took all the "fun" out of shopping around for glitzy newcomers you see in each issue of the latest bodybuilding magazine, didn't it?

Yes, it's **MUCH** easier and exciting to get all worked up about the miracle new "fat burner" and whip out your credit card to look like the fitness model in the add 30 days from now, isn't it?

And herein lies the problem...

Emotional decisions are what force us to spend more money than what we planned on sometimes worthless supplements...and then we're left scratching our heads when the credit card bill comes in and we wonder how the current balance got so high.

Let me tell you...while establishing a monthly budget for your supplement purchases may force you to face the fact that there really **IS** a cost associated with them, most people spend **MORE** money on supplements by **NOT** setting a budget and sticking with it!

Bottom line...without a budget, you have no way of limiting yourself and you're likely to overspend.

But setting a monthly budget can help you in other ways as well...

By staying within a certain spending limit, you're forced to **REALLY** make rational, educated decisions about your supplement choices.

While the new "miracle" muscle-builder you were frothing at the mouth over in the latest muscle mag may be calling your name, once you see that it will blow this month's **AND** next month's protein purchase, it won't be so magnetic and you'll be able to stick with your tried and true supplement program that will take you **MUCH** further toward your goals.

Step 3: Select Your PRIMARY Supplements

Once you've determined what your **MAIN** fitness goal is, you can start to pick out the **PRIMARY** products that will make up the foundation of your supplement program.

You see, the sad reality is that most supplements, no matter how flashy the ad, will only bring you about 2% added gain toward your objectives.

But there **ARE** some "heavyweight champions" that have been tested and proven to bring you dramatic results and form the core of any personal supplement program design

What is key to point out however is that many of these supplements are helpful only because they make up for deficiencies in our diet.

Over-processed foods, pesticides, heat treatment, and other "advancements" of civilization have stripped away many of the nutrients that our bodies were used to getting **WITHOUT** supplements.

Trending diet patterns toward fast "convenient" meals and away from whole grains, organic fruits and vegetables, seeds, nuts, and lean meats have put many athletes in a position of requiring extra output from their body through intense training but an insufficient nutrient intake to allow the body to accomplish what it is you want it to accomplish.

For that reason, you'll find that many of these primary supplements are simply gap-fillers between an ideal diet and your current one.

It will be up to **YOU** to decide the quality of your current diet program and which supplements you can use to plug up any of your own gaps.

Here are some of your best options for your **PRIMARY SUPPLEMENTS**:

Multi-Vitamins/Mineral Complex

The true foundation of a dietary supplement program is the mighty multi-vitamin/mineral supplement.

No matter how good you think your current diet is, because of the degradation of nutritional quality of our food, it's virtually impossible to get all the quality nutrients you need solely from your daily meals.

This is especially true for athletes or those training to build muscle or lose body fat.
While some texts for advanced athletes will tell you that since each person has a very specific vitamin/mineral requirement that should be analyzed and individually created, this high-cost option is neither cost-effective nor practical for the average person training their body.

Enter the **MULTIVITAMIN/MINERAL**!

Multi's provide you with broad-spectrum coverage, complementing a healthy diet to ensure that all your essential nutritional requirements are met.

Think of them as the "nuts and bolts" that hold all of your body's machinery together.

If you were driving a car whose engine were missing a few bolts and others were rusting out, it's only a matter of time before your engine blows a gasket.

A daily multiple is even more important for the many people (you know who you are!) who know they have nutritional gaps in their diets.

(Think "dieters who are starving themselves to lose weight...office workers with their deep fried lunches eaten much too fast while hiding in their cubical...and college students living on coffee, pizza, and microwave nachos!)

In fact, a lack of vitamins and minerals seem to be the norm for us these days, not the exception.

For example, intakes of iron, folic acid, and calcium are consistently found to be lower than the recommended levels in the diets of women.

Men need more zinc to keep testosterone levels maintained yet we typically excrete more than we take in on a daily basis.

And this is just the beginning!

Now when choosing a multivitamin/mineral for your personal supplement program, you must consider your lifestyle.

The “take-one-pill-and-forget” type of multivitamin works for people who don’t have the privilege of having a team of personal scientists and nutritionists guiding them every step of the way, are too busy to take several pills each day, and for those who have trouble remembering to take pills throughout the day.

However, I’ve found that multiple, smaller doses of a multi throughout the day are better absorbed and is an easy habit to develop with just a minimum amount of structure for even the busiest of lifestyles.

For example, do you know those “pill boxes” that little old ladies use to keep track of their daily medications? You know...the ones with a compartment for each day of the week?

Well, granny has the right idea and even for busy executives and college students, loading up each compartment with the day’s multi (and other supplements) allows you to easily stash it away in a briefcase or lunch bag and take it to work or school for the day.

Bring it home at night for resupply and your ready for the next day!

Now the key to shopping for a good multivitamin/mineral complex is to take the time to thoroughly read all label information and not just the price tag.

While reading labels, your first priority is to find a multivitamin supplying at **LEAST** 100% and 300% of the RDA (Recommended Dietary) for most of the essential vitamins and minerals.

However, for training athletes and those of us who are more “active” those levels may not meet your needs if your workouts are particularly intense.

Look for multi formulas specifically designed for athletes as these are most likely a better profile for your specific needs.

Once you’ve located some possible options, start reading the labels.

Stack each multi side-by-side to compare the amount of various nutrients to see which one offers the most comprehensive lineup of nutrients.

Look at how many nutrients are offered, percentages of RDA, and whether it's a giant "one-horse-pill" dose, or a multiple dosage packet for each day's consumption (usually the better option in my opinion).

No matter which supplements you choose, save yourself some money and store them away from light and heat since both can degrade the nutrients in multivitamins, reducing their effectiveness and leaving you with substandard results without even realizing it.

And, finally, you should take any and all multivitamin/mineral supplements with a meal.

Many people report feeling nauseous when taking a multivitamins on an empty stomach.

But when food is present, your body is primed to absorb nutrients, and nausea is less likely to happen.

You should also avoid drinking soda, coffee, or tea with your vitamins, as they can interfere with absorption.

Any products containing caffeine act as diuretics, flushing your system of fluids and interfering with the uptake of vitamins and minerals.

Antioxidants

Our body's cells are under attack!

Unstable molecules, known as "free radicals", are continuously bombarding our cells looking for a way to degrade function.

These molecules are unavoidable in our body as they're produced as a result of air pollution, cigarette smoke, environmental toxins and even due to the food we eat.

And free radicals are nothing to be ignored as they are believed to be an underlying cause of numerous health conditions, including cancer and heart disease, and contribute to the signs of premature aging.

But for the athlete, they're **ALSO** the bitter sworn enemy to any bodybuilding or fat loss program as they impair the cellular function you need to build muscle and burn fat.

While your body has some defenses against free radicals, supplemental antioxidant nutrients will help deactivate them and limit their ability to do damage to your body.

Vitamins C and E, two of the body's primary antioxidants, can safely be taken in supplemental amounts well in excess of the RDA to optimize your protection of your body.

Some other examples of antioxidants you should consider adding to your nutrition plan are:

- Alpha-Lipoic Acid
- Carotenoids
- Coenzyme Q10
- Selenium
- Zinc
- Green Tea
- And even red wine!

Protein

Protein is one of the three big macronutrients (protein, carbohydrates, and fat) constituting about a fifth of our total weight or roughly half of our dry mass.

After water (and sometimes, depending on the body, fat) it is the most plentiful substance that makes up our bodies.

