

Suggest 5 supplements that are necessary for bodybuilders

Keep in mind that if you work hard 5 times a week, but if you neglect your body's nutrition, you are still only 30% of the distance.

For any bodybuilder, [nutrition is still the most important factor](#), determining 70% of success. So which foods need to supplement when exercising to gain the best muscle?

Whey Protein

Whey is the highest quality source of protein, containing many essential amino acids. Help your body absorb protein quickly and recover and build muscle after workouts. In addition, Whey also helps people who want to lose weight, dieters because they can balance blood sugar.



Whey is the highest quality protein food supplement for the body

Whey is often used at the following times: in the morning after waking up, before exercising, after exercising. The best time for the body to absorb protein is after training.

There are 3 popular types of whey on the market: Whey Protein Hydrolyzed, Whey Protein Isolate and Whey Protein Concentrate. Please select and carefully consider each type of Whey according to the purpose of use and economic conditions accordingly. Hydrolyzed Whey Protein is a hydrolyzed, best of all so it is more expensive

than the others.

Can refer to Whey of some brands such as MyProtein, Rule 1, BPI Sports .

BCAA

A chain of branched amino acids that are good for muscles that the body cannot synthesize are: Leucine, Isoleucine, Valine called BCAA. In particular, the most important amino acid Leucine has the role of increasing the ability to synthesize proteins. Helps the body absorb more Protein to restore and build muscle, control blood sugar better.

BCAA's are used mainly during the half-time break period to restore injured muscles during exercise, or drink at any time of the day to refreshments and provide electrolytes.



BCAA's have a role in increasing the body's ability to synthesize proteins

You can refer to the BCAA of famous brands such as BPI, Scivation, Mutant, Nutrex .

Pre workout

This is one of the food supplements that increase strength, endurance for people who exercise, exercise with high intensity. Usually used around 30 - 45 minutes before training.

In Pre workout contains 3 important components: Caffeine - increased concentration, Creatine - increased strength and Beta Alanine - increased endurance. Overcome all challenges in the gym without feeling tired or exhausted.



Pre workout additional strength, endurance for the Gym

Omega 3 fish oil

This is a very essential fatty acid for humans, especially for bodybuilders and sports people. Omega 3 plays an anti-arthritis role when exercising, relieving joint and joint pain.

In addition Omega 3 also helps enhance brain function by supplementing with DHA, good eyesight, effective weight loss support.



Omega-3 has many good benefits in preventing cardiovascular disease

You can refer to Omega 3 products of Dymatize, Now Sports, Platinum . Fish oil is the best after-meal supplement containing fat, and experts recommend it after breakfast.

Vitamins and minerals

These are low molecular organic compounds that play an important role in the body. In particular, to ensure adequate calcium for the body to protect strong bones and joints. In which D3 and K2 are two vitamins that help the body absorb Calcium and Phosphorus to repair and build bones. Prevent aches and pains, osteoporosis .



Vitamins are one of the essential components of a cell, essential for the growth and maintenance of cells.

Vitamins and minerals can be obtained from everyday foods, in addition if needed as a supplement. The price ranges from a few hundred thousand to 1 million depending on the product.

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