

Amino Acid Powders – Don't Buy Amino Acid Powders Until You Read This Guide!

Most of the bodybuilding supplements available are nothing but overhyped, overpriced junk, but that doesn't mean you can't still find quality products. Amino acid powders are some of the best muscle building supplements you can buy.

This article will explain a little bit about amino acids, what the best uses for amino acids powders are, and how you can incorporate them into your muscle building plan. At the end, discover the best, most proven way to build muscle fast.

Amino Acids Are the Building Blocks of Proteins

There are perhaps millions of different types of proteins throughout all the organisms of the world, but they are all made of the same basic building blocks. These building blocks are called amino acids. There are only 20 of them known, but they make up sequences that go for thousands and thousands of acids.

What you should realize now is that you are already getting TONS of amino acids in all of the food you eat, especially your protein sources! Therefore, don't think you need to supplement with all of the amino acid powders under the sun.

Specific Amino Acids Trigger Muscle Growth

Of the 20 amino acids, there are 3 that are the most responsible for triggering anabolic (muscle building) responses in your body. They are Leucine, Valine, and Isoleucine, otherwise known as the branched chain amino acids.

These often come as both amino acid powders and pills. Personally, I favor the powders because you can mix them with a drink like Gatorade. However, they do often have an extremely bitter taste that is hard to get rid of.

Don't Use Your Whole Budget on Amino Acid Powders

One thing to note about branched chain amino acid powders is that they can get very expensive. If your budget is severely limited, then save your money for food. You'll never make good muscle gains without eating enough.

You Must Follow a Proven System For Building Muscle

You can have the best amino acid powders in the world, but you will never make any progress on supplements alone. You have to follow a well-formulated plan for strength training, eating, and even supplementation.

Find out how thousands of other people have gained up to 40 pounds of muscle in 6 months. Don't get stuck in an endless cycle of trial, error, and no progress.