Proteins are an essential part of all living organisms and participate in every process within cells.

They take on many roles, such as acting as enzymes that catalyze biochemical reactions and comprising the structural or mechanical function for forming the "scaffolding" that maintains a cell's shape.

Proteins are a primary component of muscle, bone, connective tissue, cartilage, collagen, elastin, and keratin and are vital to your body's metabolism.

Are you starting to see just how important protein is to your overall bodily functions and survival?

But since we can't synthesize all the amino acids we need for survival, proteins MUST be obtained from the food you eat, whether plant or animal based, to provide our bodies with these essential building blocks.

And because excess protein is not stored in the body, you have to eat enough of the right kind of protein on a continual basis for optimum performance.

Your body actually uses various combinations of specific amino acids to create new cells so this constant replenishment is necessary in order to ensure a steady supply of the important building blocks it needs to run smoothly.

The DRI (Dietary Reference Intake) currently suggests 0.8 grams of protein per kilogram of total body weight.

But let's face it...athletes in training require more protein than that because strenuous exercise and heavy lifting actually tear muscle cells in an effort to force new growth.

Rest and recovery, with the proper nutritional support, allows your body to rebuild your muscles stronger and larger.

However, contrary to the marketed claims of supplement manufacturers and misinformed bodybuilding "experts, only a small amount of extra protein is required for the growth and remodeling process since muscle actually grows quite slowly, even when stimulated correctly.

To make matters worse, continuous bouts of intense exercise that outpace the growth process wears heavily on your entire system.

Scientists in sports medicine have found that, with intense strength and volume training, the harder the workouts and the more frequently they are performed, the more likely you are to "overtrain" and the more difficult it is for you to remain in a "positive nitrogen state".

Maintaining a positive nitrogen balance (PNB) is essential for growth and recovery and to achieve it, you must consume more nitrogen (or protein) each day than what you lose via your metabolism.

Protein Supplement Sources

There are many sources of protein you should consider in your dietary and supplement program including meat, soy, egg, milk, casein, and whey proteins.

Eating a variety of proteins is important in order to get a good spectrum of essential amino acids (those which cannot be synthesized by our bodies), which in turn produce non-essential amino acids (which we can synthesize, using the ingested essential amino acids as source material).

Making sure you get enough protein, which translates into enough essential amino acids, is the most important aspect of a properly functioning body, which in turn optimizes your recuperation from the stress of exercise and allows maximum muscle growth.

The **"Biological Value" (BV)** of a protein is the measure of just how easily it can be broken down into a form that can be used in protein synthesis in your cells and **THIS** is the best way to determine the "quality" of a protein for purposes of proper assimilation.

When the Biological Value system was introduced, eggs were given the highest BV rating of 100 because they were the most bioavailable natural protein available.

Later, once whey was isolated from milk, it was shown to have an even higher BV.

Depending upon the process used to generate it, whey's BV can yield percentages from 104 to 159 on the Biological Value scale.

The following is a list of the various protein sources and their BV scores.

Whey protein isolate – WPI (Max BV – 159)

Whey protein isolate (WPI), with a max BV of 159, has the second highest yield of protein currently available. (I'll briefly mention the top source in a minute.)

A derivative of milk protein, WPI's molecular structure makes it absorbable within as little as 10 minutes of ingestion.

WPI is by far the best value for its cost.

However, it should be noted that popular dietary advice recommends that due to it's rapidly assimilated protein profile, WPI may degrade quicker in the body and not stick around long enough to provide you with a steady stream of amino acids for sustained muscle growth.

But that may not be the case as current research may hold a few surprises for us...

The "new protein on the block", Hydrolyzed Whey Protein has an even **HIGHER** BV rating than Whey Isolate.

That would make HWP even more likely to quickly leave the body "protein-less" due to its VERY rapid uptake since basically it's already pre-digested.

However researchers testing this theory found that HWP not only provided the most bio-available source of protein of any of the choices...but **ALSO** maintained the highest amount of available amino acids up to 3 hours **AFTER** ingestion!

That's **SHOCKING** news for the supplement world in my opinion and may suggest that Whey Isolate may not degrade as much as originally thought!

Nevertheless, more research must be conducted and, in my opinion, Whey Isolate is **STILL** the best value for your supplement dollar.

If protein degradation is a concern for you and you'd like to slow down the digestion process, you should take WPI with milk instead of water as the casein in milk protein will slow down the digestion of the whey and give your body more time to absorb it.

But there are **ALSO** periods when WPI's rapid absorption is a huge benefit to your fitness goals.

During your post-workout recovery time, the cells of your body – having experienced considerable stress – are prepared to soak up whatever protein you can take in.

Because your cells are so hungry and whey works so fast, the ingestion of whey during recovery is perfect for maximizing your protein intake.

This will prevent your cells from drawing on the stored reserves of nutrients in your body and it provides the maximum number amino acids for athletes looking to build muscle.

Studies suggest that athletes in training may take in as much as 25% of their entire day's required protein intake after an intense training session when their muscles most need the support.

Whey Isolate is also a **GREAT** choice for dieters looking to lose weight, especially those on low-carbohydrates diets who can't use complex carbohydrates for energy, because WPI will work as an alternative source for that energy instead of leaving your body to rob muscle protein and glutamine stores for the resources it needs.

The downside of using Whey Protein Isolate is that it **IS** more costly than other sources of protein.

But even with this limitation, WPI is also much more qualified at providing you with a better return on your investment in the form of optimized muscle growth.

Whey Protein Concetrate – WPC (Max BV 104)

Back when researchers were first experimenting with isolating whey, they managed to isolate Whey Protein Concentrate first, with a max BV of 104.

However, with the further development of Whey Protein Isolates, the concentrate has been rendered relatively useless.

Given that it only has four more points on the BV scale than eggs, you could save your money by using eggs instead of going with whey protein concentrate.

Unfortunately, the supplements industry has been using whey concentrate as filler in many of their products, so it hasn't disappeared all together.

But in my humble opinion, it isn't worth the money.

Milk Protein (max BV of 91)

Personally, I'm not a big fan of milk as a protein source, but let's face it... it's cheap and does contain some quick and easy protein in both the slow-digesting casein version as well as the quicker digesting whey.

This combination may yield greater results for some people and because of its convenience should make up a large portion of your protein intake.

Most meal replacement powders (MRPs) use a blend of casein and whey as the base for their mix of protein.

Casein (Max BV – 77)

The other protein successfully isolated from milk is casein with a max BV rating of 77.

Often touted as the protein choice for skinny "hardgainers" who have a hard time gaining weight, casein digests much slower in the body, seemingly allowing the available proteins to be available much longer for use by people with faster metabolisms.

From my research, the jury (my jury) is still out on this theory based upon recent findings, but we do know that casein **DOES** digest slowly and has its place in an athlete's supplement program.

While it may be a good option for "skinny guys", casein may also prove valuable during periods when you need a longer feed of amino acids, such as right before going to bed since you'll essentially be going without protein for the next 6-8 hours while sleeping.

Soy Protein (Max BV – 74)

While most bodybuilders shy away from soy protein chalking it up as a protein reserved for tree-hugging hippies, it actually performs several additional roles that prove beneficial to your body.

Ok, sure...so it's only a measly "74" on the BV scale.

But soy can protect your cardiovascular system by lowering LDL, minimizing the likelihood of developing arterial diseases as a result of all that “bad cholesterol” you may be taking in from your primarily carnivore diet.

