

BODYBUILDING AND FITNESS SUPPLEMENT GUIDE



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INTRODUCTION

There is a lot of confusion about supplementation, which is why I compiled this report. It is meant to help the average person understand the world of supplements. Remember supplement by definition means "something extra", they do not replace proper diet and exercise. But the right supplements used along with the right diet and training program to suit your goals can help you to make faster progress.

Feel free to e-mail me with any question about supplements, I'd be glad to answer them for you.

Thank you, and enjoy!

Paul Becker

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SUPPLMENTS A TO Z

Ratings

0 - Garbage

* - Bad

** - Okay

*** - Decent (may be useful)

**** - Good (Is useful)

***** - Excellent (A must have !)

Amino Acids - Amino Acids are basically proteins that are broken down into their basic building blocks. Amino Acids are very important factor in anabolism (the building of muscle tissues). They are essential, But if you already have a high protein diet you may not need these. Otherwise, a good choice.

Rating ***1\2

Boron - A few supplement companies have claimed boron raises your testosterone. But I can assure you, it doesn't. Do not waste your money on this garbage.

Rating 0

Carnitine - This is an amino acid that promotes fat burning. But it doesn't do too good of a job. One of the fats that it does burn off is a good fat (triglycerides). Also gives mild energy boost.

Rating ***

Chitosan - This is a popular "fat blocker", and some studies have actually shown that this can block the absorption of fat to your stomach. But it may also stop the absorption of other essential

vitamin and minerals. I would recommend this product only for those looking to lose weight, not to gain muscle. You may have seen commercials about a product called "Cheat and Eat" which is based on chitosan.

Rating **1\2

Chromium - This is probably the most famous of all the fat burners of the market. Chromium is a good product, It has been proven that chromium can help you lose fat and gain muscle. The best chromium product is chromium picolate.

Rating ***

Chrysin - This is an extract from a plant. It prevents the conversion of testosterone to estrogen, which is common when you take any supplement that increases testosterone production and you do not want that to happen. So if you are taking any supplement that increases testosterone, it's good to add chrysin.

Rating **

Colostrum - This product claims to raise your IGF-1 (Insulin Growth Factor). It's found in a mother's breast milk. But it doesn't give you anything good because the IGF-1 increase is only good for the mother's baby. Which makes it useless for you and me.

Rating 0

Creatine - Creatine is one of the muscles' main energy sources, the muscle will store more creatine than we consume in our normal diets, (creatine is found in a variety of foods, one of the best sources is lean red meat, so it is a good idea for vegetarians to supplement it) by supplementing it the muscles will soak up the extra creatine. When muscles absorb creatine it also brings water with it, your muscles are 70 % water) this makes the muscles bigger and

harder. Also when you ingest creatine it is stored, and about 20 minutes later it is transformed into ATP. ATP's are what give your muscles 'energy' during a workout, on creatine you might be able to push a few more reps than usual. The best type of creatine to take is creatine monohydrate. Many companies tell you that you should 'load' on creatine. Which means you should take up to 4 times as much creatine than usual during the first few weeks on creatine. It is optional to load.

Rating *****

Dandelion - This is a diuretic which is pretty useful. Many bodybuilder use dandelion before contest to get that ultra lean look. It is included in the popular product 'taraxatone.' I recommend not to buy dandelion individually, instead purchase a product like taraxatone.

Rating ***1\2

DHEA - DHEA (Dehydroepiandrosterone) is another testosterone booster. It doesn't work too well on It's own. But It is very useful when stacked with tribulus terrestris and Tongkat Ali.

Rating ***

Essential fatty acids (EFAs) - It was once said that all fats are bad. This is not entirely true. Now, don't get the idea that you can go to your favorite fast food restaurant and gain muscle. Unfortunately it doesn't work that way. The "good" fats are called linoleic (omega-6) and linolenic (Omega-3.) These are commonly found in cold water fish like flounder, or in certain oils like soybean oil. So, If you are on a very low fat diet, EFAs can be very helpful in giving you energy throughout the day.

