

Tue, 18 Aug 2009

7:22 AM

Supplements Boost The Power of Protein

In the media, we often see controversy in the world of sports when an athlete is found to be using a supplement that is not permitted for use within the professional sporting community. This is frequently due to the fact that the individual is using a banned or illegal performance enhancer, which can at times be compared to that of illegal steroids. Natural supplements, however, such as that of whey protein, glutamine and so forth are not banned from being used and have become increasingly popular amongst professional and amateur athletes and professionals alike. The use and variety of protein has become and continues to increase in popularity in terms of sport and supplements according to a PRLog press release. Protein, like muscle milk is a completely legal substance and provides much needed fuel and energy for the muscles when at the gym, playing your chosen sport and also for recovery after a strenuous workout.

Whey Protein Function and Muscle Building Process

Protein, specifically in the form of sports supplements, provides the building blocks for muscles, as well as aiding in the repair of muscle tissue after the mentioned activities. The sport and supplements, going hand in hand provide a range of protein products which include inter alia whey protein, casein, soy and egg proteins, all of which have been linked to providing an effective protein source for athletes, body builders, and fitness enthusiasts.

The level and concentration of the protein, as well as the purity thereof continues to be a highly debated issue, with some individuals seeking a more pure form of protein, which can be found in a number of protein products. Within the so called standard protein powder products, there are some prefer small amounts of additional elements contained.

The use of protein supplements and other products like animal pak has not excluded the vegetarian, as the soy variety of protein has become more popular over the years among the user who prefers a vegetarian alternative to protein. Performance supplements offers a variety of supplementation products that are geared for the fitness, sports and body building enthusiast. For more information about Protein products and sport supplements, contact your local sports supplements experts to learn more.

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Wed, 16 Sep 2009

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Important Q and A About Increasing Muscle Mass

With many performance supplements available that speed up recovery after a workout or increase an athlete's natural testosterone levels such as Novedex XT, it's important to know exactly what results each type of product will provide.

Are protein supplements an effective way to increase muscle mass? Recent research examines the effectiveness of muscle building by taking in protein supplements after workouts.

Unlike Animal Pak which consists of a formula that contains a combination of vitamin & mineral complexes and performance enhancers, protein supplements are not primarily designed for gaining mass. Calories help gain mass; if you ingest the right amount of calories, you will gain weight. Taking whey protein supplements as a way to recover quickly from a tough workout or practice within 30 minutes of a tough workout or practice has proven to be very effective for many athletes.

Protein supplements as well as calorie-burning supplements like Firelean EF can also be used to maintain your weight. Some athletes are so active they need to take in at least 6,000 calories a day or they will lose weight. Protein supplements can work as a quick way to get them the calories they need to maintain. There are a lot of protein supplements out there -- make sure you choose one that helps with muscle recovery. The quicker your muscles can recover, the quicker you can go hard for a practice or workout.

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EXTERNAL SUPPLEMENTS FOR BODY-BUILDING AND WEIGHT LOSS

Most of us spend countless hours in a gymnasium, sweating it out and straining every single muscle in the body to lose flab, gain muscle, excel at a sport, reshape our bodies and change our lives.

With the influx of several competing ideas in the field of health and fitness, it is easy to get confused. At this point we must question ourselves – Is our normal nutritional intake and diet enough to support our goal of attaining the perfect physique?

This is when external supplements and nutritional additives come into the picture.

The following are popular supplements available in the market for professional bodybuilders, athletes and just about anyone aiming towards that perfectly chiseled body and ripped abs:

1. Animal Pak contains performance optimizers such as pyridoxine alpha-ketoglutarate (PAK), carnitine, lipotropics and the like. Animal Pak equips the body with mega-doses of necessary vitamins and minerals that result in significant anabolic benefits and catalyze the chemical reactions that make training and building muscle easier and faster.
2. Whey Protein provides the body with the building blocks used for building muscle tissue. By being a direct precursor to building muscle, the nutrients from high quality whey protein can help one's muscles recover and grow faster. It also aids the production of essential amino acids such as glutamine.
3. Firelean EF is a dietary supplement that encourages fat reduction. This diet supplement claims to suppress the user's appetite while boosting energy levels. Key components for these functions are Caffeine, Citrus Aurantium (suppresses appetite) and Green Tea Extract.

Since there is a lack of published clinical research combined with the company's reluctance to publish a full ingredient list, this may not be treated as a comprehensive solution for weight loss.

4. Novedex XT helps enhance the natural production of testosterone and minimizes the production of estrogens in the body. This product is an effective way to trigger a potent physiological response in order to gain lean mass, strength and endurance while helping to achieve that chiseled look.