Summary:

The well-informed training athlete would do well to **NOT** consume protein from just one source. Variety is key when it comes to getting a comprehensive profile of readily available amino acids for optimum cell function and muscle growth (in addition to making sure your diet doesn’t become to boring).

By learning which proteins will serve you best at which time of the day and based upon your body’s profile and goals, you can combine the benefits of each to reach you goals faster. The following is a good chart to use when it comes to bioavailability of each protein source...

Protein Source	BV Rating
Ion-Exchange Whey Protein/ Whey Protein Isolate	110 – 159
Whey Protein Concentrate	104
Whole Egg	100
Cow’s Milk	91
Fish	83
Beef	80
Chicken	79
Casein (Found in milk and cheese products)	77
Soy	74
Rice	59
Wheat	54
Beans	49

A Word On Buying Protein Supplements...

There are several factors that determine the best value when buying protein, but the highest amount per serving may not be one of them.

First, look at the source of the protein since you now know that certain types are more easily absorbed by the body than others.

Once you have the right protein source for your goals, take a look at the Serving Size (52 grams per serving sounds great...until you see the size of the 2 scoops they consider a serving!) and the size of the container.

Next look at the price. (Always a factor, right?)

Now that you have all of the info you need, it's just simple math from here.

Here's how to compare products to make the best choice...

First, gather all of the products together (from the shelves or the catalog pages) that contain the best source of protein.

Then, looking at the Nutrition Facts label on the back of each container (or from the catalog info) and multiply the Serving Size (in grams) by the number of Servings Per Container.

This will give you the total number of grams in the container you're looking to buy.

Finally, divide the container Purchase Price by the total number of grams in the container (from above).

This will give you your “Cost Per Gram Of Protein” for each of the products.

Here's an example from ProtaQuest's Precision Whey Protein:

Serving Size: 1 scoop (32 g)
Servings Per Container: 70

32(g) X 70 (servings) = 2,240 grams per container

Purchase Price: $25.55
$25.55 divided by 2,240 = **$.01 per gram**

All things being equal (ignore the claims of containing "proprietary blends" of glutamine or other additives!), choose the product with the lowest cost per gram and you're all set!

Another Word...On Building Muscle On A Vegetarian Diet...

Many have wondered whether it is possible for bodybuilders to be vegetarians.

It is possible, as many of the supplements outlined so far are vegetarian or come in vegetarian forms.

Although meat sources aren't used, the highest bioavailable protein sources are derived from milk (meaning Whey Isolate, Concentrate, etc.) and if taken with a variety of other vegetarian protein sources such as legumes, should be ok.

However, vegans (vegetarians who don't even consume dairy or eggs) are unlikely to be able to achieve stage-winning muscles because of the limitation on protein sources for a full spectrum amino acid profile that's **ALSO** readily assimilated.

To reduce the gap, vegans may need to work harder and take more time to recover from training just to make near the same gains as their meat-eating gym buddies.

In fact, the odds are against most vegans even being able to maintain a healthy lifestyle without thorough research and a broad spectrum of highly bioavailable non-animal proteins.

Then again, the same can be said for those who eat nothing but meat.

The lesson here is that everyone needs supplemental nutrition to maintain a well-balanced diet for proper support of your body's ability to function and achieve the desired results.

How Much Protein?

With regard to how much protein you should be ingesting, we have two points of view.

Using a variety of studies, the National Academy of Sciences-National Research Council has set the United States Recommended Daily Allowance (USRDA) of protein at about .35 grams of protein per pound of body weight.

Unfortunately, these studies are largely based on sedentary individuals rather than athletes in training.

An opposing viewpoint from the companies who sell various supplements would have you believing that you need upwards of **14 TIMES** that amount of protein, which could have serious and toxic effects.

So let's take a third approach...

One of the biggest issues with either argument is that they are using the full weight of your body to determine your protein needs.

And while almost your entire body does use protein...your fat stores do not.

Remember, protein is **NOT** stored in the body the way that carbohydrates and fats are.

In fact, any excess protein is either burned as fuel or excreted, which may be why all those protein shakes sent you to the toilet so often.

So, instead of using your full body weight to calculate your recommended intake of protein, it's more accurate to use only your **LEAN BODY WEIGHT** in calculating your daily needs.

With this in mind, I use the figure of 1.14 grams of protein for each pound of **LEAN** body weight based upon your calculations following determining your body fat percentage.

For example:

If your body weight is 200 lbs and your body fat percentage is 21%, your **LEAN BODY WEIGHT** would be 158 lbs (200 – 21%).

Therefore your recommended protein intake would be 180 grams per day (158 x 1.14).

Switching to this calculation will promote optimum muscle gain without the increased excretion strain.

Branched Chain Amino Acids (BCAA's)

Branched chain amino acids (BCAA's), consisting of leucine, isoleucine, and valine, are metabolized by your muscle tissue directly.

BCAA's may source anywhere between 15% and 30% of your total energy needs during an intense workout.

Constrained conditions, like low caloric intake or minimal carbohydrate intake, can produce those higher figures.

Human studies have shown that, during periods of metabolic stress, BCAA's may promote protein synthesis, suppress protein catabolism (muscle breakdown), and serve as ingredients for gluconeogenesis, the formation of glucose within your body from substances other than carbohydrates.

Consuming the recommended dose of 3-5 grams of BCAAs both before and after training may also shorten your recovery periods and delay fatigue.

Creatine Monohydrate

Numerous studies have shown that creatine allows athletes to train longer and harder, while also speeding up recovery time.

Most creatine is metabolized in skeletal muscle, heart, brain and other tissues to phosphocreatine (creatine phosphate).

Phosphocreatine is a significant energy storage form in your body.

Looking for bigger muscles?

I recommend the consumption of between 3-5 grams of creatine before workouts to increase the available pool of phosphates, which has to potential to increase energy levels during sets and may improve speed recovery between sets.

You may be able to increase your workout by using heavier weights while simultaneously working to the point of exhaustion.

Then, add **ANOTHER** 3-5 grams to your post-workout supplement regimen to replace your stores of phosphate and help ensure that your body will have enough explosive energy stores for your next training session.

Glutamine

Considered a semi-essential or conditionally essential amino acid, your body normally produces sufficient glutamine to meet normal physiological demands.

However, during times of physical stress, glutamine becomes an essential amino acid.

The most abundant amino acid in the body, glutamine is mainly synthesized and stored in skeletal muscle, where it makes up approximately 60% of the free amino acids there.

Well recognized throughout the athletic community for its positive effects on immunity, testosterone, growth hormone, cell volumization, recent research shows a possible link between the amount of glutamine available to your muscles and the rate of protein synthesis in your muscles, increasing your potential for growth.

I recommend adding between 3-10 grams before and immediately after training to your regimen.

Digestive Enzymes

Studies have shown that the use of digestive enzymes can release up to 42% more free form amino acids from proteins than what your body is normally able to pull from the digestive process.

By assisting the liberation of these amino acids from nitrogen in both food and supplements, digestive enzymes should help your body build and repair muscles, as well as fighting fatigue and increasing your energy.

By improving the circulation time of amino acids within your body, digestive enzymes may also improve the anticatabolic properties of the more rapidly absorbed types of protein, like Whey.

I recommend that you follow the manufacturer's recommended daily dose.

Essential Fatty Acids

Your body takes four basic types of fat from food.

These are saturated fat, cholesterol, monounsaturated fat, and polyunsaturated essential fatty acids.

The polyunsaturated essential fatty acids, are the one's the body uses to build itself and are called "essential" because they are required for the proper functioning of your body.

