



VITALITY  
FITNESS



**SUPPLEMENT**

**GUIDE**

OK, so you're probably not training to win an Olympic medal or anything close to that magnitude, but supplements are something you should definitely consider. For those of you that might not be familiar with the term supplements, it is defined as a formulation or nutrient that is "drug free" or "natural".

Dietary supplements refer to vitamins, minerals, herbs, or other botanicals, amino acids, any "dietary substance for use by man to supplement the diet by increasing the total dietary intake."

So things like bars, multi-vitamins, Essential Fatty Acids (EFA), creatine, glutamine, protein powders, and glucosamine all fall under this heading.

The supplement industry is filled with men in suits who never worked out a day in their life. They sit around all day concocting marketing ploys to sell you crap you don't need and that every supplement out there today is designed to do one thing – separate you from your money again and again.

That is the sorry truth about the supplement industry today. 95% of the products out there are junk and do not live up to the promises they make.

And if you read any type of fitness magazine, you'll find that most of them are nothing more than one big advertisement for various supplements and other similar products. Did you know that some of the magazines today are owned by supplement companies? Of course you're going to read all about how amazing the product is in these magazines, but how much truth is there to it?

Were you also aware that some innovative and quality supplements developed by small companies that directly compete with larger company's top selling supplements are blacklisted. The large established companies prevent them from advertising in the same magazines by threatening to pull their ads and big cheques if they print their competitors' ads!

So there you have it. Not only are we left with a lot of bogus advertising, but it is getting harder and harder for quality products to make it to your attention.

Companies pay for research on a particle nutrient or substance trying to find the results they want. They may use 10x what a human would take and get the results from testing on rats, but nevertheless, if this test happened to increase the testosterone levels,

then you and I will read about it in next month's fitness magazines.

To the contrary, many supplements contain only trace amounts of the nutrient they're promoting. This means the supplement contains far less than it should to realize any results. They'll put in a few sprinkles just to say it's in there, while adding no real value. It's like buying a gold watch and then later finding out that it's only 9 carats. Sure, there's gold in it, but it's not worth very much... and will probably turn your skin green.

Another thing to watch out for is packaging. Some supplements need to be packaged in capsules and kept away from air contact to ensure maximum effectiveness, but are still sold in powder form. An example of this would be ALA (alpha lipoic acid)

Don't think for one second that there are not a ton of supplements on the shelves today that claim they have certain nutrients and/or certain amounts in them and in turn don't, or make ridiculous claims, such as add 10 pounds of muscle in 10 days! You need to stick to quality brands that have a proven track record of success with scientific

research that backs them. Always remember that you get what you pay for.

It has always been interesting to me that there are some people that would rather spend their money putting premium gas in their cars and buying expensive clothes and then skimp on the quality of food they are putting in their bodies.

## Why Do I Need Supplements?

***The simple answer is... you don't.***

You don't need to be taking supplements if you are perfect with your diet and are getting in all the nutrients that you are supposed to each and every day. The problem is that most people do not have the time to eat enough healthy food or are unable to get access to nutrient rich food when they need it.

Supplements help with that by adding convenience and a concentration of the good nutrients you need in one place.

There are 2 reasons why you would want to consider using supplements.

### **1) Making Up For Deficiencies**

It is widely accepted that if you are training intensely you will have a greater demand for a number of different nutrients; therefore you are probably deficient in one or more nutrients.

In addition to this, our nutrient starved food supply with its preservatives and over processing practices is also inhibiting our ability to truly achieve normal levels of nutrients.

In this scenario supplementing brings your body's level up to a minimum requirement for daily needs.

### **2) Achieve Optimal Levels**

Another reason for taking supplements is to provide a nutrient that is "under supplied" in the normal diet. To build a better body, daily minimums or levels of a nutrient that is considered normal may need to be increased to see optimal levels and therefore improve your results.

An example of this would be protein. Daily minimum requirements indicate that an average sized adult needs approx 40-60 grams of protein each day to function normally. We have known for years that optimal levels of protein to support maximum muscle growth and fat burning is up to three to four times the daily minimum requirements.

In this scenario, supplementing with a daily protein powder is optimal.

Now let's talk about the foundational supplements; supplements that you should be taking year round and without exception.

Whatever your goals are these supplements will help you to achieve your desired results **faster** and improve your overall level of health.

Now remember it is not my intention to sell you supplements you don't need. There are thousands of supplements out there and hundreds of brands for each.

