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A normal body requires a variety of substances that are necessary to meet the body's daily tasks. These are macro nutrients and micro nutrients. The macro nutrients are proteins and carbohydrates and fat. The micro nutrients are vitamins and minerals. While the body needs large quantities of macro nutrients, its needs are far smaller for the micro nutrients. The large quantities of macro nutrients are necessary for the body's physical and mental tasks.

However, the key is in using these nutrients in the right balance. This brings in the concept of portion control and timing. For a normal person the usual diet is sufficient to carry him through the day's routine chores. He or she needs only a measured quantity of nutrients. But, a person who is an athlete or a weight lifter, a boxer or a body builder needs massive inputs in terms of nutrients. The only way of possessing capability of being able to spend large quantities of energy in a short period of time is by the consumption of body building supplements.

The Bodybuilding Supplements are necessary in activities such as weightlifting. These supplements can replace meals and help in the enhancement of weight gain or accelerate weight loss as well as bring about an improvement in performance. These supplements include protein powder, mass gainer, fat burner, amino acid or BCAA, creatine, vitamin supplements, glutamine and products for replacing meal. There is no doubt that one must select body building supplements with care. It's best to use proprietary blends that consist of several supplements with many advantages. These supplements are manufactured under several brand names. Some of these brand names are Nutrex, Muscle Tech, Muscle Pharm, Labrada and Inner Armour or Dymatize and Cytosport.

The protein powder can be ordered in packs that weigh 5.29 lb such as the CytoSport muscle milk collegiate. This powder has a complete and balanced formula. It provides support during recovery following training and helps improve the growth of muscles. The whey protein isolate pack marketed as Dymatize Elite is in the form of 5 lb packs. This is one of the best in terms of taste and is a high quality protein. This protein powder has 24 gm of whey protein in each serving along with more than 4 gm glutamine and glutamine peptides and more than 5 gm of branched chain amino acids (BCAA). The protein is easily soluble. There are other choices of protein powder such as the whey hydrolysate enhanced from Inner Armour and the powder from Labrada that is a protein blend which is both instant and delicious to taste.

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