These essential fatty acids (EFA's) include Omega-3's, 6's, and 9's.

Your body neither makes EFA's, nor stores them, so you NEED to get them from your food.

EFA's provide energy and keep your organs healthy and are important for the proper functioning of everything from your joints to your nerve cells, from your eyes to your immune system.

In fact, EFA's are part of the structure of every single cell in your body.

If you don't have sufficient amounts of EFA's in your system, your body turns to saturated fats to construct cells, creating cell membranes that are weakened and in turn have a negative effect on everything from organ function to even your skin.

In other words, you'll build less muscle, burn less fat, and look much older – not quite what you were after, eh?

You can find EFA's in most plant oils and in fish oils.

More specifically, Omega-3 oils are found in hempseed, hempseed oil, flaxseed, flaxseed oil, walnuts, and in certain animals like fatty, cold water fish (halibut, sardines, bluefish, tuna, mackerel, salmon, and herring) as well as venison and buffalo meat.

Omega-6 oils are found in grains, hempseed oil, and flaxseed oil, as well as poultry and eggs.

Step 5: Compliment Your PRIMARY Supplements With Goal-Focused "Back Up"

Now that you have a solid foundation, it's time to experiment with supplements that are more focused on your personal body type, lifestyle, and fitness goals.

For simplification, I've divided supplements into 8 separate categories based upon the goal of their **PRIMARY** ingredients and the desired results on the body:

Supplement Category	Supplement Goal
Mass Gainer	Stimulate the growth of muscle mass for those who have a hard time gaining weight.
Muscle Builder	Stimulate growth of lean muscle tissue through activating various elements of the hypertrophic ("muscle building) process.
Fat Burner	Increase the body's metabolism to stimulate the breakdown and use of body fat for fuel to lose weight.
Pre-Workout	Prime the body for intense workouts, enhanced energy, faster recovery of damaged muscle fibers, stimulate hormone release, and increase cell volume.
Post-Workout	Facilitate the body's ability to recover from intense training sessions, stimulating muscle repair and growth, energy regeneration and hormone regulation.
Nitric Oxide (NO2)	Increase lean muscle growth and size by increasing blood flow and stimulating the release of anabolic ("muscle building") hormones.
Hormone Booster	Increase the body's natural hormone release for activation of lean muscle growth, enhanced sex drive, and increased fat-burning.
Energy Aid/ Performance	Increase your endurance, speed, and power while providing the body with the nutrients needed to maximize training intensity.

Ok, now remember your "profile" from Step 1?

Well, here's where we begin to **FINE TUNE** your customized program beyond the basics...

Look up the profile (or profiles) that best describe you in the chart below and see my personal recommendations for categories you may want to investigate to best support your goals.

For each Profile, I've prioritized the "Top 4" supplement categories that I've found typically aid the natural challenges of that body type and lifestyle.

This may or may not correspond directly to you, but will give you a good start on prioritizing your own goals and supplement choices.

Profile	Supplement Categories							
	Mass Gainer	Muscle Builder	Fat Burner	Pre-Workout	Post-Workout	NO2	Hormone Booster*	Energy/ Performance
Under-Weight	1	3		4	2			
"Athletic" Build		1		2	3	4		
Over-Weight		2	1	3			4	
Over-40			4	3			1	2
Over-Worked		4		3			1	2

Note: Hormone Boosters should not be used by men under the age of 20 who already have enough hormone production to build muscle. If you're between 20 and 25, I recommend only using them if you are a competitive athlete or have significant stress you deal with (such as from your job).

Step 6: Talk with your doctor about your choices

Most doctors are **NOT** specialists in supplementation (although it may be a field they study and they could be very knowledgeable in).

But they **ARE** specialists in keeping you alive!

Usually, when you go for a check up, the doctor will ask you in his or her preliminary questions, “Are you currently taking any medications?”

You may not think of sports performance supplements as “medications”, but some are known to interact with other prescription meds you’re on or affect a medical condition you have.

A doctor or pharmacist has access to specific information about drug interactions that can help you avoid some nasty side effects...or worse.

Play it safe by consulting with your doctor regarding **ANY** supplements you’re planning on taking!

That may not mean having to go in for a routine physical (though you should see a doctor once a year anyway).

Most often you should be able to phone your doctor’s office and leave a message for him or her about your goal of taking a specific supplement and ask them to notify their assistant or nurse about whether your choice will be safe for you.

Notice that I did **NOT** say “work for you”...I said “**SAFE** for you”!

Remember that doctors have a tendency to discount the effectiveness of supplements because they know how poor some of the choices are out there.

They are likely to assume that you’re falling into some ‘marketing trap’ and will likely advise against a supplement because they just assume it is worthless.

But now that you’re more educated (from this manual of course), take control of your own ‘goal-oriented’ choices and consult your physician on its level of safety.

Another great option for advice is your local pharmacist.

These professionals are specially trained to know the interactions of various nutritional supplements, medications (both prescription and over-the-counter), and health conditions.

A call to your local pharmacy is free and I've never been disappointed with the detail and professionalism of their free, over-the-phone advice.

By the way...don't assume that the person who picks up the phone is the **PHARMACIST**!

You may be placed on hold for a while but the person you want to talk to is the **ACTUAL** pharmacist...**NOT** an assistant!

When you do phone your doctor or pharmacist, but sure NOT to just give them the "name" of the supplement you are considering taking.

For example, don't tell them, "I want to take MuscleBlast Company's "Red Hot Muscle Explosion Gainer 6000".

Instead, look at the supplement's primary ingredients (usually the first 2-4 ingredients listed on the label) and tell them, "I'm looking at supplementing with creatine monohydrate, glutamine, and camel snot extract."

This will give them a better profile of the supplements you're looking to use and they can better help you in judging whether it is safe for you.

Step 7: Test...Track...And Refine

Too many people buy a "miracle supplement" and stand shirtless in front of the bathroom mirror staring at their abdomen waiting for the abs to start popping out like some werewolf transformation.

Unless you've been bitten by a strange animal while trekking through Hungary, I'd probably rule out any rapid (or rabid) transformations.

So then **HOW** can you tell if a supplement is working?

Well, sorry to say this, but in some cases, you can't!

Building muscle and/or burning fat is about **MUCH** more than popping a pill and flopping down in front of a Simpson's marathon expecting incredible results.

You of course know that you won't gain an ounce of muscle or lose a speck of fat without a proper diet and exercise program, right?

So then, when you **DO** see results, is it the training? The diet? The supplements?

Survey says..."Yes"!

In other words, supplements are **NOT "THE"** reason for your gains and losses...they only support your goals and, if taken correctly, can give you an advantage in reaching them faster and with better results.

Too often I run into people who see the results I get from my training and the first thing they ask is "What supplements do you take?"

Not, "How do you train?"..."What are the best exercises for me?"..."What should I eat to burn fat?"...they ask me about **SUPPLEMENTS**!

These people just don't get it...

They've fallen victim to the "get muscle quick" and "burn fat fast" supplement claims that try to reduce the entire process down to "more muscle and less fat through better chemistry" model.

And since so few of the supplements marketed actually live up to their claims, users are left scratching their heads wondering what they did wrong or just eliminating that supplement from their program.

The problem is even more complicated than this because while it's possible you have a terd of a supplement sitting on your shelf, the truth may be that you didn't take the supplement correctly or perhaps didn't take it long enough to give it a chance to work.

So let me give you some tips on how to determine whether you have a "winner" or a "whiner" of a supplement on your hands...

