

Weight-Lifting-Complete.com's Free Bodybuilding Supplement Guide

Bodybuilding Supplement Guide by Weight Lifting Complete



The Purpose of this Guide

I am going to provide you with a guide to weight lifting supplements that work. I will show you how to use each and when to use each supplement.

You can then make the decision on whether or not you want to spend the money on a supplement. I will tell you the truth about each supplement because I'm not here to sell them or try to get you to buy anything!

I simply want you to succeed with getting the body of your dreams. If you've been to my website, you'll know that I'm here to help. If you haven't been to my website, please use the link above and look around! I guarantee you'll love it!

Do you need Supplements?

Many beginners get conned into thinking they need supplements to make progress! You do not need any supplements to make great progress.

Just look at the definition of supplement:

"Something added to complete a thing, make up for a deficiency, or extend or strengthen the whole."

If you have a good diet and follow a good weight lifting program along with cardio, you will not be lacking in anything! You can make great progress without them.

I do use weight lifting supplements myself because many of them provide convenience. I do believe that some of them are very useful for building muscle and losing fat.

I will talk about all of the supplements that I trust in. I have not used all the different supplements out there because I am very skeptical about many of them.

If a supplement seems too good to be true, then it probably is! That's how I judge whether or not to buy a supplement.

To answer the original question, do you need supplements? No, you do not need supplements to make great progress. You can use supplements to make your diet easier to follow and get an advantage for building muscle and losing fat.

Now, let's take a look at the supplements I recommend, how you can use them, and why I recommend them.

I've included the best 8 supplements to aid you in building muscle and losing fat. Continue on to the next page...

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The Best Supplements

1. **Whey Protein**
2. **Liquid Vitamins**
3. **Fatty Acid Oils**
4. **BCAA's**
5. **Waxy Maize**
6. **Creatine Ethyl Ester**
7. **Beta Alanine**
8. **Green Foods**

The list of supplements above work and they work well. Let's take a look at them in detail.

1. Whey Protein



I love whey protein and use it every day! You can read more about my views on whey protein at my website: [Whey Protein](#).

I use whey to increase my protein intake and to provide me with fast liquid meals. I don't have time at work to sit down and eat a meal or even heat one up in the microwave.

So, I prepare a few bottles with protein powder in them and simply add water during the day. I add some fatty acid oils to the protein shake to make a great meal! I drink it down in less than a minute.

When lifting weights, you really need to increase your protein intake to at least 1 gram per pound of body weight. Experiment with all the way up to 2 grams per pound of body weight. I personally get better results with 2 grams per pound!

Whey can really help you get the extra protein down and really spikes protein synthesis throughout the day. You will build more muscle when increasing your protein intake in your diet.

Ensure you drink a gallon of water per day! You'll need the extra water when increasing your protein intake.

Whey protein is one of the cheapest forms of protein you can buy. The only food that compares to the price of whey is canned tuna. Canned tuna gets old after a while!

So, whey protein is one of the supplements that can save you money! When you increase your protein intake, whey will provide you with the cheapest form of protein and one of the best sources of protein available!

You really can't go wrong with whey protein. It has so many uses and costs less than any other protein you could buy. I highly recommend whey protein for pre and post workout. You need a fast acting source of protein after your workout, and whey is the fastest!

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2. Liquid Vitamins



Liquid vitamins are a must for all you weight lifters out there. Read more about my views on liquid vitamins here: [Vitamins](#).

Why should you use liquid vitamins? Well, if you have a great diet with a large variety of different fruits, vegetables, meats, berries, and more, then you may not need vitamins!

Many times, bodybuilders and weight lifters get into a habit of eating the same foods over and over because it's so much easier to plan a diet that way. They forget they are not getting nutrients they need from a variety of foods.

I love whole food multi vitamins in liquid form because they provide you with the variety of nutrients you need without the need to buy so many different foods.

If you are skeptical about liquid vitamins, give them a shot for one month and tell me you

didn't feel better and get better results! You will feel better and get better results.

3. Fatty Acid Oils



Fatty acid oils are a great supplement if you want great results! Whether you are building muscle or losing fat, you want to include good fats in your diet.

Good fats create a better muscle building environment, and more fat in your diet can help your body learn how to burn fat as fuel. When trying to burn fat on a fat loss diet, you can make fats 40-50% of your calorie intake so your body learns how to burn fat as fuel. For more info, read about my [free fat loss diet](#).

No matter what your goals may be, you need to get more good fats in your diet. What are good sources of fat?

- Fish Oil
- Flax Oil
- Udo's Choice Oils
- Almond Oil
- MCT Oil
- Coconut Oil
- Olive Oil
- Borage Oil
- Cod Liver Oil
- Almonds

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- Walnuts
- Sunflower Seeds
- Peanut Butter

The list goes on and on. Fatty acid oils help you to get more good fats in your diet. You can easily mix oils with your protein shakes for quick meals!

Add quick calories with fatty acid oils! You need good fats in your diet so get you some fatty acid oils today.

4. BCAA's



BCAA equals Branched Chain Amino Acids. BCAA's contain L-Valine, L-Leucine, and L-Isoleucine. The body cannot make these amino acids from other compounds.

BCAA's are one of my favorite supplements because they can be used in so many different ways.

