

# Gaining Weight



Supplement	Function	Product
Protein Whey/Casein	Builds and repairs muscle.	Prolab N-Large
Carbohydrate	Provides energy for cell growth. Stimulates the release of insulin whose function is to store carbohydrate, protein and fat.	Maximuscle Progain Nutrisport Weight Gain MET-Rx Size-Up EAS – Mass Factor
Digestive Enzymes	Helps nutrient absorption.	Solgar Quest

## TIPS:

- ❖ Increase calorie intake by increasing number of meals per day
- ❖ Do not use weight gain supplements as meal replacements, take them between meals
- ❖ Avoid stimulants (i.e. tea, coffee, chocolate)
- ❖ Eat carbohydrates with every meal as insulin is then released which helps store fat, protein and carbohydrate in muscle and fat tissue
- ❖ Eat high GI carbohydrate (bread, rice potato) as this will spike insulin levels
- ❖ Limit the amount of aerobic exercise