

HOW TO ACHIEVE EXPLOSIVE MUSCLE GROWTH



SUPPLEMENT	FACTS
WHEY PROTEIN	PUSHES PROTEIN SYNTHESIS, FAST DIGESTION AND MUSCLE ABSORPTION, CONTAINS PEPTIDES THAT INCREASE BLOOD FLOW
EAAs/BCAAs	IMPORTANT FOR REPAIRING/BUILDING MUSCLE, PROVIDES MORE ENERGY DURING WORKOUT
NITRIC OXIDE BOOSTERS	MORE BLOOD FLOW TO THE MUSCLES AND ENERGY DURING WORKOUT, HELPS MUSCLE RECOVERY AND GROWTH POST-WORKOUT
CREATINE	CONTAINS AMINO ACIDS ARGININE, GLYCINE AND METHIONINE, DRAWS MORE WATER INTO MUSCLE CELLS, INCREASES FAST ENERGY IN MUSCLES
OMEGA 3 FISH OIL	ASSISTS FAT LOSS BY MAXIMIZING METABOLIC RATE, HELPS JOINT LUBRICATION, IMPROVES CARDIOVASCULAR HEALTH
L-GLUTAMINE	INCREASES LEUCINE IN MUSCLE FIBERS, DECREASES MUSCLE BREAKDOWN AND MUSCLE FATIGUE, BOOSTS GROWTH HORMONE LEVELS

Guide To Explosive Muscle Gains

G Thomas



Guide To Explosive Muscle Gains:

Guide To Explosive Muscle Gains Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Guide To Explosive Muscle Gains**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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