

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

John Cooper



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