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## **Hello Champion!**

Over supplementation and inappropriate use of supplements can be dangerous, so be sure to consult with a healthcare professional prior to implementing a supplement regimen.

Remember, our goal is to develop our bodies in a safe and effective manner building Max Muscle and being healthy for our lifetime.

**God bless you,  
Coach Ron**



## Important Vitamins & Supplements to Support Max Muscle Growth

Vitamin	Benefit to Your Body & Muscle Growth
<b>Vitamin D</b>	<ul style="list-style-type: none"> <li>* The "Sunshine Vitamin"</li> <li>* Helps to maintain healthy bones and supports Protein Synthesis.</li> <li>* Promotes nutrient absorption.</li> <li>* Calcium absorption.</li> <li>* Mood balance.</li> </ul>
<b>Vitamin B12</b>	<ul style="list-style-type: none"> <li>* Helps your body produce red blood cells, which are responsible for delivering oxygen to the muscles, making this a key player in muscle growth.</li> </ul>
<b>Vitamin B6</b>	<ul style="list-style-type: none"> <li>* Helps the body use and store energy from Protein &amp; Carbohydrates</li> <li>* Supports the formation of hemoglobin which is in the red blood cells and carries oxygen throughout the body.</li> </ul>
<b>Vitamin B3 (Niacin)</b>	<ul style="list-style-type: none"> <li>* Supports muscle growth and gives you better pumps.</li> <li>* Promotes the metabolism of glucose.</li> <li>* Increases good cholesterol, while limiting bad cholesterol.</li> <li>* Supports healthy hormone production.</li> </ul>
<b>Vitamin B2 (Riboflavin)</b>	<ul style="list-style-type: none"> <li>* Supports energy production.</li> <li>* Reduces soreness after workout.</li> </ul>
<b>Vitamin E</b>	<ul style="list-style-type: none"> <li>* Slows down aging.</li> <li>* Scavenges for free radicals, undoing some of the damage from free radicals created by exercise.</li> <li>* Flushes out metabolic waste.</li> <li>* Lubricates the joints allowing more intensive exercise for explosive growth.</li> </ul>
<b>Vitamin A</b>	<ul style="list-style-type: none"> <li>* Supports Protein Synthesis.</li> <li>* Creation of glycogen in the muscle.</li> <li>* Fights free radicals.</li> <li>* Supports healthy and strong bones.</li> </ul>

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<b>Vitamin C</b>	<ul style="list-style-type: none"> <li>* Boosts the Immune System.</li> <li>* Helps repair damaged tissue which is important to building muscle.</li> </ul>
<b>Whey Protein</b>	<ul style="list-style-type: none"> <li>* Most critical for stimulating Protein Synthesis which leads to muscle strength &amp; enhances lean body mass.</li> <li>* Fastest digesting protein, delivering amino acids to the muscles which are key building blocks the body needs to build muscle.</li> </ul>
<b>Creatine</b>	<ul style="list-style-type: none"> <li>* Made from three amino acids: Arginine, Glycine, Methionine.</li> <li>* Holds more water in your muscle cells, leading to long-term muscle growth.</li> <li>* Increases the amount of fast energy so you have more power with your lifts.</li> <li>* Boosts levels of insulin growth factor - 1 (IGF-1) in the muscles.</li> </ul>
<b>Beta-Alanine</b>	<ul style="list-style-type: none"> <li>* Increases intra-muscular levels of Carnosine.</li> <li>* Carnosine helps to maintain a normal balance of acidity in the muscles. It's common to get lactic acid build-up in muscles &amp; blood during high-intensity exercise which can cause muscles to not perform as effectively.</li> <li>* Increasing Carnosine delays fatigue &amp; increases performance.</li> </ul>
<b>Branched-Chain Amino Acid (BCAA)</b>	<ul style="list-style-type: none"> <li>* BCAAs: Leucine, Isoleucine, and Valine.</li> <li>* Metabolized within muscle tissue, allowing them to be used as energy by muscle cells to produce cellular energy in the form of ATP, the main form of energy that fuels muscle contraction.</li> <li>* Quick source of energy when the body needs it most.</li> <li>* Improved performance &amp; allows you to train longer without fatigue.</li> <li>* Elevates anabolic hormones to maximize muscle growth.</li> <li>* Minimizes the release of cortisol (fat storing &amp; muscle wasting hormone).</li> </ul>
<b>Glutamine</b>	<ul style="list-style-type: none"> <li>* The most abundant amino acid in the body.</li> <li>* Stored in muscles &amp; the lungs.</li> <li>* Strong role in Protein Synthesis for muscle growth.</li> <li>* Prevents muscle tissue from breaking down.</li> <li>* Increases the production rate of growth hormones in the body.</li> </ul>