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Protein Supplements: The 'Whey' Of Effective Body Building

If you are considering to start taking some whey protein supplements to help build up your body, you will find that while searching for good protein supplements, there are numerous brands available in stores and online that it becomes rather challenging to find the right one. Important considerations include the quality of protein used in different protein supplements and if the mix has any artificial ingredients in it, such as sweeteners.

The web has many sites providing information about different protein supplements, and it is vital for the consumer to make comparisons between them all to help them select which ones are the best for their specific needs.

Choosing The Right Brand Of Protein And Animal Pak Supplement

24hoursupplements.com goes into great detail to explain the importance of proteins in your diet in addition to providing important information on protein supplements. It describes how proteins benefit your body, and why they should be included in your daily diet. It also explains how it is possible to lose fat faster, while retaining muscle mass, with the help of protein supplements. The site contains a wealth of information and guidance on the various available protein supplements today and describes why it is best to use whey protein for building muscles. The site features the most popular forms of whey protein supplement on the market today, and which form is best absorbed by the body: protein powder, protein shakes, protein capsule drinks, protein bars and so on.

To learn more about health benefits and some tips for choosing the best, high quality protein supplement, and also the high demand for whey protein as many people are turning to it for their protein requirements as well as using it to assist them in their weight loss efforts, contact your local whey protein and Firelean EF experts at <http://www.24hoursupplements.com/>.

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Wed, 18 Nov 2009

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Endurance And Strength: Effects Of Hormone Release On Muscle Development

Increasing muscular strength and size is the aim of many athletes and exercise enthusiasts. For achieving this goal, optimal post-workout muscle tissue recovery is vital because resistance exercise tears down muscle fibers which must be rebuilt through proper rest and in some cases nutritional supplements such as whey protein. Recovery largely depends on many physiological processes that are influenced by the availability of specific nutrients and hormones.

Working together, hormones, nutrients, and other growth factors, naturally occurring or through supplements like Animal Pak, regulate this reconstructing of skeletal muscle proteins and structure.

Aside from exercise, nutrients also have the ability to influence hormonal concentrations that may positively affect athletes and those who wish to improve body composition. A simple increase in caloric intake above energy requirements as well as complementing one's diet with a whey protein supplement can enhance growth hormone, testosterone, and insulin-like growth factor-I (IGF-I) concentrations. In contrast, energy

and protein restriction has produced negative effects on serum IGF-I concentrations, and diets with low percentages of dietary fat are associated with lower testosterone levels.

Research regarding nutritional supplementation's effects on the hormonal response to resistance exercise has concluded that insulin and growth hormone (GH) release can be influenced by the diet. The study suggested that, following a resistance training session, insulin and growth hormone concentrations were significantly higher and testosterone concentrations were lower when subjects consumed a protein-carbohydrate supplement immediately before and 2 hours post-workout.

In agreement with these findings was a study by Fahey et al who reported a significant increase in insulin concentrations following exercise when subjects consumed a protein carbohydrate supplement 30 minutes before and intermittently during a weight-training session. For more information about protein supplements as well as muscle mass building supplements like Novedex XT, contact your nutritional supplements specialists to learn more.

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Dietary Supplements: I am Working, Workingâ?â?â?On my Body

I have always had fascination for people who croon- I'm working, working, working..... "on my body"- obviously. It is your body and first and foremost thing required is devotion to yourself. Then I think is a tremendous amount of stamina and the grit to push through grinning the pain. No satisfaction is more than when the results start showing.

I came across the words of some one who felt human beings are the centre of the universe because they are the most complex. I am sure most living beings blessed to have bodies like those few and capable of thinking the way we do will feel the same.

The obvious thing is some one has put in a lot of thought for us to have bodies like these and why not love them?

But exercise needs dietary supplements. It is advisable that one works at and works out under supervision. One can share the nuggets of information that one has found helpful. A few invaluable words keep coming in. A young man had written in that he tried out Novedex XT for 5 weeks. The consensus seems to be that it should be tried for more than 3 or 4 weeks for results to become apparent. Watch out for your age and those testosterone levels before trying it out. He had put on 6 lbs in that period of time. That was a lot of muscle mass considering his weight was already on the higher side.

Another supplement that many are finding it important for workouts is Animal Pak. There is no shortage of people who found their bodies responding to Animal Pak. But Animal Pak should be taken along with Whey Protein. Together they work wonders- giving you all the strength required for building those muscles and the endurance required to last those sessions. If however the requirement is of weight loss than you can try out Firelean EF.

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