The supplement craze is a relatively new industry about 10-15 years old. The amazing physiques of the ancient Spartans like those seen in the movie 300 and the athletes of the early 1900's shared something in common. They built their physiques with food and a lot of hard work.

Even though I am pro supplements, I want to make it perfectly clear that my only concern is to see that you reach your goals and not to sell you any supplements. All I want to do is give you the straight facts and let you decide if you want to boost your results with supplements.

Now having said all that, I still recommend supplements and think they do play a major role in developing your physique. A few good ones will improve your performance by aiding in your recovery, increasing your strength and energy, speeding up the process of muscle building and fat loss, as well as adding a convenience factor and placebo effect.

What I mean by a placebo effect is that when someone takes a supplement, regardless of its effectiveness, they tend to eat better and train harder as to not waste their investment in that supplement. Thinking that they are feeling the results and feeling positive about their progress is what makes the difference in this case.

There are a few hidden gems still out there today that I will recommend to you. These supplements have gathered all the good from nature and have put them into one super concentrated source.

And you certainly don't have to spend a ton of money each month on the supplements either. Some of the supplements are taking the place of food, so you'll actually save on your grocery expense.

The following supplements have been developed over many years and have plenty of real world experience by myself and countless others. The research behind them is extensive and well documented. You still have to be careful which ones you buy. Make sure you are getting a product from a well established company's like **BlueStar** and remember that you get what you pay for. The greatest advice I can give you is to focus on a nutritionally sound diet with moderate aerobic exercise and consistently progress your resistance training and then add the following supplements to your plan when you are ready for them.

## Protein Powder

Although you can get most of your protein needed for optimal health through food, with today's hectic lifestyle it just isn't very practical.

Supplementing 2 - 3 times a day with a protein supplement is very important in maintaining a positive nitrogen balance, maintaining insulin levels and growing muscle as fast as possible.

Protein powder also is ultra convenient and quick to prepare for those times when you literally have 10 seconds to get in a meal. By adding some oatmeal and flaxseed oil to your shake you have effectively made a balanced meal replacement.

And if you want to talk about the dollar and cents of it all consider that protein powder as food, you need to it. If you really start to think of it as you should, which is part of your grocery budget; you will actually start to save money. You won't need to buy as much meat, egg and fish to get your protein intake up to optimal levels each and every day. Another big plus with protein powders is that they blend into your vegetable and fruit smoothies making them more of a complete meal, and by adding protein powder to your baked goods you really slow the release of the carbohydrates and thereby effectively help to maintain blood sugar levels.

Recently, protein has become a very popular commodity world wide. Because of this the cost of protein has increased substantially and will most likely continue this upward trend.

I created a quick reference chart to illustrate what you are actually paying for protein. **This chart represents the *cost to obtain 60 gram of absorbable protein* not the actual weight of the protein.**

Consider the following protein comparisons

Food Item	Purchase Size	Purchase Price	Cost of Protein Per 60 grams
Eggs	1 dozen	\$3.19	\$2.31
Chicken	1 dozen	\$14.29	\$2.67
Protein Powder	5 lbs	\$95	\$2.92
Stew Beef	1000 g	\$13.76	\$2.95
Cottage Cheese	500 ml	\$3.75	\$3.75
Salmon	1000 g	\$18.30	\$4.21
Tuna	1 can	\$2.79	\$5.58

You can see from the chart above that a good quality protein powder is about in the middle of what it costs to obtain this protein from a few pure protein food choices.

The most widely used and accepted type of protein powder on the market today is a whey based isolate protein. Whey protein powder has the highest biological level (what your body actually uses) and is also high in glutamine. Whey products have, for some time, maintained their position as the gold standard in protein supplementation as the biggest selling protein supplement by far, due to the powerful anabolic effect it exerts on muscle growth.

Whey is thought to contain the perfect combination of muscle-building amino-acids (the building blocks of protein) that enhance the immune system. It has also shown a rapid utilization capacity, for maximum protein absorption by the muscles (making it perfect as a *post-workout drink*).

## When Is The Best Time To Take The Protein Supplement?

The best times to drink the protein shakes would be immediately following a workout. After a workout your muscles act like a sponge and need instant nutrition.

The second best time to take the protein supplement is first thing in the morning. Your body has been without protein for 6-8 hours and it needs it quick. Other than that, anytime throughout the day when you don't have time to get to food is ideal.