Rating ***

Ginkgo Biloba - This herb helps concentration. Which may be helpful to some people at the gym who can't keep up with their sets (slacking off). I have never tried ginkgo myself but I've heard from so many people that it works, and from others that it only brings on a painful headache. If you have trouble focusing on your workout at the gym, give it a try.

Rating **1\2

Ginseng - Ginseng is an herb that helps you cope with stress. I'd say that about half of the people on ginseng actually experience results. It comes in many different forms like, Indian, American, Korean, and Siberian ginseng. They are all not that different but Siberian is the best.

Rating **

Glucosamine - This very popular arthritis medication that helps your body form cartilage. Many bodybuilders experience pains at their joints throughout the day from weightlifting.

Rating **

Glutamine - Glutamine is an amino acid. It's the amino acid which is found most in human muscle tissue. Therefore making it an essential to all bodybuilders. Everyone knows that you need protein to get any bigger, and glutamine is the number one part of the protein that makes you grow. Glutamine is one of the best, if not the best supplement on the market today.

Rating - *****

Guarana - Guarana is considered to be the herbal form of caffeine. Guarana is in almost all 'energy' products. It can give you a good boost of energy during a workout. Best if combined with Ma Huang.

Rating ***

5-HTP - 5 Hydroxytryptophan is converted into serotonin in your body. 5-HTP is supposed to help suppress your appetite. Many people claim that it actually works. If you have trouble dieting, then give it a try.

Rating ***

Hydroxy Citric Acid (HCA) - HCA is another appetite suppressant. HCA is not very popular and doesn't work for everyone. Even if it does work for you, it won't have a great effect.

Rating *

Lipoic Acid - This is an insulin like substance. It is found in many creatine products like Cell Tech. Lipoic Acid actually works great when used with creatine. Bodybuilders using insulin with creatine can get steroid like gains. This effect won't entirely happen with Lipoic acid, but you will get some good gains.

Rating **** (w\creatine)

Medium Chain triglycerides (MCT) - These are a type of fat which are less easily stored than normal fat. Back in the days' when Weight gainer's were the biggest and the best thing around MCT were very popular. Today my favorite weight gainer contains MCT's (Champion Nutrition's Heavyweight gainer 900). Do not consume these thinking it will help lose fat or gain muscle. MCT's are not important, but are better than regular fat.

Rating *1\2

Melatonin - Melatonin is the hormone which, in our bodies, tells you when to go to sleep. It is a natural sleep aid. It may not be that powerful, but it not addicting like other sleep aids. Bodybuilder's use Melatonin because the only time you grow is while sleeping.

Rating **

Mexican Yam - Mexican Yams are supposed to be converted into DHEA in the body. I say, If you want DHEA buy DHEA! Do buy this!

Rating 0

Phosphates - Phosphates are used to increase your endurance. They are also used with creatine, like in EAS Phosphagen HP. I don't believe this is a good product. Bill Phillips (EAS) made it popular in his creatine.

Rating *1\2

Pregnenolone - This is another testosterone elevating hormonal compound. It also raises the female hormone progesterone which is a catabolic hormone. Catabolic means that breaking down of muscle tissue, which is very bad. In conclusion this is another supplement that does just about no good at all.

Rating 1\2

Pyruvate - This is a new supplement that is supposed to help you "lose fat without exercise". Some studies show Pyruvate works, so show it's just a hype. Pyruvate is supposed to alter your ATP levels (muscle cell energy) like creatine. Try it out for yourself, But I do recommend that you do workout while taking it.

Rating ***1\2

Saw palmetto - This is herb that was first used to help protect the prostate for men. Now it was found that it is also anti-estrogenic (Blocks the harmful female hormone estrogen). Which may help in making androstene last longer in your system. Saw Palmetto has also been found to treat acne into some cases.

