

Weight lifting Supplements



Do your homework when it comes to taking supplements for weight lifting. Read as much literature as you can before choosing a supplement. If there is any doubt, save your money. Make sure that the manufacturer is well known and not a “fly by night company.”

Dangers

To much of a good thing is a bad thing!

People tend to over do their supplementation hoping to achieve faster results or better health.

Most supplements sold naturally occur in foods. A synthetic version of the real thing does not absorb into the body the same way and can be less effective. So food first, supplements only as needed.

Protein

Protein is the nutrient that is most responsible for muscle development, as well as muscle recovery. Without it, new muscle growth is impossible. Training hard while having a lack in protein is very harmful for training regimes.

Found in:

- Premixed drinks
- Eggs
- Powder
- Fruit
- Protein Bars
- Vegetables



Too much of a good thing:

- Dehydration
- Weakness
- Dizziness
- Bad breath

Make sure to add more calories to your diet as well as keeping up with exercising. Excess protein in the body will be stored as fat! When increasing your protein be sure to drink plenty of water.

Creatine

Creatine allows the exerciser to push harder and longer into a workout, generally making it possible to squeeze in a few extra reps per set. It also causes the muscle to hold more water making the muscle appear larger.

Found in:

- Powder forms
- Beef
- Pork
- Salmon



How much is enough?

The instructions suggest 20 grams per day for one week followed by 2-5 grams as daily maintenance , however, keep in mind that the body produces 1-2 grams per day. Twenty grams a day is an extreme amount to consume. Taking too much could adverse effects on the body, especially the kidneys.

Too much of a good thing:

- Cramps
- Nausea
- Bloating
- Kidney disease



Fat Burners

Fat burners are pills which contain certain herbal ingredients such as Ephedra, HCA, Chitosan and Pyruvate, all of which claim to either increase energy, stimulate your metabolism and/or suppress your appetite.

Ephedra – From an herb used for allergies and asthma. There have been more than 800 reports of effects like high blood pressure, irregular heart rate, nervousness, insomnia, headaches, heart attacks, stroke, and even death. Not really worth the risk.

HCA – Fruit extract from southern India. Supposedly decreases appetite. Quite frankly, it has been proven to be ineffective for weight loss.

Chitosa- From skeletons of crabs. Prevents the body from absorbing vitamins A,D,E, and K. Experts say it doesn't work and the studies seem to prove it.

Pyruvate – A product of sugar metabolism. Claims to help increase fat and weight loss, reduce cholesterol, and improve endurance. The research that has been done on it has not been able to prove its claims.

Final Word: There is not enough evidence so they are not worth the risk.