



YOUR KINDLE NOTES FOR:

How to Build Muscle The No Nonsense Way

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Last accessed on Monday June 15, 2020

3 Highlight(s) | 0 Note(s)

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Any athlete that is deficient in Glutathione will suffer from a decreased performance in the weight room and experience a loss in muscular growth. Hard training has been known to deplete levels of Glutathione. Thus the hard training athlete can benefit tremendously from supplementing with Glutathione that will enhance recovery and help you build muscle. You can also help boost Glutathione levels with the intake of Vitamin C and Alpha Lipoic Acid. Whey protein also has precursors (amino acids) that will help in the manufacturing of Glutathione reserves as well. This is one supplement that you do not want to be without, whether working out or not. Just too many beneficial health benefits alone to ignore. The

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Deer Antler Extract – velvet deer antler extract has been used in traditional Chinese medicine for over 2,000 years. It is known for its capabilities for improving everything from overall health and athletic performance. Clinical studies have shown that the IgF-1 found in deer antlers is capable of promoting muscle cell growth, connective tissue, bone, and nerve health. This is because deer antlers are considered as the fastest, natural growing tissue worldwide. This essential element contains more than 70 amino acids that are helpful in building muscle, and fighting the common symptoms of the aging process. Now a days people are conducting several studies and research works on the positive side of deer antler extract to humans. The deer antler extract for bodybuilding has shown an intense growth effects among athletes and bodybuilders. The ability of IgF-1 can stimulate the natural growth of muscles twice as powerful than any other supplements. Deer antler extract can help you build muscle faster, improve you recovery response, and benefit your overall health. This supplement you can definitely feel working the first week

of use, as I can attest to that myself. It just gets better week after week. Just make sure when buying you buy from a reliable source, as there are many counterfeiters out there. A good one is from "Maxlife Direct, Now, and Nutronicslabs.com", you won't be disappointed ! 9)

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Suma Root extract – a product of South America that has been used in Brazil as an aphrodisiac, a general tonic, and just a bout what ails the human body. Suma root is known for its content of (beta-ecdysterone) that has anabolic properties. Due to its anabolic action, suma root is now being used as a natural anabolic to build muscle and help treat chronic fatigue syndrome. Researched heavily by Russian scientists, it was known to contain 19 different amino acids, a large number of electrolytes, trace minerals, vitamins, and pantothenic acid (B5) . It also contains a high amount of germanium that accounts for its ability as an oxygenator, and high source of iron content that may account for its traditional uses for anemia. The root also contains phyto chemicals that include saponins, pfaffic acid, glycosides, and nortriterpines. Suma was once called the "Russian Secret" because it was taken at one time by the Russian Athletes during the Olympic Games. Suma's main anabolic action can be attributed to its high content of betaecdysterone and 3 novel ecdysteroid glycosides. Being a rich source of beta-edysterone that is the subject of a Japanese patent that was filed for a US patent in 1998 for a propriety extract of Suma (which extracted the ecdysterone and beta ecdysterone. These researchers claimed through various in vitro and vivo studies that compound maintained health and had other various health benefits as an overall tonic. Look for the highest standardized extract for beta-ecdysterones when buying Suma root.

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