Rating ***

Shark Cartilage - This became popular back in the early 90s when someone said that it could be a cure for cancer. He said that sharks were the only animal that couldn't get cancer. This started a craze to get shark cartilage. Later it was found that this was all hype. Now shark cartilage can help bodybuilders and weightlifters repair cartilage. By releasing Glucosamine. My opinion is if you want to try to repair your cartilage buy Glucosamine in it's purified form.

Rating *1\2

Sterols (Plant Sterols) - Despite their name "sterols" they have nothing to do with steroids. Marketers just try to sell it because of the similarities in names. Sterols do not do anything!

Rating 0

Taurine - Like I said before Glutamine was the Number one Amino acid found in muscle tissue. Taurine is the number two Amino acid found in muscle tissue. In my opinion just take glutamine. But if you want to be one small step ahead take both.

Rating ***1\2

Tongkat Ali also know as Long Jack- has been shown to support male hormonal balance (including testosterone availability), libido and performance. Tongkat Ali is a Southeast Asian botanical known to substantially increase testosterone levels (scientific abstracts note increased testosterone levels of up to 400%) and anabolic activity. Used traditionally to enhance energy levels, endurance and stamina, and to reduce occasional mental fatigue. fatigue.

Rating *****

Tribulus Terrestris -Tribulus has been a popular medicinal herb in folk medicine in the East and in Bulgaria since 1981 in the treatment of sexual deficiency. According to one Bulgarian clinical

study in men it increases libido and increases Testosterone by 38%. Since testosterone promotes protein synthesis, the benefits are increase in muscle growth and body strength.

Rating *****

Vanadyl Sulfate - Vanadyl is a good supplement because it makes your muscles look and feel harder. It is another insulin like supplement. But vanadyl has been shown to be slightly toxic in high doses. If you have soft muscles, then give it a try. But follow the label.

Rating ***

Whey Protein - Whey protein is by far the best protein there is (for now). Your diet should always be a high protein diet. Also you should eat both high protein normal foods plus whey protein shakes. To figure out your recommended daily protein intake you should multiply your body weight by at least 1.5 (e.g 200lbs times 1.5 = 300 grams).

Rating *****

White Willow Bark - This is the herbal form of aspirin. Aspirin stacked with Ephedrine has shown to reduce fat.

Rating **

Yohimbe - This herb is most widely used by men for sexual performance. But also is able to stop your body from storing fat (in small amounts).

Rating ***

THE BEST SUPPLEMENTS

Personal Experience and Doseages

Creatine Monohydrate

Primary Usage: Muscle building. Strength, weight gain.

I don't know a single person who has not had "drug like" gains on this stuff. I personally put on over 15lb in 7 weeks - with fuller, larger muscles, better pumps and increased strength. My upper body "swelled" with better peaks on my biceps, rounder pecs and hardness. If you have to choose one supplement this would be it.

Dosage: Under 200lb: 20g for 5 days, then 10g. Over 200lb: 30g for 5 days then 10g. No need to cycle it, though once and awhile you may want to reload. I use 10-15g per day, everyday. Some people are now stating that you don't need to load - but the first week or two on creatine are the best (you just grow!)- so just take the extra I say, and get the full potential.

Whey Protein

Primary Usage: Protein = muscle

In order to increase muscle mass and strength you will need to be eating more protein, and in order to keep from gaining fat you need to not overdo carbohydrates and to eliminate sugar. when choosing a protein powder pick one that is high in protein and low in carbs. Whey protein is the most bio-available protein - therefore it's the protein we should be using.

Whey protein is a must use. It should be a bodybuilding staple. As bodybuilder's we need more protein, and whey protein is the most bio-available protein - therefore it's the protein we should be using. Not too much exciting stuff to say about it, other than use it, often.

Dosage: 2-3 20g serves per day.

Vanadyl Sulfate

Primary usage: Increase Muscle Size.

I have been using Vanadyl now for 1.5 years, and I love it. It gives me wicked pumps. I have gone off it, then come back on, and boy do I feel the difference. It improves my vascularity, pump, and muscle hardness. When I go off it, I don't feel different, until I come back on then BANG! It does it again. Which may be a good reason to cycle it.

