

# The Best Weight Lifting Supplements

Weight lifting supplements is a term given to the use of sports supplements by body builders and weight lifters.

Sports supplements are advertised everywhere when it comes to bodybuilding websites and magazines, there are hundreds of different brands and different types all make promises to add weight or shed fat etc.. The truth is supplement companies can write what ever they want in their adverts and most supplements are just a wallet emptier then magic pills.

Basically don't get suckered. In my opinion the only weight lifting supplements you may need when first starting to body build is a good quality weight gainer or protein powder, multivitamin and fish oils.

## Protein powders

The core of your supplementation protein powders are the key to adding extra protein to your diet. They come all different types, makes and flavours and sometimes require experimenting to find one that suits your needs. Whey protein is what to look for as it is fast acting and ideal for post workout consumption. Whey protein is virtually free from lactose so it's easy on the stomach when mixing with water.

When purchasing a protein powder for the first time you should consider the following factors:

- Protein content per serving
- Price
- Flavours available
- Lactose Free?
- Servings per container
- Mix ability

## Weight Gainers

Weight gainers are basically protein powders loaded with calories in the form of carbohydrate, they are ideal for adding more calories to your diet but you need to be careful as some of them are not very good and just loaded with simple sugars which is unhealthy to your teeth and your body. This is one of the best weight lifting supplements for building size.

### Make your own

Don't spend extra money on weight gainers just make your own for a fraction of the cost. It is easy all you need is a protein powder some maltodextrin carbohydrate powder which is cheap and mix then together. Do not go over board initially only make your shakes about 250-300calories and go from there.

### Here is a basic example guide:

- 1g protein = 4calories
- 1g Carbohydrate = 4calories
- 1 x serving of protein powder = 30g protein (120calories)

- + 40grams of maltodextrin (160calories)

= 280calories

So the above protein shake will give you an extra 280calories per serving, this can be adjusted to your needs i.e. Add extra protein or carbs to increase the calories for post workout etc.

In the beginning you don't need any more supplements just maybe a good multi vitamin, but for gaining weight purposes a weight gainer is all you need.

The above example will mix with water in a shaker. Using a blender could allow you to be more creative and add extras such as

Ice  
Ice cream  
Milk  
Fruit  
Yoghurt  
Etc..

## **Other useful supplements**

### **Digestive enzymes**

When consuming lots of food your digestive system may need a hand, I find taking digestive enzymes throughout the day will give your body that extra helping hand and reduce excess wind.

### **Essential fatty acids (EFA's)**

EFA oil capsules contain essential fatty acids for hormone regulation, keeping your heart healthy as well as hundreds of other benefits. You can pick them up cheaply from health food stores and supermarkets.

### **Multivitamins**

With all that training and putting your body under stress, chances are you are not getting enough vitamins and minerals from your diet. be sure to add a good quality multivitamin to your weight lifting supplements. They are cheap and worth every penny.

<http://weight-lifting-guide.com>