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Sports supplements - the complete solution for athletes by [Julia Roger](#)

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Retain a good health and nutrition with the help of Sports supplements. These are dietary supplements that are commonly used by people who are involved in bodybuilding and athletics. These supplements are also known as ergogenic acids which includes vitamins, minerals, and amino acids, herbs, or botanicals plants, they are used to improve athletic performance. Body building supplements are mainly used to replace meals and enhance weight gain. Such supplements are also used to improve athletics performance.

These sports supplements include vitamins, amino acids, proteins as well as essential fatty acids. Sports supplement basically improves sports performance and provides better results if consumed on a regular basis. These sports supplements include powdered form of proteins that are used by body-builders. The powder is usually mixed with water or can be consumed with milk or juice. These sports supplements are generally consumed before or after exercising or can be taken as a substitute to meal also.

Proteins are an essential component of Bodybuilding supplements. Some types of protein can be taken directly before or after the work while others can be taken directly while going to the bed. As proteins are the essential components of body so this can benefit an individual in building body parts.

Sports supplements provide higher quantities of protein that will support maximal muscle growth to the athletes. Essential Sports supplements include proteins, branched- chain amino acids, Glutamine as well as essential fatty acids. Amino acids are also the building blocks of proteins. These branched chain amino acids accounts for about 33% of muscle protein. Glutamine is also one of the most abundant amino-acids found in human muscles and is usually found in supplements as a micronized soluble powder.

Such supplements prove to be useful for long distance runners as well as sports persons. Fishes, fatty acids or fish oil can be taken as a supplement by the sports persons. This is due to the reason that fish contains the maximum amount of protein as compared to any other regular day to day diet. Due to the abundance of protein and vitamins in these supplements they are sometimes called as a dietary supplement.

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