Follow The Directions

Sounds logical, right?

But oftentimes people don't take their supplements at the right time, when their body needs the support the most.

Check the label on the supplement and follow their instructions closely to make sure you have the timing down right.

Take Your Supplements Religiously

Most people use supplements as a one-shot "sucker punch" to build muscle or burn fat and end up "forgetting" to take their supplement at the required time.

This leads to a spotty supplement program with a vending machine mentality (push button – get muscle).

Just like the story of the *Tortoise and the Hare*...slow and steady wins the race! The operative word here is **STEADY**!

Put yourself on a schedule and have your supplements all planned out for the day to make sure you don't miss your window of opportunity.

The "old lady" pill boxes with the individual compartments for each day's supplements may seem a little anal retentive to you...but it works!

Give Your Supplements A Chance

There are some supplements that take effect very quickly and provide immediate results.

Caffeine is an excellent example of this: pop 200mg and "Whoooopieeee!"

On the other hand, some supplements may take **WEEKS** before they really have an opportunity to do their thing.

The lesson here is not to give up too soon on any supplement. "Patience" is a supplement virtue!

Even if it seems you're not getting any results, stick with the suggested dosage religiously for at least 30 days before determining you have a dog on your hands.

But **DON'T** buy a second bottle of a supplement if you feel you didn't get any results from the first one.

Track Your Results

I've often said, "The most expensive supplement is the one that doesn't work"!

So rather than blindly popping pills and pouring powders into your blender, you need a way to gauge the effectiveness of your supplements so you're not blowing your entire paycheck on worthless junk.

To do this, you first have to determine the "goal" of the supplement you're taking.

For this purpose, I break supplements down into "feel-based" and "show-based" compounds.

A "feel-based" supplement is one that you should actually **FEEL** the direct effects of it.

A good example is the increased energy you should get from a "performance" supplement that uses caffeine or the muscle "pump" you'll get from a nitric oxide supplement.

Some other examples are perceived increases in testosterone levels by a heightened sex drive resulting from “hormone-booster” supplements and more energy in the gym from a creatine supplement.

“Show-based” supplements are those you expect to **SEE** the effects of over time.

These aren’t necessarily “felt” at the time of supplementation or even after...but they **SHOULD** have an effect on your body over the long haul.

Now normally, the expert recommendation is to test only one product at a time because obviously, if you have 3 products all designed to “build muscle” and then you **DO** build muscle...did all 3 work or was just 1 effective?

You could end up buying all 3 for months on end when all you really needed was the one good one.

However, by breaking down your supplements according to their “goal”, it’s possible to test more than one supplement at a time because you’re looking for different results.

Let’s say you’re taking a creatine based supplement for more power in the gym, a “muscle builder” for increased mass, and a “hormone booster” to increase testosterone.

By determining what your “success flags” are that you’re looking for as an end result for each, you can determine which ones to keep and which ones to trash.

In other words, if you take detailed notes about how much energy you have while training after taking you creatine “pre-workout” supplement, then you should be able to determine, all things being equal, how effective this “feel-based” supplement is working.

If you’re taking your body fat measurements and see an increase in lean mass, and, all things being equal, you can see whether this “show-based” supplement is working.

“Hormone booster”? Yep...”feel based”, and you should have the sex drive of a porn star, right? (That’s probably overstating things a bit, but you get the picture!)

Notice how I included “all things being equal” in my explanations of testing results.

To accurately assess the results of a supplement, you **MUST** try to keep your diet, training, and base supplementation as steady as possible.

If you're taking a pre-workout energy booster but aren't getting enough sleep at night to begin with, how can you say it isn't working because you 'fee tired' during your training?

And if you're trying to build muscle or boost testosterone but don't give your body the essential nutrients it needs to carry out its mission, don't expect miracles from your supplements.

This is yet another reason why 'diet and exercise' are the **MAIN** components of a fitness program and absolutely **MUST** be dialed in tight in order to see **ANY** results...supplements or no supplements!"

And a word of caution here for "show-based" supplement goals...mirrors and scales **LIE**!

The mirror often shows us exactly what we want to see ("Man! Just look at the size of my chest after only **ONE WORKOUT**!")

And those ups or downs you see on the scale may mean gains in **FAT**, or even worse….loss of **MUSCLE**!

So how **CAN** you determine your progress?

If you really want to know if your gains and losses are muscle or fat, there's a simple formula you can use.

And don't worry…you won't have to break out your old algebra books for this one.

Just follow along with the "Muscle Nerd"…

Step 1: Step on the scale.

You need a baseline measurement of your weight for figuring out the rest of the formula.

Step 2: Measure your bodyfat.

While there are several ways to accomplish this, one of the easiest and least expensive ways is to use a bodyfat caliper. (Nowadays, you can pick up one up for around $20 that will do the trick.)

Follow the instructions with the device to determine the ratio of lean weight to fat in your body.

Step 3: Multiply your weight by your measured bodyfat percentage to find out how much fat you're lugging around.

Record your answer for future measurements

> ***Example:*** 185 lbs. X 17.5% (or .175) = 32.4 lbs of fat

Step 4: Subtract the amount of fat (in pounds) from your original bodyweight in Step 1.

> ***Example:*** 185 lbs. (original weight) – 32.4 lbs (of fat) = 152.6 lbs lean weight

This calculation **WILL** tell you how much **LEAN WEIGHT** you're currently carrying.

However, this first measurement will **NOT** tell you how much muscle you have since your lean weight is also made up of bones, organs, hair, etc.

What it **DOES** give you is your baseline measurement to compare with future measurements since any gains you make in **LEAN** bodyweight should only come from **MUSCLE**.

Step 5: Perform Steps 1-4 again approximately 3-6 weeks later. Then compare your results with your previous reading.

Example:

Let's say your first measurements were…

Weight – 187 lbs
Bodyfat % Reading – 17.5%

187 x 17.5% = about 32.7 lbs of fat
187 – 32.7 = 154.3 lbs lean bodyweight

Now, for your second measurements you get…

Weight – 190 lbs
Bodyfat % Reading – 16%

190 x 16% = about 30.4 lbs of fat
190 – 30.4 = 159.6 lbs of lean bodyweight

If you now compare your second readings with your first, you can see that…

You've GAINED 5.3 lbs of muscle (from 154.3 lbs lean in first reading to 159.6 in the second); and

You've LOST 2.3 lbs of fat (from 32.7 lbs of fat in first reading to 30.4 lbs in the second).

Short of breaking out the slide rule from my pocket protector, this is the easiest way I can teach you how to determine if your current program is helping you meet your goals.

Just use this formula at regular intervals in your program (every 3, 4 or 6 weeks is recommended) and you won't have any problems.

Just be mindful that this tracking goal does **NOT** apply to your "base" supplement program such as your multi-vitamins, EFA's, etc.

These are all supplements that are simply a 'given' that you should be taking them and have been tested and proven enough that they play a role in your program without question.

Refine Your Supplementation Based Upon Your Results

Not seeing the results from your "testing" supplements?

It's possible you have a lame loser on your hands...or maybe not.

Manufacturer's dosage recommendations on labels are usually at **VERY** conservative levels due to their concern about someone taking too much of their supplement and suing them.

If you're not seeing the results you were expecting but are not yet ready to give up on it just yet, you can contact your doctor or pharmacist and they can look up the safe levels of the primary ingredients you're taking to see if you're able to increase dosage.

As an alternative, you can also call the manufacturer or place where you purchased the product as they often have a panel expert on hand who is intimately familiar with their products...