Dosage: 15 mg 3 times a day (before meals).

Herbal Fat Melter

Primary usage: Fat loss, stimulant (gets you jacked before training!)

What can I say, use it, use it, use it. It gives you energy, increases fat burning, and even gives you a nice, warm, happy feeling! 675 mgs of a proprietary blend of Green tea extract,(epigallocatechin, caffeine, and polyphenols. Bitter Orange peel extract, (n-methyltyramine, hordenine, octopamine, and tyramine) Yerba mate extract, (caffeine and methylxanthines) Citrus aurantium fruit extract, (synephrine, and tyramine) Black pepper, Tyrosine,

Aspartyl-phenylalanine, DMAE, Vitamin C, Chromium, amino acid chelate. These components interact to produce a "thermogenic" (heat producing) combination, which stimulates the body to burn more fat. The stack is also a stimulant though, so be careful. I use it mainly to jack me up before training.

Dosage: This is a powerful supplement and you should start off gradually with it, try 1 or 2 capsules in morning, and take another 1 or 2 capsules in the afternoon at first and see how you do with it. Don't take it close to bedtime or you will not be able to sleep.

Andro-Shock

Primary usage: Increase testosterone, and hence muscle (like steroids...).

The primary ingredients are Tongkat Ali, DHEA, Zinc and tribulus terrestris. So, there we have the primary "testosterone boosting stack" The other ingredients are Saw Palmetto, Chrysin. and AMU. These other three ingredients are meant to curb, or inhibit estrogen production normally associated with steroid use (since chemically, androstenedione is a steroid - I said chemically, not legally!!) So, the components are meant to work together to boost testosterone, and inhibit estrogen. Right. The results????

Let me put it this way: Both me and my training partner went on Andro-Shock. Within three days I felt more aggressive in the gym - my weights went up. I actually LOST a little weight, but that ended up being fat - a good thing. But, on the last day of the first week, something happened. Normally, my training partner are the best of friends. However, on this day, he made a comment about my

quads, and I made a comment about his "wimpy calves", and we ended up on the floor beating the hell out of each other. THIS IS THE TRUTH!! This is the first time this has ever happened!!! Consequently, I have to say Andro-Shock works - it boosts testosterone "BIG TIME". This is only the second week - but at this rate, I expect some pretty good gains.

Dosage: 3-6 tabs per day. I'm taking 3 tabs twice per day for 6 weeks on 2 weeks off.

THE RIGHT TRAINING, DIET AND SUPPLEMENTS FOR YOUR BODY TYPE

Answer the following questions:

1) My bone structure is:

__ (a) Very Large __ (b) Large to Medium __ (c) Small to Frail

2) My body tends towards:

__ (a) Carrying too much fat __ (b) Being lean and muscular __ (c)
Being too skinny

3) My body looks:

Men answer here:

__ (a) Round and soft __ (b) Square and rugged __ (c) Long and
tenuous

Women answer here: __ (a) Pear-shaped __ (b) Hourglass-shaped
__ (c) Mostly straight up and down

4) As a child I was:

__ (a) Chubby __ (b) Normal __ (c) Too thin

5) My activity level is:

__ (a) Sedentary __ (b) Fairly Active __ (c) Over active, can't sit still

6) My approach to life is:

__ (a) Laid back __ (b) Dynamic __ (c) Worrisome

7) My metabolism is: __ (a) Slow __ (b) Just right __ (c) Too fast

8) People tell me:

__ (a) I should lose some weight __ (b) Stay the same, that I look fine __ (c) I should gain some weight

9) If you encircle your wrist with your other hand's middle finger and thumb:

__ (a) Middle finger and thumb do not touch __ (b) Middle finger and thumb just touch __ (c) Middle finger and thumb overlap

10) Concerning my weight, I:

__ (a) Gain weight easily, but find it hard to lose __ (b) Gain or lose weight fairly easily. Usually stay about the same weight __ (c) Have trouble gaining weight

11) I am hungry:

__ (a) Almost all the time __ (b) Just at meal times __ (c) Rarely

12) People would describe me as an:

__ (a) Emotional person __ (b) Physical person __ (c) Intellectual person

RESULTS

Give yourself a 1 for each A answer, a 2 for each B answer and a 3 for each C answer. Add them up and divide by 12.

