

## Body Building Supplement Review

When you are involved in the sport of body building, taking supplements can help you hone your body to new levels. There are literally hundreds of supplements on the market you can choose from. The choices can be confusing. A body building supplement review can help you make the choice about which one is right for you.

There are lots of different supplements you can use depending on your body building goals. Which one you choose to take makes a difference in the effectiveness of your workout program. We'll review some of the high points of each of the most popular, legal body building supplements.

### Creatine

Creatine has a variety of uses. Besides being used to gain strength and muscle mass, the other benefits of creatine can really help body builders achieve their goals. Creatine is also known to battle fatigue as well as muscle atrophy. It can reduce cholesterol and enhance the body builder's metabolism to better process food. Creatine has also seen a therapeutic benefit in Parkinson's disease as well as other brain problems.

### Nitric Oxide

This supplement is known to increase and sustain the flow of muscle building agents to skeletal muscle. It can increase the amount of weight you are able to lift, boosts your power output, and quickens muscle contraction. Some people also report that taking nitric oxide as a body building supplement enhances their sexual feelings and stamina.

### Proteins

Protein is very important in the diet of a body builder. It is the building block of muscle building nutrients that can build mass in ways you never thought possible. It is an amino acid that lends itself to building massive muscles that are toned and fit. It is often recommended that protein supplements be taken with some form of carbohydrate for it to be effective. Whey protein is considered to be one of the best types of protein supplement for most body builders.

### Glutamine

Some body builders call glutamine creatine's "sexy sister". Glutamine is also

an amino acid that is produced naturally by the body on its own. The problem is that stress, including the stress of a workout depletes the natural glutamine found in the system. Without glutamine, you will suffer muscle loss which can undo all your hard work in the gym. That's why a glutamine supplement is important in any body builder's arsenal.

Most body building supplements are reviewed on a regular basis by fitness magazines and experts. Getting a review of body building supplements can be the best way for you to figure out which ones you want to include in your regimen. Then go for it and realize some great gains in muscle tone!