...but let's face it...they're not exactly the most objective person to talk to and you MAY end up getting a sales pitch for another product that's just as worthless.

Opt for your doctor or pharmacist if you have that kind of a relationship.

If you **ARE** able to increase dosage, I wouldn't do so more than 50% of the recommendation on the label and only give it another 30 days to "put up or shut up".

If you're **STILL** not seeing the results, trash it!

The Best Supplements To GAIN WEIGHT!

If you're a skinny "hardgainer" and find it **hard to gain weight**, adding a **weight gainer supplemen**t to your nutritional program may be a great way to build muscle faster.

Oftentimes it's not **under-training** that's the reason why you can't can weight, but **under-eating**!

Bodybuilding hardgainers are sometimes shocked when they start to **gain muscle fast** after adding a weight gain supplement to their sports nutrition program.

Weight Gain Supplements Can Help You Build Muscle Fast!

But There's A Big Problem Here...

Many supplement companies have turned to loading up **weight gain protein powders** with **tons of sugar and fat** in order to increase the calorie count!

Sure, **you'll gain weight**...but you'll be gaining a lot of body fat when you really want to **gain MUSCLE**!

And here's where things really get interesting...

Supplement companies that fill up their weight gain supplements with the wrong kinds of inexpensive sugar know this is an easy way to make a **HUGE profit** because it costs so little for them to actually make their product.

However, when you're searching for a WEIGHT GAIN supplement, here are some of the key ingredients you want to look for:

Top 3 WEIGHT GAIN Supplements

Whey Protein Isolate:

- Whey protein isolate is the most pure and concentrated form of whey protein available. It contains 90% or more protein and very little (if any) fat and lactose.

- Very rapidly absorbed by the body (faster than protein concentrate) and more bio-available than other forms of protein powders

Maltodextrin:

- Maltodextrin is an easily digestible blend of complex carbohydrates that are derived from corn starch and provide a great source of long term energy.

- Contains linked sugar compounds that are easier for the body to ingest and use, and it is metabolized at a steady rate so that high energy levels may be sustained during vigorous workouts.

Creatine Monohydrate:

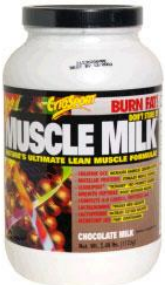
- Improves performance in high-intensity exercise by regenerating the ADP-ATP energy cycle.

- Increases energy levels and speeds up recovery time.

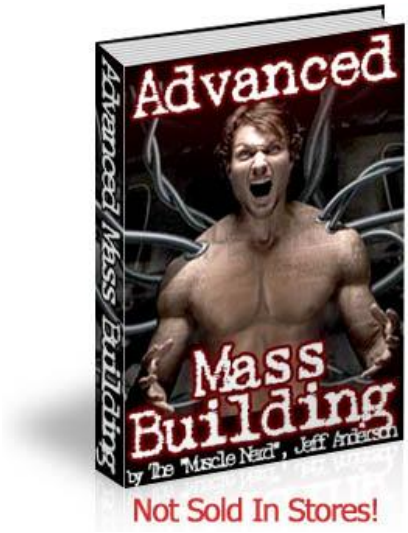
- Increases cell “volumization” by stuffing muscle cells with additional water.

- “Hardgainers” are naturally low on creatine phosphate (CP) stores in their body due to a higher ratio of Type 1 muscle fibers that don’t store as much CP.

Review Of Best Selling WEIGHT GAIN Supplements

Supplement	Review	Rating
MassTech	The intention of Mass-Tech was to create a meal replacement powder that helps bodybuilders consume massive amounts of carbohydrates and get a fast AND slow digesting protein profile. Taken twice a day, it provides almost an extra 2000 calories to your diet. Overall, it's 70% sugar, though fortunately the right kind (Maltodextrin) however the "sprinkle" of extra ingredients jack up the price and aren't necessary for the formula.	★★★★
MyoZene	MyoZene helps to gain weight by including both fast- and slow-digesting proteins as well as fast and slow carbs in order to create a surge of anabolic insulin and amino acid uptake into the muscle tissue. This can accelerate muscle synthesis and for skinny "hardgainers" who need the additional insulin boost, this is probably the best option.	★★★★
Muscle Milk 	Muscle Milk were developed to provide a super slow feed of protein to extend protein synthesis and provide recovering muscle cells a steady stream of amino acids for growth. However, based upon my earlier review of protein powders, I personally feel that this is unnecessary and can actually make it harder to gain weight for "hardgainers". However, if you're of naturally athletic build, this is a great option.	★★★★

Special Mass Building Message:



Introducing A Revolutionary Training Method So Advanced, It's Like Launching A "Mass Building Ambush" On Your Muscle Fibers That FORCES Them To Grow LARGER, THICKER, And More "PUMPED" Than You've Ever Imagined!

- How **a simple "machine gun" training strategy** can slather your body with a natural flood of muscle-building, fat-melting **growth hormone!** (Almost **no one** knows about this technique even though **it's been scientifically proven in the gym!**)
- How to achieve (**in just 4 weeks!**) such powerful momentum in muscle stimulation that **your gains just don't seem to want to stop!**
- **An advanced "5 rep" training technique that blasts through muscle fibers like a stealth bomber**...and sends you out of the gym with such a **massive "pump"**, you'll need to turn sideways to get through the door!
- **The correct way to use isolation exercises to hit deep into your muscle fibers** with the precision of a **Special Forces Sniper**! (Almost everyone gets this completely WRONG... but not YOU after you discover this powerful tactic!)
- **How a simple "adjustment" to the last set of your workout** can give you an explosive edge in triggering **the most amazing strength gains of your life...GUARANTEED**!
- **"Operation Tangle Foot"!** The simple (yet **POWERFUL**) method of **"bridging" muscle fibers** to launch an assault that **hits DEEP into every single cell**...and slaps on mass like CRAZY!
- **A simple "test" that will FINALLY reveal the EXACT training frequency** you need to follow (*yes...customized to YOUR body!*) to **build mass as fast as humanly possible!**)

For More Information, Visit:

www.Advanced Mass Building.com

The Best Supplements To BURN FAT

If you've ever purchased a **weight loss supplement** or "fat burner" in your quest to lose weight, then you've probably discovered the same thing **millions of other frustrated dieters** have...

Weight loss supplements ONLY seem to work for the fitness models who smile and lie through their teeth that "this pill" was what FINALLY allowed them to "burn fat"!

Oh sure, it looks so easy! Pop a pill and lose weight, right?

But the real question I know you want answered is... can “fat-burning” weight loss supplements REALLY help you lose weight by burning off unwanted body fat?

The answer is YES! But only if you're actually getting the powerful weight loss compounds the company is marketing as being so effective and have been clinically proven to increase the body's metabolism to burn fat.

You'd think this would be a simple thing to accomplish right?

Then why is it that 75% of the ingredients in the expensive name brand weight loss supplements will do absolutely NOTHING for your weight loss efforts?!

That's right...you're paying through the nose for 100% effectiveness and getting scammed out of 75% of the RESULTS!

Does that seem fair? Hell no!

But weight loss supplement manufacturers realize that by "sprinkling" together some exotic herbs on top of the REAL weight loss supplements, they can make their product APPEAR to be an "advanced fat loss formula"...and CHARGE YOU MORE MONEY!

While this may seem discouraging, if you’re looking for a good “fat burner”, *h*ere’s a list of some proven ingredients that you should look for on a label...