Look below at the number you now have. If you come up with a fraction, for example 1.5, then you are somewhere inbetween those two body types. And recommendations would be a middle approach.

1

You tend towards being an Endomorph, your biggest concern should be the losing of fat and adopting a lifestyle that keeps it off.

Strength training should be done to get a better muscle to fat ratio and therefore improve metabolism. Use moderate weights at a fast training pace (very little rest between sets and exercises).

You should lower your calorie intake (but not try to starve yourself) and should eat frequent but small meals. Sugars, sweets and junk food should be eliminated from your diet.

Engage daily in some activity like brisk walking, biking, etc., and try to increase the amount of time you spend each week.

Suggested supplements: Low carb/sugar protein powder and fat burners like Herbal Fat Melter, possibly a test boosting supp like Andro-Shock.

2

You tend towards being a Mesomorph and have a naturally fit body but to maintain it or improve it you should exercise and diet correctly for your type.

Strength training can be done more often and for longer sessions then would be good for an Ectomorph, but you must still be careful not to overdo it. You should train with moderate to heavy weights

and at a moderate pace, not resting too long between sets. You will find you gain muscle quite easy (some women and even men might not want to get too bulky, but this won't happen suddenly. When you are happy with your muscle size simply train to maintain it).

Stick to a good healthy diet to keep you lean and muscular, and watch for any slow creeping fat gains.

Engage in and enjoy aerobic activities, sports, etc. but do not overdo.

Suggested supplements Creatine and test boosters like Andro-Shock.

3

You tend towards being an Ectomorph, you should concentrate on gaining weight in the form of good lean muscle tissue (some women that are too thin may also want to put on a little fat to look more feminine).

Weight training should be done but not too often or for too long each session. Weight should be fairly heavy and workout pace slower (longer rest periods between sets).

Diet should be high in calories (good quality food not junk) and you should eat more than you're used to and often.

Aerobic and other activities (sports, dancing, etc.) should be kept to a minimum, at least until you are happy with your weight and looks.

Suggested supplements: Protein powder, creatine, test boosters like Andro-Shock. Stay away from fat-burners.

HISTORY

In the 1940s, Dr. William H. Sheldon introduced the theory of Somatypes. His theory described three basic human body types: the endomorph, characterized by a preponderance of bodyfat; the mesomorph, marked by a well-developed musculature; and the ectomorph, distinguished by a lack of either much fat or muscle tissue. He did also state that most people were a mixture of these types.

Sheldon's description of three body types has become an integral part of most literature on weight loss, fitness and bodybuilding.

The three body types are further described below.

ECTOMORPH

fragile

thin

flat chest

delicate build

young appearance

tall

lightly muscled

stoop-shouldered

large brain

Has trouble gaining weight.

Muscle growth takes longer.

MESOMORPH

athletic

hard, muscular body

overly mature appearance

rectangular shaped (hourglass shaped for women)

thick skin

upright posture

gains or loses weight easily

grows muscle quickly.

ENDOMORPH

soft body

flabby

underdeveloped muscles

round shaped

over-developed digestive system

trouble losing weight

generally gains muscle easily.

CONCLUSIONS

When you know which type you are (or which mixture) and diet, exercise and supplement correctly for that type, you will make much better progress.

Your goal should be to look as close as possible to (or stay looking like) a mesomorph. With the correct exercise and diet this can be attainable, and while you may be a bit upset that you have to work hard to look good while the true mesomorph looks that way naturally, at least you will still be fit and look good. And even the mesomorph will find as he/she gets older that some exercise, diet and supplements are needed if they want to continue to look good and be fit.

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