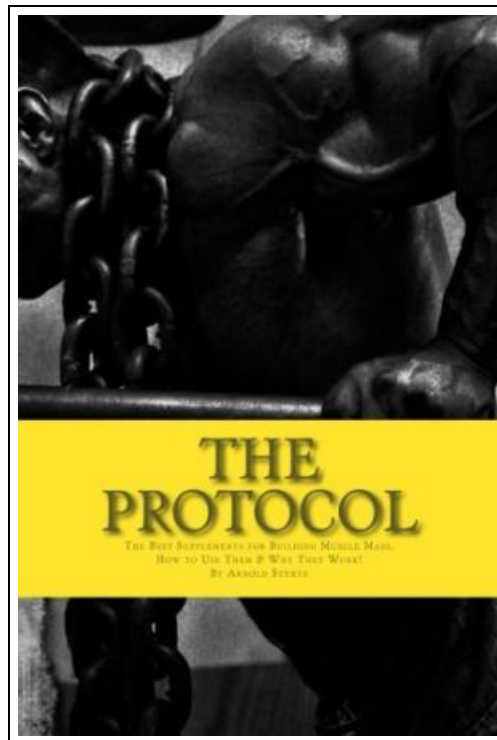


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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Best selling Amazon author, 16-year professional Personal Trainer Men s Health Coach Arnold Sturtz on the Protocol If you ever wanted a single text that cut out all the fluff and hype about how to build muscle with natural supplementation; wanted to get a lean, rock hard physique naturally; or wanted to know the most effective supplement regimen to add to your weight training or bodybuilding routine so as to put on the most muscle mass as quickly as possible without gaining body fat, then this book is exactly what you ve been looking for: The Protocol: The Best Supplements for Building Muscle Mass, How to Use Them Why They Work! What the Protocol Does: The Protocol leverages macronutrients, micronutrients and natural substances to achieve our goal of increased muscle mass: we are manipulating our hormones and bodily systems - and therefore our musculature - into massively accelerated growth with food and strategically timed supplementation. Everyone that follows the Protocol diligently can expect to put on whatever amount of muscle mass they would put on during a 6 week cycle of anabolic steroids/pro hormones. For some, that will be 5 lbs. for others it will be 25. You read that correctly: unless you are already a long time user of anabolic steroids or prohormones or have already gotten as muscular as you can possibly be naturally or otherwise, the Protocol is as effective as any 6 week cycle of those substances with none of the risks and all of the benefits (and then some!), so long as you are in good health at the outset. You can further expect a colossal increase in libido, feelings of well being as...



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