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The supplements form an important part of an athleteâ€™s or a body builderâ€™s diet. Most of these supplements are common for both the categories as they help in producing and maintaining the muscle mass as per the requirement. These supplements are used in addition, or at times substitute, to the meals to either loose or gain weight. Some of the most popularly used bodybuilding supplements supplements are protein supplements, vitamin supplements, essential fatty acids, glutamine, weight loss products, meal replacement products, creatine or testosterone boosters. These supplements are available in the market, either independently or in the form of â€œstacksâ€•. Although most of the supplements are used by the general public, their dosage and frequency of use might be different in the case of body builders.

This category of sports supplements is one of the most popular when it comes to the industry of dietary supplements. Additionally, it is also considered to be the most criticized category. Most of the times when a professional sports athlete is scrutinized for making use of performance enhancing substances, most often their claim is that they were making use of a dietary supplement which they thought was legitimate. Because of this reason the category of sports supplements often bears the brunt of the legal authorities.

It is a well known fact that there is enormous pressure on the athletes to maintain their health levels and perform well. Due to this, most of the sports persons, with a view to maintain their fitness levels, start the intake of dietary supplements, as well as, sports nutrition products along with their intensive training sessions. However, what most people are not aware of is the fact that not all the dietary supplements available in the market today are safe for consumption. Although majority of these products are tested for any kind of health hazards and side effects but the market is still flooded with products that have never been tested. Hence, it is important to know what you are consuming so that it does not backfire on you.

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For more information on a sports supplements, check out the info available online; these will help you learn to find the a bodybuilding supplements!

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