### INCREASED FAT LOSS!



16.7 LBS FAT LOSS - HIGH PROTEIN

9.46 LBS FAT LOSS - HIGH CARB

Research shows that high protein diets are the way to go if you want to lose fat. Head to head, high protein diets are 56% more effective than a high carb diet.

**Blue Star ISO-SMOOTH™**'s combination of award winning taste and instant mixability makes the shake an enjoyable treat. Your protein choice should not only taste great but should mix completely simply by stirring with a fork.

**ISO-SMOOTH™** is a four stage cold-processed Isolated blend of proteins, delivering fast when you need it, and time released to keep you sustained. With virtually no lactose, you won't feel bloated or gassy.

### **Do not assume all protein powders do this.**

If you need to break out the shaker cup or blender every time you need a shake it defeats one of the reasons you use protein powder and that is to save time.

### **When it comes to protein, you get what you pay for.**

Unfortunately, due to the high cost of raw protein powders, many manufacturers cut corners in order to increase profit margins for big box retailers. However, we don't get pushed around by big box retailers. We refuse to "spike" our protein with cheap amino acids that test as protein, but leave users disappointed with results.

This is the protein I personally take now and I can honestly say you will not be disappointed with the results, taste or mixability.

**You can purchase the very same protein that I use**

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## **Essential Fatty Acids**

Even today, some people still today believe that there is no such thing as good fat. Not all fats are created equal. Let me start by reiterating what you heard in the Vitality Fitness "Game Plan. Good fats help the body by blocking the growth of some cancer cells, they help develop healthy cell membranes, they promote an improved nervous system function and memory retention.

Healthy 'good' fats also repair adrenal gland function, which will become more and more prevalent in the coming years. With society's increase in stress and the sky rocketing popularity of energy drinks over the last 5 years, the adrenal glands of today's youth will become increasingly reliant on stimulants to feel 'normal' energy levels.

Those that look to repair the damage they have caused themselves over the years, will look to supplements, Essential Fatty Acids, to aid in this process.

The good fats also play a role in thinning your blood, which can prevent blood clots that lead to heart attacks and stroke. One of my oldest clients is 77 and he supplements with 6 fish oil pills a day. Richard attributes the disappearance of the pain he has felt in his hands for years to fish oil supplementation.

If all these great benefits were not enough to even consider taking an Omega supplement consider that they also help you to look good by improving the look and feel of your skin and hair ladies. Guys, fish oils are found in sperm, and these oils may support healthy sexual organ function. 'nuff said;)

Seriously though these 'good fats' are called unsaturated fats and you should be incorporating them into your diet at optimal levels. I have found it easiest to eat a diet that is rich in pure, lean protein, complex and fibrous carbs and allow my fats to come in sparingly through the foods I eat. Then, I supplement on top of my diet so I am sure to get the optimal levels that I need to perform at my best.

If you try to get your fats solely from your food sources such as fish, seeds, nuts, yolks, avocados etc. you may find it difficult to get the exact amount without going over. Fat grams, as you know, are really high in calories. More than twice as many per gram than protein or carbs. There are those that are trying to lose body fat and stay healthy who snack on seeds and nuts during the day. These people will almost always over do it, without knowing it, and find their fat loss becomes stagnant.

Consider limiting fat in your diet to the trace amounts of saturated fats found in your lean protein choices and vegetables and adding in an essential fatty acid supplement like the one I have for you here.

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## **Multivitamins**

Most people, whether they are training or not, take a daily multivitamin without even questioning why or the quality of the vitamin itself. They simply take it because they know they should and have been doing so since their mom gave them Flintstones.

Vitamin and minerals are also referred to as "micronutrients" because your body needs only a small amount of them (micro meaning small scale). Carbohydrates, fats and proteins are called "macronutrients" because your body needs larger amounts (macro meaning large scale).

Vitamins and minerals contribute to good health, muscle growth, and proper fat burning by regulating the metabolism and assisting the biochemical processes that release energy from digested food. But the high level of processing our foods go through today leave very few vitamins and minerals. Unless you are eating well balanced, whole food meals, you are probably deficient in at least one vitamin or mineral. I believe because of this, vitamins are more important for us to take today than they were back when we were little kids, watching cartoons. As a matter of fact, now that my son is 3 years old I feel like I watch more cartoons now than I ever did but, I digress.

These deficiencies can go undetected for quite some time all the while inhibiting your muscle building and fat loss results, as well as your over all health.