Top 3 FAT BURNING Supplements

Caffeine Anhydrous:

- Adrenal stimulant that enhances mental alertness and reduces fatigue.
- Included in most fat-burning supplements for the purpose of increasing the level of circulating fatty acids, which has been shown to increase the oxidation of fat.
- Studies with caffeine at doses of 150 mg – 200 mg have resulted in a significant elevation in resting energy expenditure, heart rate and blood pressure but this increase is negligible in terms of weight loss.

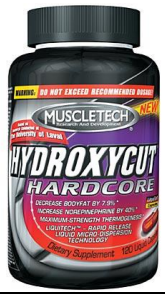
Green Tea Extract

- One of the most "proven" fat loss aids available with credible research behind it.
- Has been shown to dramatically increase antioxidant levels
- May also be useful in glucose regulation, effectively slowing the rise in blood sugar following a meal.

Conjugated Linoleic Acid

- Widely accepted in the research community that CLA counterbalances the negative effects of linoleic acid and regulates fat and protein metabolism
- Shown to increase muscle mass while reducing body fat
- Also provides anti-catabolic (muscle-sparing), antioxidant, and immune enhancement benefits

Review Of Best Selling FAT BURNING Supplements

Supplement	Review	Rating
Lipo6	The intention of Mass-Tech was to create a meal replacement powder that helps bodybuilders consume massive amounts of carbohydrates and get a fast AND slow digesting protein profile. Taken twice a day, it provides almost an extra 2000 calories to your diet. Overall, it's 70% sugar, though fortunately the right kind (Maltodextrin) however the "sprinkle" of extra ingredients jack up the price and aren't necessary for the formula.	★★★★
Redline	MyoZene helps to gain weight by including both fast- and slow-digesting proteins as well as fast and slow carbs in order to create a surge of anabolic insulin and amino acid uptake into the muscle tissue. This can accelerate muscle synthesis and for skinny "hardgainers" who need the additional insulin boost, this is probably the best option.	★★★★
Hydroxycut 	Muscle Milk were developed to provide a super slow feed of protein to extend protein synthesis and provide recovering muscle cells a steady stream of amino acids for growth. However, based upon my earlier review of protein powders, I personally feel that this is unnecessary and can actually make it harder to gain weight for "hardgainers". However, if you're of naturally athletic build, this is a great option.	★★★★

Special Fat Burning Message:

Top Secret Military Know-How Meets Modern Day Cutting Edge Research To Create The Most Effective Fat Burning Program On The Planet!

- **Quick! This "crash course" in how to tap into the military's most challenging, effective, AND exciting exercise strategies** may alone be worth the price of this program! And best of all...you don't even need to leave your home if you wish!

- **How the "Average Joe & Jane" can burn fat like "G.I. Joe & Jane"**...at breakneck speed...and in just **3 short workouts per week**!

- **The invisible "force field" your body has in place that shuts down your ability to burn the most fat during exercise**...and how to penetrate it like a Starship Enterprise photon torpedo to **force your body to melt away fat** no matter how much of a fight it puts up!

- **Weight training? Cardio Training?** Which burns fat the fastest? **The answers will SHOCK YOU** (This one concept alone will make me the bitter "sworn enemy" of the other "fitness guru's" out there! But **the truth must be revealed!**

- **No gym, no weights, no problem!** How to achieve a soldier's body without even the expense of a gym membership! Train at HOME or the GYM!...you choose!

- **STOP counting calories!** I'll show you an **simpler**, **more effective method** that will make your nutrition program easy-to-follow, healthier, and literally **FORCE your body to burn more fat!**

- **How to burn over 300% more body fat...without ANY additional effort!** It's true! This is **THE #1 secret for burning fat fast** and your ticket to effortless weight loss!

For More Information, Visit:

www.Combat The Fat.com

The Best Supplements To BOOST HORMONES!

If you've ever purchased a natural **growth hormone supplement** or **testosterone supplement** to naturally increase muscle mass then you're obviously committed to gaining muscle, aren't you?

Unfortunately, this is the very best niche supplement line to bamboozle unsuspecting bodybuilders into wasting their hard earned money.

Think about it...

Messing around with your body's endocrine system is serious business. Look at steroid users as an ideal example. The effects can be tremendous...but so are the risks! That's why pro bodybuilders are under a doctor's care to administer these powerful artificial hormone boosting steroids in order to do it right.

So then why would a supplement company actually put out a supplement that would actually WORK at boosting supplements when they would have to worry about some 16 year old football player destroying his health and open themselves up to a class action lawsuit?

But many shady supplement manufacturers have learned that all it takes is to throw together some exotic "herbs and spices" and charge a small fortune for it in order for bodybuilders to believe they've found the Holy Grail to building muscle

Bottom line, the supplements I'll introduce you to WILL help you raise testosterone and growth hormone, but the retail versions are likely not using enough dosage to have the marketed impact. That's NOT a free pass to take MORE of their supplement...just a reminder that you need to do it the RIGHT WAY if you're going to see any results.

Top 3 HORMONE BOOSTING Supplements

L-Arginine:

- A semi-essential amino acid that is a building block of protein and performs several physiological functions
- Cannot make naturally within the body, therefore supplementation is necessary to increase levels.
- Increases nitric oxide in the body, aiding bodybuilding efforts.
- Instrumental in hormone secretion (including growth hormone output), the removal of toxic waste products from the body, and immune system defenses.
- Has become popular due to its ability to produce nitric oxide in the body (for better “pumps”), scavenge free radicals, signal muscle cells, release growth hormone, support healthy cholesterol levels, and enhance the metabolizing of fat in the body.

Gamma Aminobutyric Acid (GABA):

- Amino acid classified as a “neurotransmitter” (it helps nerve impulses cross the synapses (gaps) and communicate better)
- Potential to stimulate the production of Human Growth Hormone (HGH) in the body, resulting in increased fat loss and lean muscle growth when taken in smaller doses (larger doses appear to decrease HGH production)
- Has also been shown to increases the body's sleeping cycle when HGH release is at its peak.

Tongkat Ali (Longjack)

- Commonly referred to as “Eurycoma” or just “Longjack”, it is used for erectile dysfunction, impotence, infertility, and increasing libido.

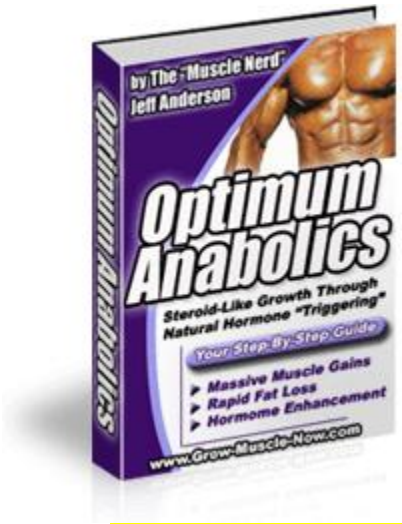
- Promising studies have shown that rats supplemented with tongkat ali experienced a significant increase in testosterone levels and stimulated muscle growth without aromatization into estrogen.

- Individual human results vary.

