



## The Truth about Peptides Bodybuilding – What You Need to Know

I was at the gym the other day when I got lectured about the drastic results of peptides. This came from a self-proclaimed “guru” after he saw me sipping the “poison” during my workout. This guru was not over 22 years of age. What bothered me the most was that he was telling me all the side effects of steroids, even the ones that don’t even exist, such as certain “organs” losing their strength. So before discussing the topic of **peptides bodybuilding** let’s get one thing clear, peptides are not steroids. That’s just the way it is (pun totally intended). A fair amount of people seems to mistake peptides with steroids. This is because of the fact that the side effects of steroids have been so vastly discussed, often in a negative light, that people think multiple times before taking any sort of supplements.



Peptides are NOT steroids!

Another fair reason that people mistake peptides with steroids is the advertising and

the claims companies make to sell their product. This is hurting the *peptides bodybuilding* business in two ways. First, it raises the expectations of the consumer to a level that just can't be met. Ads show peptides users to gain ultimate muscle in no time. When the consumer doesn't see such results in themselves, they simply quit. The second reason is that when people see others gaining so much muscle in no time they come to a conclusion that peptides are just a fancy name for steroids, which is why they don't even try it in the first place.

## VEB

In technical terms, peptides are just shorter chains of amino acids, or you can refer to them as "small proteins". All of us have peptides in our body that are used as neurotransmitters, various hormones and some of them can also serve as bodybuilding peptides. Therefore, when you are taking peptides, you aren't introducing a foreign substance into your body. Peptides are already there in some quantity and the supplements are just increasing the quantity to help you achieve your bodybuilding goals.

When it comes to peptides for bodybuilding, it is not that you're consuming one or two of the peptides in the form of pills. In fact, peptides simply mean the different forms of protein supplements. These usually come in the form of protein shakes and protein bars. For example the [Optimum Nutrition: Gold Standard 100% Whey Protein Isolates](#) is the one that I personally use and recommend. These supplements are actually complex proteins made up of several smaller protein sub-fractions. These sub-fractions contain alpha-lactalbumin, beta-lactalbumin, immunoglobulins (IgGs), glycomacropptides, bovine serum albumin (BSA) and several other minor peptides. If these terms are getting too heavy for you, don't worry. These are what will help you lift those heavy weights.

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Up until now, it was nearly impossible to separate these sub-fractions on an industrial scale. But as modern day filtering technology has improved dramatically, it

allows manufacturers to filter out some of the most bioactive peptides – and the results are magical.

Modern day technology is helping achieve magical results. In fact, the Whey protein concentrates of today contain 70-80% protein with the reduced amount of fat and lactose. As compared to the first generation of whey protein powders this is much less, which contained only 30-40% of proteins and high amount of fat, lactose, and proteins.

Modern whey protein isolates contain up to 96% protein, very less amount of lactose and virtually no amount of fat. This makes it ideal for any type of fitness goals. This means that if you are going for peptides body building, you have the opportunity to reap its benefits to the fullest. These whey protein isolates have very positive effect when it comes to bodybuilding which will be discussed further in this article.

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Over the years bodybuilders have moved on to peptides over steroids

The main reason why athletes choose to use peptides for bodybuilding is that they can help you gain muscle weight a lot faster, though not as fast as steroids. But on the brighter side, these muscles stay, unlike in the case of steroids. And the fact that modern day isolates mostly contain protein and virtually no fat, most of your gains are pure muscle and very less body fat. This means that it is now possible for you to have that Cristiano Ronaldo body with only 3% body fat if you're not just looking to bulk up.

Another benefit of peptides physical training is that these peptides not only help you gain muscle but also play a vital role in recovering muscular injuries as peptides have a strong ability to heal muscle fiber rapidly.

Professional bodybuilders today choose peptides over the old method of steroids as peptides have virtually no side effects as compared to some of the harsh, unpleasant and sometimes dangerous ones of steroids. Steroids have known to have side-effects like acne, insomnia, unwanted body hair, glaucoma blurred vision, rising blood pressure and dangerously "etcetera". Therefore, peptide bodybuilding is your safest bet to build muscle. You will not only be opting for a less risky option, but also reaping the various benefits that come with using peptides for bodybuilding. Peptides will you build muscle, as well as heal them more quickly.



Peptides have the ability to repair muscle fiber rapidly.

As I mentioned above that peptides not only help you gain weight but they also have the ability to repair damaged muscle fiber rapidly. Scientists agree that using peptides over the year can help an athlete to get back to their 100% after picking up an injury. This feature is not only useful for professional athletes but also for regular people trying to stay fit.



Peptides consumed as whey proteins not only help you gain weight and repair damaged muscle fiber but also have many other health benefits. Whey protein isolates are known to boost your metabolism and immune system which can help improve your digestion and help you with aging problems. Furthermore, a growing number of studies has found whey may potentially reduce cancer rates, combat HIV, improve immunity, reduce stress and lower cortisol, increase brain serotonin levels, improve liver function in those suffering from certain forms of hepatitis, reduce blood pressure, and improve performance.

In conclusion, not only does peptides bodybuilding doesn't have any of the side effects that we usually think but it also proves to be a healthy choice. It is a healthy choice for gaining muscle mass as well as for many other aspects of life. However, these peptides come with many different labels, so make sure you get a good deal and get started today!

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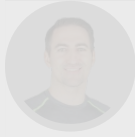
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### JOHN MAYER

John is the founder of SmartFitnessExpert.com, where he seeks to help you live life to the fullest. He is dedicated to providing people with vital information that curves their path to greatness. It doesn't matter whether you want to become more active, fit, adopt good nutrition, or change your lifestyle, he can help you achieve all your fitness goals. As one of the recognized experts in the field of Health and Fitness, he will educate you on different things such as workout, nutrition, health and more.

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