



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

WHICH SUPPLEMENTS BUILD MUSCLE?



Muscle building supplements will not magically grow your muscles. You still need to know what you're doing in the gym and have a proper workout routine. In addition to your fitness regimen, you also need to stay responsible in the kitchen.

However, supplements are a great way to help you build muscle for your time spent working out, which can ultimately lead to your dream body.

We'll take a look at the **top 3 supplements** that build muscle fast.

01. Protein Powder

How can protein powder help?

- ✓ Protein powder is a fast and easy way to have a snack.
- ✓ It's often preferable to having to eat food.
- ✓ Protein powder can be low in carbs and fat.
- ✓ The price per gram of protein is affordable.

02. Creatine

Out of all of the workout supplements on the market today, Creatine stands out as one of the absolute best.

What are the top reasons to choose creatine?

- ✓ It helps you build muscle faster.
- ✓ It helps you get stronger faster.
- ✓ It improves anaerobic endurance.
- ✓ It improves muscle recovery.

03. Beta-Alanine

Now, beta-alanine's major benefits lie in improving physical endurance and possibly [body composition](#) as well.

It's also thought to have some health benefits but the studies are so preliminary at the moment that we'll leave it as a passing thought.

In terms of improving endurance, beta-alanine is clearly beneficial but—like all supplements—isn't a miracle molecule by any stretch of the imagination.

The Bottom Line on Muscle Building Supplements

Supplements don't build great physiques. Dedication to [proper training](#) and [nutrition](#) does.

That said, if you understand this and have realistic expectations, the right supplements can help.

And as you now know, my three favorite "muscle builders" are whey protein isolate, creatine, and beta-alanine.

Use them properly and you *will* make faster progress in the gym.

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