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The fact that bodybuilders and weightlifters need body building supplements is known to all that strive to better their performance levels and endurance standards at important competitive events. These supplements contain protein powder and mass gainer, fat burner and amino acid/BCAA as well as supplements for endurance and recovery. There are vitamins and anti-oxidants as well as energy boosters and supplements for improving joint support, creatine and L-Glutamine, Omega fatty acids and water eliminators and lots of fiber and zinc. Boosters are required before workouts and those during work-outs as well as some that are necessary after work-outs. One of the most important sources of nutrition that a bodybuilder can depend on is the 100% whey in different forms.

Protein is most essential if you want to build muscle. This is because of the presence of amino acids in proteins. Whey protein is a complete source of protein and 100% whey is as good a source of protein as you can get. However, it must be borne in mind that whey or any protein for that matter, cannot build muscles. All these assist in building muscles and you need the right mix of muscle building regime along with a balanced diet and whey protein as a body building supplement.

Whey protein also helps burn fat. Once again there is a proviso. Your exercise regime and diet must also be in synch with the consumption of whey. In order to make this whey work and reduce your fat, you have to cut down on the carbohydrates and simultaneously increase the protein intake. 100% whey is available readily in various forms. You can try the Optimum Nutrition Crisp Bars in packs of 12 bars. These are great to taste and high quality protein. With 26 gm of fast-acting whey protein and carbohydrates one can power up before a workout or recover after a session. One can of course enjoy these crispy bars just about any time as well. You also have the option of ordering Optimum Nutrition 100% Whey gold standard that is available in 5 lb packs. These are packed with whey protein isolates and fast-acting whey peptides.

100% whey is great as body Bodybuilding Supplements. This has higher pure protein percentage and provides whey protein micro fractions besides more than 5 gm of BCAA and over 4 gm of Glutamine and Precursors. With the use of whey protein isolates as the primary source of protein itâ€™s possible to pack a whopping 24 gm of muscle-building protein of the purest form in each serving with very little fat or cholesterol and lactose or other stuff that you can very well do without.

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