Supplementing with a daily vitamin is recommended and even more important for you now that you are working out. Minerals are subcategorized into two groups depending on the amount needed by the body. These two groups are "bulk" and "trace". Minerals that you require close to a gram a day (bulk) include calcium, magnesium, phosphorous, potassium and sodium.

Most multivitamin pills provide up to 100% of the daily value for the nutrients they include. But there are exceptions: calcium and magnesium are too bulky to include 100% in a multivitamin. Most healthy diets that include spinach, legumes, fish, and nuts provide enough magnesium.

Calcium is by far the most abundant mineral found in the body. Besides giving strength to our bones, teeth and fingernails, it helps to regulate muscle contraction, lower blood pressure and promote gains in lean tissue. Female athletes especially need to be concerned with their calcium levels to prevent the development of osteoporosis which literally means "porous bone".

A very real feeling I get when I miss my vitamins is the increased cravings. I have noticed that when I forget to take my vitamins for 2 or more days, my ability to stick to a diet suffers. I believe this is due simply to the fact that my body is missing something that it needs and I have



cravings to feed in hopes of getting whatever it is I have been missing. For this reason alone I continue to take my daily vitamins.

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## **Creatine**

Without a doubt, creatine is the most popular and effective muscle building supplement on the market today. It is the first supplement I ever used and it worked great for me right from the get go. I attribute my first signs of results and subsequent life changes to this powerful strength boosting supplement.

Creatine has been proven time and time again to have the amazing ability to add muscle and improve strength. And of course with that comes the added bonuses of improved fat loss, decreased muscle fatigue and increased energy. You don't have to be an aspiring bodybuilder to benefit from creatine. A busy person like yourself needs results quickly, so whether you are looking to build muscle or lose fat, this supplement can help. I will briefly explain the basic science behind creatine's wonderful effects so that you may understand and adhere to the proper use of it.

What is creatine anyways?

There is 120 - 140g of creatine naturally present in a 190 pound body and is found naturally in red meat and fish. Although you can get creatine in red meats and fish, you would never be able to eat enough of it to achieve optimal levels.

The main thing that you will notice while on creatine is the increased water retention and the improved strength. The improved strength is due to the increased efficiency of your body's utilization of Adenosine Tri- Phosphate (ATP). ATP is ultimately what produces energy in your working muscles. Carbohydrates and fats are broken down to this final stage before being used as energy.

When your body uses ATP, it breaks one of 3 phosphates off of it, which produces energy. This burst fuels contractions. What is left after a phosphate is broken off of ATP is the molecule called Adenosine Di-Phosphate (ADP). ADP must wait for the third phosphate group to be reattached before any more energy can be reproduced. So, when you consume creatine it is converted into creatine phosphate, which is then stored in the muscle tissue. By having these extra

phosphate groups in the muscle tissue, the body can convert ADP back into ATP at a much faster rate.

What does that mean?

This means that you will have more energy and strength when training. You will be able to lift heavier weight for more repetitions. This added intensity is what will speed up your muscle building and fat burning results. As previously mentioned, creatine's other main benefit is the increased water retention or "volumizing" capabilities.

Creatine needs an ample amount of water in order to be stored in your muscles, which results in the "super-hydration" effect. This effect is noticed by an increased muscle girth and a feeling that you are "pumped" all day long. This "pumped" feeling is enough to get anyone hooked and coast through the first 3 critical months of training. This effect leads to arguments that creatine isn't any good because all it is doing is adding water to your muscles.

This is true, and while the added water retention dissipates when the use is discontinued, you are still harvesting all of the benefits and are left with a more

muscular, more efficient, fat burning machine in the end.

Remember, your muscles are 80% water to begin with and elevated water levels promote an overall improved anabolic effect within your body.

For some, water retention is the last thing you want to hear because it will add weight. If fat loss is your goal, do not confuse this increased weight with fat weight, because it most certainly is not. On the contrary, this increased water weight will aid in maintaining your hard earned muscle while restricting calories to lose fat and when you finish your cycle of creatine, the extra water weight will fall right off. So if fat loss is your goal, I still recommend cycling it for at least two, 8 week cycles a year.

For some of you reading this, the burning feeling that you feel in your muscle during training is almost more than you can bear. This burning feeling might be putting you off of your workouts and is one factor that is holding you back. This burning feeling I am referring to is the build up of lactic acid in the working muscle. And yet another benefit of creatine is its ability to act as a natural "pain killer". Since creatine speeds up the rate

that ADP is converted back to ATP, the pH level of the blood can be stabilized. Less lactic acid means more strength, longer sets, less pain, better workouts and therefore better results.

