

SOMANABOLIC SUPPLEMENTATION



KYLE LEON

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BY: KYLE LEON

Being a supplement sponsored athlete you might think I would be promoting supplements and making claims like all of the other supplement sponsored athletes get paid to do.

Well, that's not the case at all.

I will cut through all the crap and tell it like it is.

In fact, I only signed a contract with Blue Star Nutraceuticals with the mutual understanding that I will only talk about products that I have actually used with measurable results.

If I take something and it does nothing, that's exactly what I'll say. I don't want anyone to go through the frustrating cycle of wasting money on crap like I did.

If the owner of Blue Star wasn't the most straight up CEO in the industry with the quality of his products being the most important thing to him, I wouldn't have signed because of how I feel about supplement companies.

I'll say this- It takes a hell of a confident, stand up guy to sign me to a contract knowing where I stand with my brutal honesty about the industry.

Without further ado, here is my straight talking report for you.

Enjoy, and make use of it.

Supplements are used by millions of people every year in the hopes of losing fat, building muscle and improving overall health. For our purpose, we will be talking about supplements that are being marketed to guys looking to build lean muscle mass.

Supplements are a multi-billion dollar industry that is highly unregulated in comparison to other industries. Many supplements often promise the world only to be replaced by something else when enough people have been disappointed by the results.

This is a seemingly never ending cycle of outrageously marketed, over-hyped products that continuously fail to live up to expectations. I am sure if you've ever picked up a fitness magazine in your life you will know what I'm talking about.

How many times have you seen a ridiculous before and after advertisement with an obese person becoming ripped or a skinny guy getting jacked supposedly because of the latest super supplement?

Or how many times have you read if you take Product "XYZ" you will

Increase your strength 400% or something crazy like that.

The supplement industry has relied on expert marketing techniques for years that continuously over promise and under deliver.

Imagine if on the back of your next box of chicken breasts beside the nutritional content it said "eat this if you want cannon-ball shoulders" or on the back of a can of tuna it said "eat this for a sick V-taper".

You would probably laugh or think it's crazy but the funny thing is, in terms of accuracy, these statements would belong on the food before these supplements.

That being said, there are some supplements that can be used effectively to "supplement" your new diet and training program to help you gain lean muscle mass.

Maybe 5% of the products on the market are worth considering to help aid the lean muscle building process.

I will go over the proven, well established products that could be incorporated into your new eating and training program and I will show you exactly what supplements I use, when I use them and what benefits they bring.

Instead of wasting your time reviewing all of the "flash in the pan" supplements that are in and out of the marketplace, I will only go over the ones that really work and I personally take.

Remember, I have access to any supplement I want anytime but only the supplements reviewed below go into my body.

Let's put it this way, if it's not on the list below I think it's a waste of money as it has produced zero results. This is the case for 95% of supplements.

Here we go.



PROTEIN (WHEY, CASEIN)

www.themusclemaximizer.com/smooth

Protein is by far the most widely used product that I recommend using. Protein supplementation is used by individuals looking to gain lean muscle mass and/or by individuals looking to lose body fat.

Protein intake for guys that weight train is very important for rebuilding muscle once the muscle has been broken down from working out.

In your Somanabolic Muscle Maximizer your body's exact needs for protein are scientifically determined to give you the ideal intake to give your body what it needs to help build lean muscle without any fat.

There is a short window after your workout (about an hour) that is integral for your muscle's to receive post workout nutrition when gaining lean muscle mass is the goal. Again, the Somanabolic Muscle Maximizer spells out your exact needs of both protein and carbohydrates for this window.

In your personalized meal plan, you can choose to use protein at certain times to supplement your bodies total daily protein requirements.

The 2 forms of protein I recommend and use are Whey and Casein.

That's it.

There is much debate on which is better and I've heard all of the arguments both ways. Casein is a slower digesting and slower releasing protein that I do not recommend consuming immediately post workout.

I use casein at night and sometimes in the morning when I know my next meal won't be for 3 hours or more for whatever reason.

We definitely want stick to whey protein immediately post workout as it will reach our muscles quicker than casein.

Let's look at more supplements that have endured extensive scientific research, can produce results, and are worth considering.



You can find it here at: www.themusclemaximizer.com/smooth



CREATINE (MONOHYDRATE)

www.themusclemaximizer.com/creatine

Creatine Monohydrate is an extensively well studied supplement.