I use them pre workout and post workout with Waxy Maize (which you will learn about later). BCAA's contain fewer calories than protein, so you can use them strategically in your diet during fat loss cycles.

You can also try taking BCAA's 30 minutes or so before each meal on muscle building cycles. I have experimented with this before and do this on many of my muscle building cycles due to the results I obtained. Try them for yourself and be amazed!

BCAA's may be used as an energy source to spare your body from using muscle as a source of energy on low calorie diets. This means you will hold onto more muscle during those periods of low calories when you're trying to get rid of that last bit of fat!

5. Waxy Maize



Waxy maize is an unbelievable supplement! Waxy maize is a long-chain complex

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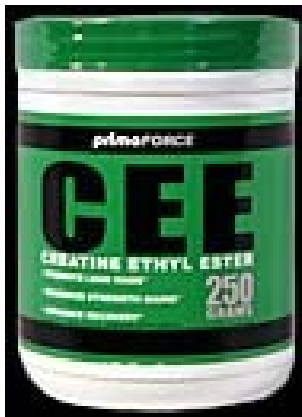
carbohydrate that is sugar free and has a very high molecular weight. What does all that mean for you?

Waxy maize will pass through your system faster than any other carbohydrate, including dextrose and maltodextrin. This means you will be able to deliver nutrients your body needs directly after a workout faster than ever before!

Mix BCAA's with Waxy Maize directly before your workout to deliver nutrients to your body while working out. Do the same thing again directly after your workout.

You will start the muscle building process sooner with waxy maize after your workout. Who wouldn't want that?

6. Creatine Ethyl Ester



Creatine ethyl ester (CEE) is far superior to creatine monohydrate! You'll spend much less money and get better results with CEE.

You'll get improved absorption, less bloating, and minimal water retention compared to the

creatine monohydrate version.

Creatine has been proven to promote lean muscle mass, maximize strength gains, and even increase recovery between workouts.

I did not receive huge results from taking creatine, but I continue to take it because creatine ethyl ester did provide more results than creatine monohydrate. And, it's not a hassle to take!

I don't mind paying a few dollars extra per month to take CEE before my workout. You don't have to load CEE, and you don't have to take as much! CEE makes it easy.

You should at least give it a try since it won't cost you much at all. Try it for a month or so. Take a few grams before each workout. That's all!

7. Beta Alanine



Beta alanine is another supplement you should try! It is very cheap and works great! Seriously, I was amazed at this supplement.

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You can try this for less than \$5 per month. I started taking this supplement during the toughest part of a weight lifting cycle. The results were amazing.

I gave this supplement a few weeks to see results. I started to push through a few more reps at the end of each set. I didn't know how I was doing it, but I was!

The beta alanine was reducing fatigue and allowing me to push through those last few reps that were very tough! I could have never gotten through those reps without beta alanine.

Do you realize what that means? Beta alanine was solely responsible for allowing me to get those few extra reps. I lifted heavier than ever before and reached my highest body weight ever when taking this supplement.

Give this supplement a shot. Follow the directions and take a dose before and after your workout. Give this supplement a few weeks to start working. Then, start getting a few extra reps at the end of your toughest sets!

You seriously won't find another supplement as cheap as this one that does so much for muscle building.

Ensure you follow the directions on dosage because it only takes a small amount of this supplement to work. This supplement does give a tingling side effect for several weeks.

The side effect does go away with most people. The tingling is proportional to the amount you take, so please only take the recommended dosage. Ease yourself into this supplement slowly.

8. Green Foods



Green foods have become one of my favorite supplements lately! I've only been using them for a year or so, but I wouldn't trade them for anything now.

If one of your goals in life is to feel great, then green foods are definitely for you! Green foods is simply a powder consisting of nature's best blend of green foods.

Green foods are antioxidant rich, keep you from getting sick, help detoxify your body, nourish your body, and simply help you feel better.

I need to warn you about one thing, though! Taste is a factor here. I mix green foods with my protein shake in the mornings. The protein shake doesn't hide the taste at all. I just drink it down and get it over with! It's worth it.

Try green foods for a while and see what you think. I think you'll be very happy with the results!

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My Recommendations

I want to end this guide with a few recommendations on supplement stores. These are stores that I currently use and have used for years!

I know the stores that give you good deals and provide fast shipping. I also have a discount code that will give you 5% off of your entire order. Not a whole lot, but it does put some money back in your pocket!

Here are the stores I recommend:

[Affordable Supplements](#)

and

[True Protein](#)

You can use the discount code **JHT735** at True Protein to receive 5% off your entire order! Simply enter the code at checkout in the discount code box!

True Protein is a store that you can build your own custom protein mixes and more. Check both of them out and let me know if you have any questions!

True Protein has some unique products that many supplement stores can't compete with! They make their own supplements and provide unique products.

Both stores are great with shipping and usually ship your order the same day you place it!

One Last Thing...

You can subscribe to me Weight Lifting Blog to receive all of the newest web pages I build with free information and free tools to help you finally build the body of your dreams!

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Help us spread the word. Let's help everyone learn the truth about building muscle and losing fat. It's time to stop all the nonsense!

Print this guide out and use it when buying your supplements at Affordable Supplements or True Protein!