

<p style="text-align: center;">BCAAs:</p> <p>BCAAs (branched chain amino acids) are the essential aminos leucine, isoleucine, and valine. Amino acids are the building blocks of protein and are involved in muscle growth and repair.</p> <p>Uses:</p> <ul style="list-style-type: none"> • Supports lean muscle growth. • Speeds recovery time of muscle repair. • Supports essential brain functions. • Supports healthy hair growth. <p>Recommended Dosage: 3-20g per day, 1-3 grams pre workout, 1-5 grams post workout.</p>	<p style="text-align: center;">GLUTAMINE:</p> <p>Uses:</p> <ul style="list-style-type: none"> • Glutamine plays key roles in protein metabolism, cell volumizing, anti-catabolism (prevents muscle breakdown). • Supports proper immune system function (especially after taxing workouts). • Increases your ability to secrete Human Growth Hormone (by up to 400%), which helps metabolize body fat and support new muscle growth. <p>Recommended Dosage: 2-5 grams 2-3 times daily.</p>
<p style="text-align: center;">ARGENINE:</p> <p>L-arginine, also referred to as arginine, is an amino acid that plays an important role in protein synthesis, wound healing and removal of nitrogen waste product from the body. L-arginine may be able to help build muscle tissue more efficiently by increasing blood flow to the muscles. Improved athletic performance may be achieved by consuming 1 g to 5 g of L-arginine about one or two hours before you exercise.</p> <p>Some studies have shown that combining the amino acids L-arginine and L-lysine together before exercise and sleep can increase growth hormone production by up to 700 percent.</p>	<p style="text-align: center;">HMB:</p> <p>Uses:</p> <ul style="list-style-type: none"> • Can help increase muscle growth. • Helps increase performance and recovery for both strength and endurance athletes. • Increases burning of fat due to increased energy demand. • Decreases the incidence of delayed onset muscle soreness that is common with new routines and increased intensity. <p>Recommended Dosage: 1-3 grams per day pre workout or in divided doses.</p>
<p style="text-align: center;">CAFFINE:</p> <p>Small amounts of caffeine are found to provide the following benefits (NO MORE THAN 300mg):</p> <ul style="list-style-type: none"> • Can benefit people who are at high-risk for liver disease. • Increases muscle strength. • Increases muscle endurance. • Alleviate Pain • Increases metabolism by breaking down fat, freeing fatty acids and forcing them to be burned. (Caffeine is the most active ingredient in many diet pills.) • Increases pain relief medication effects. • Increases mental faculty. • Reduces asthma symptoms. 	<p style="text-align: center;">MELATONIN:</p> <p>Melatonin is a hormone that governs over sleep patterns.</p> <p>Uses:</p> <ul style="list-style-type: none"> • Mainly used for the treatment of sleep disorders. • New Studies have shown that supplementing with melatonin can increase growth hormone levels by up to 157%. • Melatonin is a potent antioxidant that may also reduce damage caused cancer, hypertension, atherosclerosis, diabetes and Alzheimer’s disease. • Can support a healthy immune system. • It has also shown abilities to help prevent/manage migraines. <p>Recommended Dosage: 0.5 to 9 mg of melatonin before bed.</p>
<p style="text-align: center;">CREATINE:</p> <p>Creatine monohydrate is the most effective and popular supplement used by athletes.</p> <p>Uses:</p> <ul style="list-style-type: none"> • Creatine supplementation delays the onset of lactic acid build up. • Enhances protein synthesis. • Helps increase lean muscle mass, strength and energy. • Creatine is used to regenerate the muscles' ultimate energy source, ATP (adenosine triphosphate).The increased energy that creatine provides means results in more explosive energy when training, which means pushing out more reps, which leads to increased lean muscle growth. <p>What Are The Recommended Creatine Monohydrate Dosages?</p> <p>Creatine loading:</p> <p>Creatine loading works saturating the muscles with creatine in the first 5-7 days and then maintaining the creatine levels in the following weeks. So in the first 5-7 days, 20g of creatine monohydrate is taken (4 x 5g servings) with a non-acidic fruit juice or dextrose. The dosage is then reduced to 5-10g per day taken post workout and before bed.</p> <p>Gradual approach:</p> <p>The gradual approach skips the loading phase and moves straight on to taking 5-10g per day.</p> <p>How To Optimize The Uptake Of Creatine:</p> <p>You can increase the uptake of creatine by creating an insulin spike. Insulin is an extremely anabolic hormone and can transport nutrients throughout the body quickly and effectively. The easiest way to create an insulin spike is by using creatine products that are mixed with simple carbohydrates (only non-acidic fruit juices).</p>	