So, by this point you are hopefully sold on the idea of at least trying this highly effective and inexpensive supplement. Remember, I don't get anything for promoting it, other than a very happy client. It has been recommended from day one that you use a loading phase when starting your creatine supplementation. This means that you will fully saturate your muscles for the first five days. You would take 20-25 grams of creatine every day for the first 5 days. Make sure to space out the times you consume the creatine as the body can only absorb about 5 grams at a time. 1 teaspoon equals 5 grams, so essentially you will be taking 1 tsp., 5 times a day for the first 5 days. This is not be confused with 5 teaspoons, 5 times a day, for the first 5 days! Many years ago I had a buddy misunderstand me and he took 5 teaspoons, 5 times a day, for 5 days. That's 125 grams a day! He asked me about a week later why he was running out of his massive tub so quickly. We tease him about being a creatine junky to this day but, I digress.

Now until just recently, it was believed that you needed to "cycle" your creatine use. It was thought that you needed to take a break every 8 weeks or so to prevent your body from becoming accustomed to it.

Much like someone who drinks too much coffee in the morning, they soon need 2, 3 or even 4 cups to feel the effects. There is currently no proof that you should cycle off every so often, but it is the method I have used for many years. I would suggest you experiment with both and over time you will find what works for you.

An example cycle would look like this:

Week 1: Loading Phase (20 – 25 grams daily)

Week 2 – 8: Maintenance Phase (10 grams daily)

Week 9 – 12: No creatine

Repeat

### **TIPS**

1. Drink plenty of water. As mentioned earlier, if you do not stay well hydrated you may experience stomach discomfort, bloating, intestinal and muscle cramping, and diarrhea.
2. Loading Phase. 5 days of 1 tsp. 5 times a day.
3. Training Days. 1 tsp. creatine immediately following your workout and 1 tsp. before bed.
4. Non Training Days. 1 tsp. in the morning and 1 tsp. before bed.

### **Creatine Monohydrate**

This is the original form of creatine and is now very inexpensive, costing approximately. This white, tasteless, odorless, yet gritty powder can be easily mixed with a fruit flavored drink or Sports drink. Any drink with sugar in it will do just fine.

It is very important that you mix your creatine with a sweet, sugary drink. Many studies have shown for quite some time now that mixing your creatine with simple sugars will increase the absorption by up to 60%. This transport system of adding sugar is effective because of the effect of sugar on your insulin levels.

As previously stated, insulin is responsible for driving nutrients into your muscle cells. When you mix the creatine with sugar, you are spiking your insulin levels, thereby ensuring that your body is absorbing as much of the creatine as possible. It is more important to absorb as much creatine as possible, as opposed to how much you actually take in.

Taking too much creatine to get the desired effects increases the amount of creatinine in your body which is a bad thing. Kidney and liver problems, stomach discomfort, bloating, intestinal cramping, and diarrhea are some of the negative side effects.

When I started using creatine, it was not well known mixing it with sugar was that beneficial, so we all just used warm water (the warm water helps to dissolve the creatine). When I started mixing with sugar, I noticed a big difference. Studies show that mixing creatine with 50g – 70g

of simple sugar creates the best results. This is a lot of sugar and can be difficult to obtain from any sugary drink. If you want to achieve this level, you'll need to add additional sugar to any traditionally sweet drink. I don't recommend you use that much sugar, as it is not only unhealthy and impractical, but will most undoubtedly increase your waist line. Using a regular 8oz Sport or Fruit drink will do just fine.

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## **Citrulline Malate**

Citrulline Malate is nothing new and has been around for a while now. In Spain, CM has been a popular sports supplement despite being considered a pharmaceutical drug (Stimol) only authorized for the treatment of asthenia otherwise known as weakness. hint hint. Citrulline is a naturally occurring amino acid with the highest concentrated amounts found in liver and watermelon with trace amounts in many other foods. The problem is you'd need to eat a truck load to get the optimal amounts for increased performance.

### **How it works?**

During an intense set, there is an accumulation of lactic acid long referred to as the burn, a known contributor to muscle fatigue. Part of the process that makes up the burn is ammonium and citrulline facilitates the clearance of ammonium.

