

Should I take bodybuilding supplements like glutamine or creatine?

Written by Moez Aryan

Thursday, 23 August 2012 09:04

Should I take bodybuilding supplements like glutamine or creatine?



Glutamine helps with Recovery. Creatine makes your workouts better. They both have been researched enough, work well and have no side effects. Creatine might trigger asthma if you had asthma before though. Some people get a bit gassy when they take creatine or some amino acids. But nothing else that I have encountered with myself or clients. However, the question is, do you need it? It's not going to do any good to you if you don't have a good quality weight gain diet. Weight-loss or weight-gain is a function of your diet first. It's like taking anabolic steroids, sitting on the couch munching on french fries all day and expecting to grow muscle. That won't happen.

You need raw material for weight gain first. Fill in the gaps with the supplements once you get the basics right.

Moez Aryan

Physique Coach & Nutritionist

www.moezaryan.com

www.omnifarious.net.pk