



Buff Body

SCIENCE BEHIND THE SWEAT

Supplement Guide

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About this Guide

Filling your macros every day can be damn hard. And filling them at the exact right time can be even harder.

Of course, you could fill most nutrients through your nutrition. Most. But supplements help you take everything a step further. You can easily control what you want to ingest, when you want to ingest it and – very important – what not to ingest.

Just think of your post-workout shake as an example. There is a lot to consider, when ingesting macros after training. You want the right amount of proteins. If you are training for muscle growth you also want to add double the carbs (fast carbs, not slow) and under no circumstances you want to ingest fats directly after training.

Prepping a full meal within 30-60 min after your training with all these criteria in mind can be very challenging. Every day! If you only get one of these elements wrong, you can significantly impact your training results in a negative way.

Furthermore, these nutrients need to enter the muscle-cells ASAP, as your muscle repair starts directly after the workout and the cells are very receptive directly after training. Digesting a meal with whole foods after training takes far too long for the macros to arrive in the cells, so you would have to time your meal exactly before training. But some nutrients digest faster than others and you would have to train with a full stomach. This in return has an impact on insulin levels and therefore may negatively effect energy levels during training.

But with a supplement, you just add the powder, shake it and ready! Then you can have your full meal a little later.

Note: This does not mean, you should only rely on supplements. Yes, they make it easier, and they make a huge difference. But you still should get your proper meals with the right nutrients.

With this guide you will learn everything about the essential supplements everyone should take, as well as supplements that can further improve your results and take your training to the next level.