

Enhance Protein Results

This year I will _____ (fill in the blank)

20 Beta Hydroxydysterone	Glutamine	Creatine	HMB	Methoxyisoflavone	Carbs
<p>Protein turbo charger</p> <p>Positively aids in two critical factors when adding lean muscle mass</p> <p>1. Helps to increase protein synthesis through</p> <p>2. Maintaining a positive nitrogen balance</p> <p>The more nitrogen your body maintains and the greater the rate of protein synthesis, the more mass. Period.</p>	<p>A must have...</p> <ol style="list-style-type: none"> 1. Supports protein synthesis 2. Muscle cell hydration 3. Immune function 4. Limiting muscle catabolism 5. Sparing glycogen 	<p>Perhaps the most popular supplement ever.</p> <p>Used in muscle cells to store energy when faced with intense workload that eats up ATP stores quickly.</p> <p>The trick is to hyper saturate the available phosphocreatine so output, power and workouts stay intense.</p>	<p>Beta-Hydroxy Beta-Methylbutyrate</p> <p>Decreases muscle protein breakdown</p>	<p>Increase in protein utilization</p> <p>Anabolic effects also increase calcium, phosphorous, potassium and nitrogen retention</p> <p>Free of hormonal characteristics such as testosterone</p> <p>Does not exhibit liver damaging effects</p>	<p>Carbs jump in as our energy source sparing the amino acids, leaving them to do more important functions like aiding in muscle growth.</p> <p>Proteins will go a lot further with just the right amount of carbohydrates watching its back.</p>

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Not everything that is good for you feels good for you.
Every Day Is The Day
Go Train Hard!