Malate limits the accumulation of lactic acid by reorienting toward neoglucogenesis, which is the synthesis of glucose from molecules that are not carbohydrates, such as amino and fatty acids.

Thirdly, The popular Pre workout pump drinks today such as Extreme Rush work because the citrulline levels are sufficient enough to be noticeably converted to L-arginine. The reason why you want elevated levels of L-arginine is that it increases your Nitric Oxide levels. NO regulates many physiological functions of skeletal muscle including glucose uptake and oxidation, mitochondriogenesis, contractile functions, blood flow and fatty acids oxidation, and muscle repair.

Results from a study I read in one of my NSCA Research Journals sent to me each month showed that 53% of those tested using citrulline malate exhibited a strength increase in sets 7 of 8 and 100% showed an increase in set 8 of 8. There was also significantly lower DOMS (Delayed Onset Muscle Soreness) reported 24 and 48 hours post exercise.

I reserved judgment on this supplement as I do with all supplements until I have tried them for myself. After a few months I could safely say that I did notice an increase in strength and workout intensity/focus, which is why I continue to cycle this supplement in pre workout form to this day.

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## **Beta Alanine**

Fairly new to the scene you are now seeing this supplement being sold on it's own, in proprietary blends for pre workout drinks and even combined with some protein powders. Scientific studies have established that beta alanine supplementation increases muscle strength and output, muscle pumps as well as increasing muscle mass.

To increase muscle performance and capacity, beta alanine cleans up the hydrogen ions and lactic acids produced from the breakdown of ATP in the muscles. This buffering action is due to carnosine and it

prevents the muscles from tiring easily by preventing their pH from dropping.

Beta alanine through carnosine has also been shown to have strong antioxidant properties. Therefore, its benefits includes faster recovery and boosting the immune system.

### **Some other benefits include:**

Train harder and longer

Explosive strength and power

Increase aerobic endurance

Increases muscle mass

Heightens muscular anaerobic endurance Increase aerobic endurance

Noticeable pump increase

The only known side effect of beta alanine is a tingling sensation on the skin similar to what you would feel if you have ever tried a tanning cream with a tingle factor. This is not harmful at all although some people actually like the sensation taking it for an indication that beta alanine is working, although some will freak out.

The tingling is caused by beta alanine binding to nerve receptors and it is not experienced by everyone taking the amino acid. For those experiencing this, it lasts for about an hour and may subside after a couple of weeks but I for one always feel it.

Research has shown that you can take an amount between 3.2 grams and 6.4 grams per day to significantly boost carnosine levels and improve performance. The popular pre workout drink Extreme Rush has it listed in its proprietary blend so the specific amount is unknown, however, it is in a high enough dose that I feel the tingle.

The most recent research, now using 4-5 grams a day, is showing comparable carnosine concentration and performance improvements to those using 6.4 g daily. Based on the current research, I suggest 4 grams of beta-alanine a day, with an optional 2 week loading phase of 6 grams a day during the first month of use.

Immediate benefits: Many users experience intense vasodilatation/pumps from the very first dose of Beta-Alanine, which is a nice change as most supplements take a while to kick in while

you saturate your receptor cells. As Beta-Alanine increases carnosine and carnosine is a powerful precursor in generating nitric oxide synthase (a group of enzymes necessary for making the powerful vasodilator nitric oxide), this is an added, immediate benefit of Beta-Alanine.

**This benefit can have a negative drawback that you have to be aware of.**

Just because you have a great pump that does not mean you have done enough work to stimulate the growth or fat loss. If after just a few sets you stop short of challenging your muscle because you feel so pumped up you can see where you would be falling short.

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**“The main point to remember is that no supplement is a solution.”**

That even the very best supplements are only that, “supplements”. The [www.freedictionary.com](http://www.freedictionary.com) describes that word supplement as... “Something added to complete a thing, make up for a deficiency, or extend or strengthen the whole.”

The word itself tells you that it is added to something to complete a thing. This means, that only when you are eating well (80/20), exercising regularly, sweating everyday, sleeping well (7-8hours) and drinking plenty of water (2.5+L/day) do you even contemplate adding supplements to your plan.

Focus on the basics, spend that money on good, healthy food, and only when your firing on all cylinders do you try to take it to another level.

The trap is when people who are not challenging their mindset, not creating a positive environment conducive to change and are simply not working start popping pills believing (hoping) they will achieve their goals with no work, no sweat, no effort.