

Amplify Your Supplements

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Okay so we all can agree that supplements are ridiculously expensive (considering how little production cost is) and that's why this article is going to tell you how to maximize your results of your pricey bodybuilding supplements by taking a look at what they are most effective with, and the things to avoid that can be detrimental to your muscle growth.

CREATINE: First up is creatine, everybody's favorite. As you may already know, creatine has been proven with endless studies that it increases protein synthesis and has an amazing effect on strength and muscle growth. That being said, nutrition companies look to take advantage because they know you're more inclined to bite the bullet and purchase their \$50+ supplement just to perfect your physique. SO, that is why if you buy creatine, maximize your results by getting...

COMBINE WITH: Ribose. Ribose is an all natural sugar found in every living cells and is an initiator of ATP. Ribose has been shown to increase muscle energy and endurance, lowering the time you need to recover. Because creatine (in the body form of phosphocreatine) and ribose are both agents in forming ATP, it only makes sense to combine ribose with creatine so you can create a synergistic explosion of ATP, thus leading to more power, strength, and endurance. Also, it's best to avoid a very common supplement listed below...

AVOID: There's a few things to avoid when taking creatine. First, don't ever take creatine with caffeine. Studies have shown that caffeine dulls creatine's effects. Also be sure not to take creatine (or mix) with acid-based drinks like orange juice or grapefruit juice because the pH balance ruins creatine's effects. Lastly, and this may disappoint a few, don't drink alcohol if you're on a cycle of creatine, because alcohol causes dehydration, minimizing creatine absorption in the muscles.

BCAA's: Branched-Chain Amino Acids. Some of the oldest and well respected supplements in the game, BCAA's are composed of amino acids: leucine, isoleucine, and valine. These essential amino acids are known for their work in increasing protein synthesis. But these aren't some one-trick pony, BCAA's are also responsible for boosting the immune system, reduce muscle breakdown, decrease muscle fatigue, and lower mental fatigue to help you pump out that last rep.

COMBINE WITH: Glutamine. Glutamine is probably the most utilized amino acid between bodybuilders, mainly due to its big role in the muscle growth process. Glutamine is a primary source of energy and enhances GH levels, but unfortunately it gets depleted during intense workouts. Glutamine should be taken with BCAA's because it not only keeps skeletal muscle glutamine levels high, it also decreases oxidation of BCAA's. Basically, Glutamine helps your BCAA's reach their full potential.

AVOID: Food. This is a simple one, just make sure you take on an empty stomach to minimize the chance of any food interfering with its absorption. A good 30 minutes from meals should do the trick.

WHEY PROTEIN: Whey protein is the best form of protein on the market today because of its low fat and lactose content making it the ideal choice for dieters and those who are lactose intolerant. Considered to be a staple in any bodybuilders arsenal due to its outstanding combination of BCAA's and essential amino acids, whey protein is a must have for anybody wanting to put on lean muscle.

COMBINE WITH: Acidophilus. A form of (good) bacteria found inside the body that has shown abilities to boost the immune system and protect your precious liver. Acidophilus can be found in foods such as: natural yogurt, kefir, and sauerkraut. Even though we're born with natural acidophilus, large portions of it are lost as we get older, the more we use prescription antibiotics, and diets consisting of high processed foods. These digestive bacterias are critical to nutrient absorption and that's why we need to constantly keep replacing them. The combination of whey protein and acidophilus are guaranteed to enhance your nutrient absorption.

AVOID: Alcohol. Alcohol causes acidophilus to be so ineffective.

ARGININE: Arginine is strongly connected with nitric oxide (N.O.) Argine increases nitric oxide production in the body causing more blood flow to the muscles; more blood flow to the muscles means longer and better pumps. Arginine also increases growth hormone (GH) levels and triggers the release of insulin. Also, arginine has been shown to be the body's natural trigger for muscle growth.

COMBINE WITH: Citrus aurantium (bitter orange). Citrus aurantium contains synephrine, a chemical that shares a structure similar to ephedrine. Except synephrine doesn't cause an insane heart rate increase or hypertension. It also mimics caffeine's ability to cause focus and energy, while it also increases your metabolic rate. Arginine and citrus aurantium are quite the dynamic duo because not only are you getting arginine's muscle building effects, but also the fat-burning benefits of citrus aurantium.

AVOID: Ginkgo Biloba. Arginine with ginkgo biloba increases the risk of bleeding, while caffeine with citrus aurantium may increase cortisol levels, reduction in fat loss, and possibly the chance of fat accumulation.

GREEN TEA EXTRACT: This is personally my favorite supplement to take because it is one of the most effective natural weight loss supplement and antioxidant. Green Tea Extract is just an all around stud.

COMBINE WITH: Evodiamine. From Evodia Fruit, this combination is an amazing weight-loss synergy. It will attack fat from many angles while showing minimal stimulant effects. Also, this weight-loss duo is very kind to your liver and I am very thankful for that!

AVOID: Vitamins. Minerals are poorly absorbed when taken with green tea extract, so it's advised to take a multivitamin about 1 1/2 hours before taking green tea extract. Also, it's very important to remember that Evodiamine decreases blood clot formation, so avoid taking ibuprofen or aspirin.