

The 30 Day

Build Muscle Challenge

Guide to Muscle Building Supplements

30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

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In order to build muscle, you **DON'T NEED** supplements.

With that being said there are certain scenarios where supplements provide the ideal combination of nutrients which would be difficult or somewhat impractical to get from whole foods.

Supplements also make it easier to reach your caloric goals which would be very difficult to reach if you were consuming whole foods alone.

I just wanted to throw these key facts out there because I don't want you to think, there's some **MIRACLE** supplement you can take to build muscle. **As long as you have sound dieting and eating habits you WILL build muscle**, only once your dieting habits are sound should you add supplements.

With that being said, there are A LOT of supplements out there, and what we're about to go over now are the "best" ones to use while you're in your "BULKING Phase".

For our purposes we're going to separate supplements into two different categories. The first type of supplements is "**Dietary Supplements**" and the second type of supplements is "**Workout Supplements**".

With that being said here is the list of the best supplements to use while you're in your "BULKING Phase":

Whey Protein

Casein Protein

Weight Gainer

(Check the Resources Section to find out which ones I use)

And surprisingly that's pretty much it. This list may seem pretty short to some but keep in mind that we're not big on "Workout Supplements", like Creatine, NoExplode and all that other stuff,

And it's because your workouts as Jimmy likes to say is: "**80% Mental and 20% Physical**" and since it's mostly "mental" (stressing your muscle at an intensity they've never felt before) there's no reason to have to take a workout supplement to help you get better results in the gym. (At least not at this point in the game)

How and When to Use These Supplements For Maximum Muscle Gains

Whey Protein is needed as a way of delivering protein fast to your muscles when they need it (i.e. like around your workouts)

Casein protein is needed as a way of delivering a slow release of protein for your muscles to feed on, which is ideal for any period of time throughout the day except immediately before and immediately after your workouts.

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Weight Gainers are used as a meal supplement to increase your caloric intake, which means it helps you increase the amount of carbs, protein and fats you take in a day (which is very important when it comes to building muscle).

(Check the Resources Section to find out which ones I use)

Weight gainers are best used as a meal 60 – 90 minutes after your workout but not immediately after (That's what whey protein is for). With that being said you definitely DON'T want to use a weight gainer shake right before you're going to bed because that's a great way to gain fat instead of building muscle and just putting on a lot of "bad" weight.

And you also don't want to take a weight gainer during the waning hours of your day (i.e. – the evening when all you're doing is sitting around watching TV) ideally no later than 6:30pm – 7 pm.

If you workout at night let's say at 7:30pm then just take your weight gainer shake during the day because you don't want all those excess calories sitting on your stomach when you fall asleep.

In other words **DON'T take a weight gainer within 4 – 5 hours of going to sleep.**

A Word About Weight Gainers from Jimmy

I talked a little bit about weight gainers in my article regarding supplements a little while ago but I think this is an important topic that deserves revisiting simply due to the fact that this is a website dedicated to those trying to gain weight and build muscle.

Before I delve too deep into weight gainers, there's one thing that I need to put out there, and that's this:

"If I had the money and the time to be constantly eating real quality food, I would never ever take weight gainers"

If you're going to take one thing away from this article, it is that weight gainers are a means to an end and not something that you should be relying heavily on.

Weight Gainers are a meal supplement, NOT a meal replacement. So you should take them IN ADDITION to your meals, not INSTEAD of them.

One thing that all weight gainers will have in common is that they are:

- all high in protein
- high in carbohydrates
- and of course, high in calories

Personally, I always try to compare a number of different brands in order to get the one with the highest calorie to carbohydrate ratio.

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That is, it should give me as many calories as possible without giving me the excess carbohydrates.

There are a couple of reasons for this. The first is that the protein content in weight gainers, while very high, isn't so important because you aren't drinking them as protein shakes. You can and should be getting more protein elsewhere.

The second is that if you're bulking (and if you're taking weight gainers, then you are bulking), you want to strictly monitor the amount of carbohydrates you are ingesting lest you gain too much fat that you struggle to shed later on.

Finally, if I'm going to take a weight gainer, **I'm going to get the most bang for my buck so I have to try to maximize the amount of calories that I'm getting from it.**

Aside from learning how to choose the correct weight gainer, the other important point to mention about this supplement is when exactly to take it.

The easy way to think about this is that in essence, **weight gainers are your "cheat meals" in that they don't require time or effort to eat or prepare.** So take them whenever you don't have the time or aren't in the right place to sit down and eat a full meal.

For the most part, for someone who works 9 to 5, this usually means twice a day, one about 2 hours after lunch, and one right before the commute home.

Until Next Time,
Jim

A Word on Essential Fatty Acid Supplements

Believe it or not but all fat is not bad for you. Some fats actually help boost your metabolism, regulate your hormone producing glands which helps keep your Testosterone "the big daddy muscle building hormone" levels high, also reduces inflammation, and joint pain.

You can usually find EFA's in whole food sources like:

walnuts, avocados, extra virgin olive oil etc.

But to ensure you get quality amounts of your Essential fatty acids. It is recommended that you take an **Essential Fatty Acid Supplement**

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Supplements to REALLY consider

Just note that with a proper balance diet (unless you have a fulltime nutritionist this is VERY hard to do) you don't need these but remember since you're putting a lot of STRESS on your entire body when you workout you need to provide your body with an ABUNDANCE of nutrients.

This not only will speed up your recovery, keep your energy levels high, but it'll also ensure your body (not just your muscles) stay in tip top shape while you're damaging and stressing it through your transformation phase.

- **Multi-Vitamin**
- **Calcium**
- **Vitamin C**

But just remember, you don't need supplements to build muscle. Supplements are just that "supplements", they are used to assist your current diet. They're basically a convenient solution to help you reach your dietary goals.

No supplement can replace a well-balanced diet

Few Rules to Follow When Taking Supplements

1. **DRINK LOTS OF WATER** - If you're going to be increasing your protein and your caloric intake with dietary supplements in any way, shape or form drink LOTS of water. I recommend **AT LEAST 6 – 8 cups per day**, in all honesty you should be doing this anyway to promote a healthy body but it's especially important when you begin increasing your caloric intake.
2. **Make sure you're getting the MAJORITY of your protein from whole food sources** - When I first started out, I thought supplements were way better than "actual" food when it came to building muscle.

But that couldn't be farther from the truth, whole foods have so much more benefits that supplements don't have, so make sure you're consuming **NO MORE THAN 40%** of your daily protein from supplements.

Remember, supplements are used to SUPPLEMENT (or **assist**) your diet, **not replace** it so make sure you're consuming the majority of your protein from whole food sources.