

Muscle Building Books - Homemade Supplement Secrets

[Homemade Supplement Secrets](#)

Jeff aims to make each one of you an educated consumer, so that you cannot be cheated with false claims. At least you won't be carried away by the ads and would think twice before investing. You will know what facts are and what the fictions are. Accept the facts and avoid the fiction. By doing this you will easily get a product of your choice and then you'll know where to stop.

The guide will also help you to find all of the necessary ingredients in your own kitchen that can help you get the nutrition that you need. You will also learn where you can buy some of the best ingredients as well. There are recipes for every supplement that is on the market. The categories of supplements that you will be able to create are: Energy Aids, Mass Gaining Supplements, Supplements for Muscle Building, Burning Fat Supplements, Sports Performance Supplements, Workout Recovery Supplements and Hormone Boosting Supplements.

The best part of the recipe is that you will be getting a product that eliminates all of the ingredients that do not work and leaves you with the best supplement. Some of the most popular supplements on the market use what is called an ingredient sprinkle to deceive you and not give you exactly what you believe you are getting. You are led to believe that there are great quantities of essential ingredients in the supplements when in fact you are only getting very small quantities that are not highly effective in such low amounts. For instance, some products claim to have whey protein, but they have it in such a small amount that it will not have any effect on your body at all.

In this guide you will be shown the ingredients list of all the major supplements on the market and the percentages of the ingredients that they contain. You will then be given the information on how much the body actually needs for it to be effective. All of these details are extensively researched and the recipes that are included will give you a supplement that actually works.

You will also receive information on all of the ingredients that you will need for making your own supplements and where they are available for you to purchase. You will be kept up to date on all of this information in the form of updates.

The guide covers all of the best selling supplements that are currently on the market. Some might complain that these are not necessarily the ones that are the best performers on the market, but because of their increased advertising they are the ones that have made it to the top.

If you deduct the fluffs, the high price and the advertisements, you will see its just the same as Jeff's recipes. And moreover, an unadvertised bonus leaves you with no options to complain about anything. Jeff also provides you with his own recipes, these are good.

Jeff's e-book is undoubtedly the best source of learning the basics of supplementation. The e-book is well organized and very friendly with all the necessary details that you need to remember.

About the Author

Westy's Workouts provides you with the best natural bodybuilding and weight lifting advice on the internet. Find [Muscle Building Books](#) for growing strong FAST at [WestysWorkouts.com](#). Your SIZE depends on it!

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