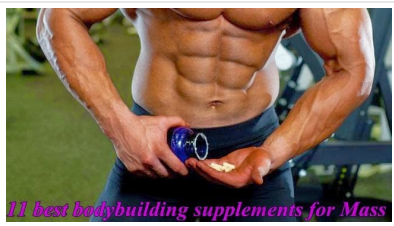


Bodybuilding

BODYBUILDING-SUPPLEMENTSE THE LARGEST SELECTION OF BODYBUILDING-SUPPLEMENTSE,BODYBUILDER,BODYBUILDING ARTICLES, EXERCISES, WORKOUTS, SUPPLEMENTS,COMMUNITY TO HELP YOU REACH YOUR FITNESS GOALS!

11 Best Bodybuilding Supplements for Mass

Can't afford all the bulk-building supplements you'd like? This list of top bodybuilding ingredients will help you choose wisely.



Without a doubt, you can add muscle simply by eating right and lifting weights. But to truly maximize your growth potential, supplements are a requirement. Hence, we've compiled a rundown of the 11 best mass-gain supplements on which to spend your hard-earned cash. They're listed in order of priority, from the absolute most critical, can't-do-without supplements to the less crucial yet still highly effective ingredients for packing on size. The point is to help those on a tight budget decide which supplements to buy. If money is no object, then by all means knock yourself out and use them all as directed. Because after all, as far as we're concerned, you can never have too much muscle.

Priority #1: Whey Protein Powder

Why it made the list: Whey tops the list of mass-gain supplements because it's the most crucial for pushing protein synthesis. Whey is a milk protein that has a high level of branched-chain amino acids (BCAAs, No. 4 on our list). Bottom line: Whey takes the crown because it digests fast and gets to your muscles rapidly to start building muscle. Whey also contains peptides (small proteins) that increase blood flow to the muscles. This is why we always recommend consuming whey protein immediately after training.

How to maximize its effects: Take 20 grams of whey protein powder in the 30 minutes before working out, and take 40 grams within 60 minutes after training. Also consider taking 20-40 grams of whey immediately upon waking every morning to kick-start muscle growth. Your best bet is to choose a whey powder that contains whey protein hydrolysates (whey protein broken down into smaller fragments for faster digestion) or whey protein isolate.

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