I HIGHLY recommend creatine monohydrate when maximal muscle growth and strength gains are your goal.

Creatine is probably the most popular supplement among bodybuilders and athletes looking to increase strength, weight, and muscle mass.

And for good reason!

There have been MANY forms of creatine to hit the marketplace. Every one of them claiming to be better than the last. Every version is supposed to work quicker and better than the previous.

It's all B.S marketing!

Don't waste your time and money on any new super creatine to hit the market because it's most likely crap.

I've tried them all and I can tell you that the old school, 5 days of loading 20-25grams of creatine monohydrate per day for 5 days followed by 10grams per day for maintenance produces the best results by far.

During your maintenance phase, after your five days of loading, I recommend consuming 5 grams pre workout and 5 grams post workout.

Most experts suggest mixing the creatine powder with juice which is fine, but I just use water. I found the results to be the same with the advantage of not dumping a bunch of sugar into my body.

Now post workout is a different story. When I use creatine I will add 5 grams into my post workout protein shake that does have sugar in it.

Example: (Gatorade/protein/creatine)

In my experience, no other supplement compares to the measurable results proper creatine monohydrate supplementation can bring you.

Use the old school approach I outlined above for six-eight weeks. Take a full four-six weeks off before starting another cycle of loading 20-25 grams/day followed by 10 grams/day for maintenance.



You can find it here at: www.themusclemaximizer.com/creatine



BRANCHED CHAIN AMINO ACIDS:

www.themusclemaximizer.com/bcaa

BCAAs have been well studied, and are the building blocks for protein. These amino acids are believed to aid muscle recovery and protein synthesis. Branched chain amino acids have been shown to play a role in improving overall conditioning factors such as aerobic and anaerobic capacity while reducing fatigue in intensely trained athletes.

There may be strength and muscle mass accompanied by BCAA supplementation

but further research is needed to warrant that claim.

Personally I do not notice any real strength or muscle gains at all.

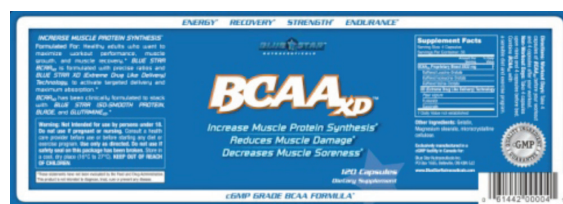
That being said, BCAA do have a place in my supplement regimen for a different reason.

You see, there has been much anecdotal evidence to support BCAA supplementation aiding in muscle preservation during periods of caloric deficit.

What this means is that it helps you hold onto your muscle if you are consuming less calories than your body needs to maintain its weight.

I always take BCAA's while I'm dieting trying to reach the lowest body fat % possible that is still within a healthy range. I do notice a difference

In the amount of muscle I can hold onto when I'm in a caloric deficit if supplementing with BCAA's.



You can find it here at: www.themusclemaximizer.com/bcaa



NATURAL TESTOSTERONE BOOSTERS

www.themusclemaximizer.com/status

www.themusclemaximizer.com/tribxd

Many studies have shown the supplementation of natural herbs can increase the production of testosterone naturally and safely.

These herbs include Tribulus Terrestris, longjack tongkat Ali, and most recently Testofen (Fenugreek extract). These herbs have been used for many years to treat sexual dysfunction in males and are also used in the hopes of improving athletic performance.

Studies have shown these herbs can increase the body's NATURAL production of testosterone up to 50%. This is achieved by stimulating luteinizing hormone (LH) which in turn signals the body to increase its testosterone production.

The importance of testosterone for muscle building is well documented. Guys that incorporate this type of supplement into their diet and training programs often report a little extra aggression in the gym, heightened energy levels, and elevated sex drive.

I distinctly notice all three of those benefits when I supplement with a product that contains the ideal quality and potency of Tribulus Terrestris especially.

I feel comfortable recommending either Blue Star's Trib X or "Status" if you are want to try a potent natural testosterone booster.

The quality and potency of these products are top notch.

