

# Building Muscle



Supplement	Function	Product
Whey (fast absorption) Casein (sustained release)	Muscle repair and growth.	EAS Myopro Whey – MET-RX Whey Nutrisport 90+ – Maximuscle Promax
Creatine	Increases power output resulting in an increase in strength and lean body mass.	EAS & Nutrisport – Creatine Monohydrate MET-Rx Creatine Ethyl Ester MM USA Creatine Serum
Beta Alanine	Prevents acid build up and allows more work output resulting in an increase in strength and lean body mass.	Excel Labs XL Beta
Gakic	Increases muscular endurance by preventing a build up of toxins.	Maximuscle Maxi –Gakic
HMB	Anti-catabolic agent shown to increase strength and lean body mass.	MET-Rx HMB – Maximuscle
Glutamine	Stimulates muscle protein synthesis.	Nutrisport – EAS
ZMA	Raises testosterone and IGF-1 levels which may aid in increasing muscle size and strength.	Maximuscle ZMA – EAS ZMA – MET-Rx ZMA
Tribulus terrestris	Herbal supplement claimed to stimulate a release of testosterone.	MET-Rx

## TIPS:

- ❖ Amino acid absorption (i.e. protein) is greatest within the first 60 minutes after exercise. Research also shows that ingesting protein immediately prior to exercise gives the same response
- ❖ The body can only process 20-30g of protein at any one time
- ❖ Absorption of creatine is highest when ingested with 50-60g carbohydrates
- ❖ Creatine (increases ability of muscle to do work) and Beta Analine (prevents muscle fatigue) work synergistically