

Supplement Summary

Most supplements will have little to no actual effect on your results. Your focus should always lie on a good workout plan along with a healthy diet. There are, however, a few supplements I recommend, simply because they will make your life a lot easier.

Protein Powder

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You don't need a protein powder to build muscle, but it is a lot more convenient than eating high protein foods all the time, especially before and after a workout or when traveling. I recommend getting a simple but quality whey protein like the one I linked above.

Creatine

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Creatine is an organic acid found in many foods (such as fish and beef). As a supplement, it will improve strength (thus build more overall muscle) through a faster restoration of ATP (Adenosine Tri-phosphate). ATP is the primary molecule used to store energy. During muscular contraction, your body turns ATP into energy and simply put, the faster the muscle can replenish ATP the stronger you will be. . Myths about creatine causing kidney problems, have been disproven by countless studies. For healthy adults, creatine has been shown to have no harmful side effects and only people who already suffered from kidney diseases reported problems from creatine supplementation.

Fish Oil

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While not as important as protein and creatine supplements, fish oil will not only boost your mood, but help maintain healthy cholesterol levels and strong bones and ligaments. It isn't necessarily going to help you build muscle faster, but indirectly it will improve your health and increase the quality of your workouts.

Multivitamin

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Supplementing with a multivitamin can help but results will depend on your current diet and whether deficiencies exist. Unfortunately, many multivitamin pills are overdosed, which can harm you in the long run.

Pre-Workout

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A good pre-workout can defiantly help you get the energy you need for a good workout after a long day of work. If you decide to take pre-workout, make sure to go off it every few workouts so your body doesn't build up a tolerance.