Review Of Best Selling HORMONE BOOSTING Supplements

Supplement	Review	Rating
T-Bomb II	T Bomb's formula seems to do as much to DECREASE testosterone as it does to increase it as the main ingredient, Tribulus Terrestris, is negated by interaction with other ingredients that work against it. In addition, concentrations of individual ingredients with actual credible evidence of results are so low in the formula that it is unlikely that they will have the desired effect.	★
Secratagogue-One	Secratagogue-One actually does contain some ingredients that can benefit you in release of growth hormone, though again, many of the ingredients are unnecessary. An interesting angle of this product is the use of "alkalizers" to reduce system acidity which CAN inhibit proper hormone and muscle growth functions in the body.	★★
17-HD	I can't see how this product CAN work. Unfortunately, it appears that this is another product that is almost exclusively comprised of all but "imaginary" ingredients and some herbs that have actually been known to DECREASE testosterone levels.	½

Special Hormone Blasting Message:



Could This Long Lost 1985 Research Study Be The Hidden Key To Naturally Skyrocketing Testosterone And Growth Hormone Levels As Much As 1,000% To Build Muscle While Burning Body Fat?

- **The hidden formula for "tricking" your muscles into growing far beyond their genetic limits.** Similar to programming a computer to respond the exact way you want it to, this **breakthrough step-by-step process** will finally put **you** in control of **how much** and **how fast** you want to grow!

- **The "mystery" of why muscle still avoids you.** Your body is actually trying to **get rid** of the mass you're trying to pack on. And it'll **succeed** if you don't understand how to use this very same process to your **advantage**.

- **Why 99% of all bodybuilders lifting in the gyms today have no clue** how to structure their workouts to achieve the maximum muscle possible. (And how **you** can become a member of the 1% who "**nail it**" every time!

- **The 8 Anabolic Factors that absolutely must be addressed** if you **ever** want to see one single ounce of new muscle. Most bodybuilders are only hitting 2 or 3 of these principles. You'll learn how to use **all 8** with **perfection** to **double**, **triple**, even **quadruple** the effects of each one alone.
- **A simple technique for working twice as much muscle with each and every repetition without any extra effort!** You do the math…**work** twice as much muscle and you **grow** twice as much muscle! Can **you** afford to miss out on **doubling** your current gains?
- **Why you should never follow the "lift big to get big" philosophy!** This is going to upset a lot of the so called fitness "experts" out there. But they can't argue with the logical discovery you'll learn in this powerful body-changing manual!

- **The one factor that promises you'll never have to worry about hitting another "no-growth" plateau as long as you live.** You can count on fast steady muscle gains …as long as you follow my **fool proof** formula **step-by-step**.

For More Information, Visit:

www.Optimum Anabolics.com

Special Bonus Section:

The REAL "Secret" To Getting The Most Powerful Supplements...For Next To NOTHING!

Ok this isn't going to apply to all of you...but if you're a bit more daring and looking for a way to make sure you're using the most **EFFECTIVE** supplements specific to your goals **AND** want to know how you can save up to 98% on all of your supplement costs, then I have some "Insider" information for you...

Ok, are you ready?

Make them **YOURSELF**!

Ok, I know what you may be thinking...

"I have to be some kind of 'chemist' to create a supplement, right?"

WRONG – WRONG – WRONG!

Making your own supplement formulas is completely "Homer Simpson simple" and you can do it with...

- No "special knowledge" needed
- No "special equipment'
- No "guesswork" about what works and what doesn't!

But the **BEST PART** is that you can literally make supplements that work **EVEN BETTER** than the expensive name brands...for a **FRACTION** of the cost!

I'm talking about supplements that you can actually **FEEL** and **SEE** working!

When was the last time you said **THAT** about one of the expensive "investments" you made at your local supplements store, eh?

Here's how to do it...

STEP 1: KNOW WHICH SUPPLEMENTS WORK AND WHICH ONES DON'T

The marketing 'tricks' used by unscrupulous supplement companies are numerous.

In some cases, ingredients that are built up as the next 'revolutionary' breakthrough have been proven to have **NO EFFECT** whatsoever in independent testing.

In other cases, the research that a supplement company uses to promote its product, when investigated, actually proved the supplement **DIDN'T** work at all!

It's all in the wording and manipulation of results. If a group of guys build a 1/2 lb of new muscle over a 1 month time period and another group builds 1.5 lbs of muscle, then guess what?

That's all the company needs to claim...

'Testing PROVES that our supplement can help you gain 300% more muscle every single month!'

Fortunately there are a few websites that can help you with credible independent research.

Two of the best are www.consumerlab.com and www.naturaldatabase.com.

One of these websites costs about $27 for a full year to subscribe to their information database while the other is $10 per month.

Now if spending money on doing the research (which honestly **CAN** take **HOURS** to go ingredient-by-ingredient), I'm going to give you some advice where you can bypass the subscription fees.

But more on that later. On to Step 2...

STEP 2: BEWARE OF THE 'SUPPLEMENT SPRINKLE'

There are many 'tricks of the trade' that supplement manufacturers use to help sell their products...but THIS is by far one of the WORST that people fall prey to.

I call it the 'supplement sprinkle' and it works like this...

A supplement may provide an ingredient that credible research has shown to be effective at building muscle, burning fat, raising hormone levels, or whatever.

And this research is plastered all over their ads marketing their supplement that in fact **DOES** contain this 'miracle ingredient'.

But what they **DON'T** tell you is that the research proving its effectiveness used **MUCH** higher doses than what are included in their actual product formula.

No big whoop for the supplement manufacturer...just by **HAVING** the ingredient, they have the 'right' to claim 'Product X contains a compound that showed a 250% increase in growth hormone'.

That may be true...but the small 'sprinkling' of that ingredient will **NOT** have the same effect for the user.

Look again at independent research that has shown the ingredient to be effective and see **HOW MUCH** was used in the actual study that showed it to be effective.

THIS is the amount you want to use in your own personal 'formula'.

STEP 3: COPY THE 'SECRET INGREDIENTS' OF YOUR TARGET SUPPLEMENTS

Just like perfume companies take high-dollar designer brands and 'copy' their formula to develop and market a much cheaper alternative, you too can 'knock off' the 'secret formulas' of supplement manufacturers and make them much cheaper yourself.

Now there **ARE** some obstacles you're going to face if you try to do this...

First you have the earlier problem of knowing which ingredients that are listed actually **WORK**...and which ones are **WORTHLESS**.

Second, you need to know in what **QUANTITIES** effective supplements must be used so you're not wasting your time with your **OWN** 'sprinkle' problem.

Third, you need to know **WHERE** to find the ingredients you're going to use at a cost low enough to make it worth your while.

Fourth, you need to know exactly **HOW** the ingredients listed interact with one another to either boost the effectiveness of each supplement alone...or in some cases even **NEGATE** the effects of other ingredients (yes...sometimes the ingredients companies use can actually cancel each other out!)

Now, on the front end, this may look like a **LOT** of work...and it **IS** if you're doing the research yourself.

In fact, it typically takes me about **2 DAYS** to fully investigate a product's claims and ingredients and then **ANOTHER** day to prepare my "attack plan" to formulate my own homemade formula.

If you're looking for a shortcut with all of the work done **FOR** you, then **I can let you have my own formulas that I've created.**

I've caught a lot of flack for my views on supplements (even from my friends in the supplement manufacturing industry)...but I **KNOW** how much the prices get jacked up on these formulas and the amount the "Average Joe" has to pay for these is **OUTRAGEOUS**!

That's why I started "knocking off" the formulas of some of the most popular, muscle-building, fat-burning compounds on the market and creating my own "**RECIPES**"

But you're in luck because here's how you can completely eliminate the 'research and development' learning curve with my special little 'shortcut'...

Click Here To Download One Of My PERSONAL Supplement Recipes And Watch The VIDEO DEMONSTRATION That Shows You How EASY It Is >>>