Top 7 Supplements For Size, Strength & Endurance
Let’s face it, looking strong and BEING STRONG are not always the same thing.

If you look at most top bodybuilders they look strong, but most get out of wind walking up a set of stairs, that is not something that appeals to me.

If your goal is hardcore strength, functional muscle, and insane power, then these supplements are the ones that I recommend.

Top 7 Supplements For Size, Strength & Endurance
1. Creatine

Creatine is one of the most popular supplements on the market, however it is also commonly misunderstood. It’s well documented creatine supplements can help to increase muscle mass, power, and energy levels, however, not all creatine supplements are created equal. But with so many different types of creatine products on the market, which form of creatine is safe and will actually deliver results? There are 5 different types of creatine that are commonly available today, some of which are more popular and some of which prove more effective; here’s how to decipher the different types of creatine supplements on the market.

1. Creatine Malate
2. Creatine Ethyl Ester
3. Creatine Phosphate
4. Creatine Citrate
5. Creatine Monohydrate

Benefits include: Creatine is used widely in the sport of bodybuilding helping to provide fuller looking muscles, increased energy output during exercise, increased muscular endurance and strength. Other athletes such as hockey players, track & field, and other sports that require short bursts of energy can benefit from supplementing with creatine. Creatine is a safe and effective alternative to illegal steroids and prohormones.

Recommended Products: Purple K, Pure Creatine, Green Magnitude, etc.

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#2. BCAA’s

Three out of the eight amino acids that the body contains are referred to as branched chained amino acids or BCAAs. These amino acids are leucine, isoleucine, and valine and they are the main elements of protein and make up about 30% of the body’s skeletal muscle.

After working out, the body uses BCAAs from muscles to help recover and it is possible that taking BCCA supplements will give your body the nutrients it needs after exercise to recover. When your body uses the BCAAs from muscles you lose some muscle mass, but with a supplement, you will give your body the nutrients it needs so it does not have to eat away at muscles. Taking a supplement will also help to reduce muscle soreness and helps to improve the metabolic recovery.

**Benefits include**: Help in Recovery, Help Maintain Endurance, Assist in Fat Loss, Improve Immune System Health & much more.

**Recommended Products**: Scivation Xtend, Dymatize Recoup, Optimum Amino Energy, any good BCAA powder or capsule.
#3. Pre Workouts

Pre-workout supplements are a newer kind of formula that was originally created to help bodybuilders plow past muscle building plateaus and to help with low-energy slumps due to the daily grind of workout wear-n-tear. The formula’s for the most part are comprised of Nitric Oxide, Amino Acids, Glutamine, Creatine, and a Caffeine based stimulants that when combined correctly, can push the athlete past their normal rep. range and typically pro-long the workout routine with added intensity and mental focus.

As the supplement world expands and new products are released into the market, it was always helpful for me to read real reviews from others about their experiences with different products so I decided to do the same thing and put together a list of the very best pre workout supplements currently available. This way you will have a much better understanding of what your actually in for when you go to purchase your own.

Benefits include: Improved Strength, Improved Focus & Mood, Increased Muscle Pump & Fullness, Decrease Muscle Fatigue & more.

Recommended Products: Jack3d, 1-MR, NO Shotgun, HemoRage, Animal Rage

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Fish oil is a form of fatty acid that is derived from the tissues of oily fish. It contains the omega-3 fatty acids, including eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are what has gained the most attention with regards to health research over the last few years.

Individuals who consume a high amount of fatty fish in their diet tend not to need to supplement with fish oil capsules as much or as often, however you should also remember that many of the fish varieties do contain higher levels of mercury, which also needs to be monitored in the human body.

If these levels of mercury get too high, that can cause problems too, so it’s vital that you keep a good balance. Fish oil capsules along with fatty fish on occasion will be the best way to meet your needs safely.

**Benefits include:** Anxiety, Bad circulation, Depression, Dry skin, Fatigue, Heart problems, Insomnia, Memory Problems, Mood swings, Weak immune system, And much more...

**Recommended Products:** NutraSea Fish Oil, Optimum Fish Oil Caps, Nature’s Way Fish Oil Caps, NOW Foods Fish Oil Caps, Poliquin Fish Oil.
#5. Testosterone Boosters

What are testosterone boosting supplements?

Testosterone booster supplements are natural products that may help in increasing testosterone levels. There are two main type of testosterone boosters, Tribulus and ZMA.

**Tribulus:** Tribulus Terrestris is a vine plant that grows in moderate and tropical climates in the United States, Mexico, Eastern Europe, India and China. Tribulus Terrestris contains steroidal saponins, alkaloids, and flavanoids, and its protodioscins content is believed to be responsible for its effects on hormone, libido and body composition.

**ZMA:** ZMA is a scientifically designed anabolic mineral formula. It contains Zinc Monomethionine Aspartate plus Magnesium Aspartate and vitamin B-6, and is an all-natural product that has been clinically proven to significantly increase anabolic hormone levels and muscle strength in trained athletes. Hard training athletes typically deplete the body from these essential minerals.

Studies have shown that supplementing with 30mg of Zinc and 450mg of Magnesium per day can elevate testosterone levels up to 30%!

**Benefits include:** Increased muscle mass, More energy, Increased libido, Elevation of mood (testosterone has been used to treat depression)

**Recommended Products:** Gaspari’s Viridex, Novadex XT, Free Test, Animal Test, M-80, ZMA
Everybody knows that it's important to get enough vitamins. Unfortunately there is no exact science of the facts about vitamins for determining just how much of any given vitamin, mineral, or essential nutrient anybody needs at any given time.

Your age, your genetics, the varying combinations of the foods you eat and the times you eat them all interact with disease conditions to determine how much of various nutrients you need. Your needs aren't exactly the same as anybody else’s. Your needs aren't even exactly the same each and every day. It's one of the basic facts about vitamins that a daily multivitamin is extremely important to ensure good health.

**Benefits include:** Improved overall health & well being, improved mood & energy, improved immune system health, improved sleep, and more.

**Recommended Products:** Animal Pak, Anavite, Orange Triad, Optimum Multi Vitamin,
There are multiple supplements that have been touted as having beneficial properties when it comes to aches and pains. This article will discuss some of the more proven ones.

There is just no getting around it. Although the body can fix itself, damage accumulates if the rate of wear and tear is greater than the rate of repair. If your shoulders are popping, your hip joints are starting to click, lock, or grind, or you have other exercise-related aches and pains, you need to control inflammation and prevent further damage/deterioration.

Nonsteroidal and-inflammatory drugs (NSAIDs) that most people use, such as Motrin, Naprosyn, Celebrex, and related medicines work to relieve symptoms. They also have potential side effects such as stomach ulcers, kidney and liver dysfunction. These drugs also may impair joint healing and even the muscle-building process itself, which is why an increasing number of active active people are choosing alternative approaches.

**Benefits include :** Reduce Joint Inflammation, Repair torn or damaged joints, improve tendon recovery and reduce tendonitis.

**Recommended Products :** Cissus, Elastamine, Animal Flex, Super Cissus, Fish Oils

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*Top 7 Supplements For Size, Strength & Endurance*
Summary

I hope this helped you in deciding what supplements to use in your training to improve strength, power & endurance.

Remember that NO SUPPLEMENTS make up for not paying attention to quality nutrition & hardcore training!


For more information on Nutrition be sure to check out ==> www.MuscleBuildingNutritionBook.com

And to get tons of free information and quality blog posts check out my blog at www.RobKingFitness.com!