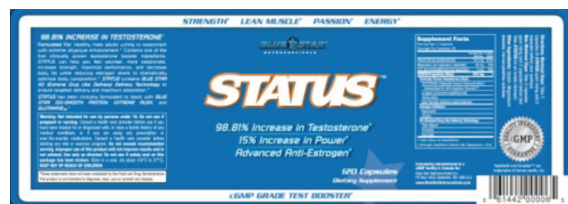
If you haven't used tribulus before, I would try Trib XD first before Status.

You can find Trib XD here :

www.themusclemaximizer.com/tribxd

You can find Status here :

www.themusclemaximizer.com/status



CAFFEINE

Studies have suggested that approximately 200mg of caffeine ingested before your workout can significantly increase the amount of calories you burn during your workout.

Many people simply opt for a cup of coffee before the gym because of this, along with the heightened awareness and energy levels it brings you.

I react well to around 300mg of caffeine pre-workout. Any more I get jittery, but 300 mg hits me just right.

Caffeine is pretty darn cheap but it can go a long way in increasing your metabolism and performance.

There has also been numerous studies suggesting caffeine can in fact increase muscle strength and endurance when training.

I do know I have my best workouts when I have a jolt of caffeine in my system.

Personally, I prefer to use caffeine in the form of a pre-workout drink which I will share with you below in a minute.



NITRIC OXIDE (NO₂)

This product has been shown to increase oxygen and blood flow to the muscles.

This can create a better “pump” for weight trainers and also increases vascularity. Although touted for gaining muscle mass, strength, and increasing endurance the jury is still out on these claims.

I don’t notice any strength increase or muscle gains, however this product is ideal for getting your muscle’s full and pumped throughout your workout which feels and looks great.



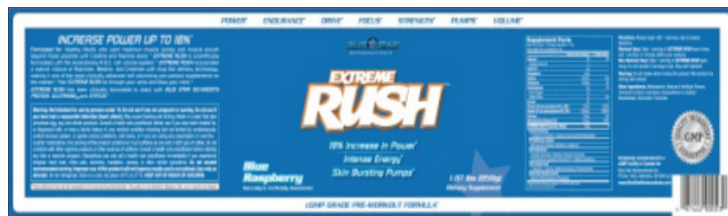
CAFFEINE + NO₂

www.themusclemaximizer.com/extremerush

Many pre-workout supplements will have caffeine and NO₂ combined in a mixable powder. This is my favorite way of killing two birds with one stone.

I absolutely love and recommend trying this approach to your pre-workout nutrition routine.

I’ve used every pre- workout product that’s on the market and my favorite for muscle fullness, vascularity, and increased energy is Blue Star’s Extreme Rush(raspberry lemonade flavor), followed by “Supercharge”(orange flavor)



You can find Extreme rush here: www.themusclemaximizer.com/extremerush



OMEGA 3 FISH OILS

www.themusclemaximizer.com/omegablu

This is the one supplement that even though I do not personally notice any measurable physical benefits, the research is so overwhelming for all of the other benefits it brings that in good conscience I have to mention it.

Don’t get me wrong a lot of marketers make all kinds of claims to the muscle gain and fat loss benefits of Omega 3’s but that’s a tough sale to me.

That being said, a vast percentage of us that live in western society are believed to be quite deficient in omega 3’s which leaves us susceptible to compromised health.

Many studies show that supplementing with omega 3’s can improve

Cardiovascular health by lowering triglycerides (fats in the blood), improving cholesterol, and helping reduce the risk of high blood pressure.

Further potential health benefits include improved immune, and brain function, anti- inflammatory and anti-cancer properties!

So, although omega 3's might not help so much for getting you that button popping chest, it looks like what's inside your chest will thank you in the long run.

Omega 3 fish oil is well worth considering adding to your daily nutrition unless you are already eating plenty of fatty fish such as salmon, rainbow trout, albacore tuna, oysters, anchovies, mackerel and swordfish.

I use "Omega Blue" from Blue Star because it is triple the strength compared to normal omega 3 fish oil supplements which means I only have to take it once a day compared to three times a day. Also, Omega Blue triple strength formula is derived from Cold Pressed Distilled Norway Fish which is known to be the best quality in the world.



You can find it here: www.themusclemaximizer.com/omegablu

That's the extent of my supplement cupboard and I recommend it's the extent of yours as well.

If you'd like to pick up any supplements I mentioned above, here is the link: www.themusclemaximizer.com/bluestar

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