

“The Only 4 Muscle Building Supplements You Really Need”

Free Muscle Building Lesson

By Sean Nalewanyj

www.MuscleGainTruth.com

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Disclaimer

Before beginning any new exercise, nutrition or dietary supplement program you should consult a physician first. The information presented herein is not meant to treat or prevent any disease or to provide the reader with medical advice. If you are looking for specific medical advice then you should obtain this information from a licensed health-care practitioner.

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ABOUT THE AUTHOR

Sean Nalewanyj

www.MuscleGainTruth.com



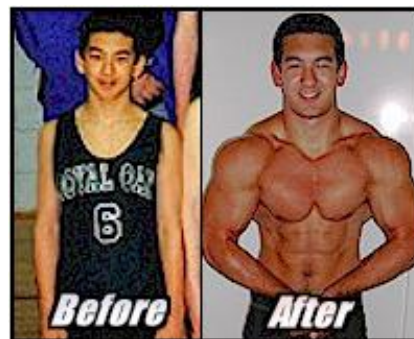
Once an awkward, 125-pound, "geeky" social outcast, Sean Nalewanyj is now a renowned muscle building and fat loss expert, best-selling fitness author and success coach.

Sean has been researching and promoting natural bodybuilding and fat loss techniques for the past decade, has written articles for dozens of the most popular fitness sites on the web, and is recognized as an expert authority on the subjects of building muscle, burning fat and gaining strength fast.

Through his highly successful website, www.MuscleGainTruth.com, and his free information-packed online email course (visit his website using the link above for signup details), Sean has helped *thousands* of average, everyday people from all over the world overcome a lifetime of insecurity and get into the best shape of their lives.

In less than one year of existence, his widely acclaimed online muscle building program, "[The Muscle Gain Truth No-Fail System](#)" shot up to #1 like a bullet and was immediately endorsed by many of the top experts in the field.

His system garnered so much attention from the public that it was even mentioned in the most prestigious publication in North America, **The New York Times**.



In a bodybuilding world where intense marketing hype and exaggerations have become the norm, Sean is well respected for his direct, no-nonsense approach. He admits that achieving a standout body is not a "walk in the park" like most promoters make it out to be, but believes without a doubt that he can help **anyone** achieve their fitness goals as long as they are willing to put forth the effort...

You can read more about Sean and his full-blown muscle building success system by [clicking here](#) to visit his website.

The Only 4 Muscle Building Supplements You Really Need!

Sean is also the owner and operator of "[The Muscle Building & Fat Loss Inner Circle](#)"... A private, members-only body transformation community dedicated to keeping subscribers up to date on all of the most cutting edge fitness strategies available.

Not only do M.F.I.C members gain access to a massive library of regularly updated muscle building and fat burning information, but they are also able to meet, chat and make friends with one another using the vast collection of "interactive" applications provided, such as instant messaging, discussion forums, live chats and more.

Lastly, Sean is the author and creator of a best-selling fat loss program known as "[The Real Deal Body Transformation System](#)". If your primary focus is to burn fat, carve out 6-pack abs and increase your health and energy levels naturally and safely, this is the program for you.

This explosive fat loss package contains every single tip, trick and strategy you need to achieve a lean and impressive physique without fad diets, bogus supplements or fancy equipment of any kind.

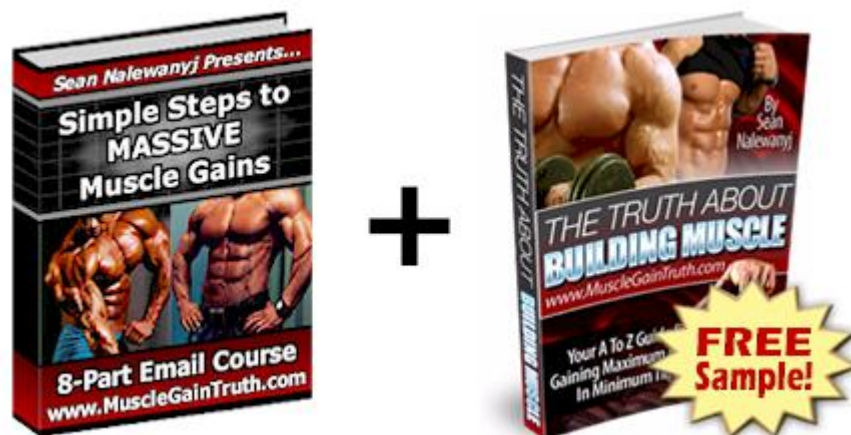
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WAIT!

Before you go any further, take 2 short minutes to visit my personal website using the link below and sign up for my free 8-part muscle building email course.

It's called "**8 Simple Steps To Massive Muscle Gains**" and will teach all kinds of highly effective insider strategies for accelerating your muscle building progress.

You'll also have the chance to download the first 2 chapters of my widely acclaimed e-book "**The Truth About Building Muscle**" at no cost.



 [Click Here For Instant Access](#)

The Only 4 Muscle Building Supplements You Really Need

Today, I'm taking on the multi-billion dollar fitness supplement industry, and am going to reveal to you the honest truth about which muscle building supplements are truly worth including in your program.

The supplement industry is filled with so much marketing hype, far out lies and exaggerations that most muscle building hopefuls really have no clue when it comes to making proper supplement choices.

Supplements can be very expensive when used consistently, so I would strongly recommend reading through this entire lesson, as it could potentially save you hundreds or even thousands of dollars that you would have otherwise wasted. It will also show you exactly where to spend your hard-earned money if you decide to include supplements in your program.

I am not affiliated with any supplement companies and have absolutely no interest in promoting pills or powders of any kind to you, so you can trust the information you learn here.

The Only 4 Muscle Building Supplements You Really Need!

First of all, let me make one thing absolutely clear:

Supplements are NOT a mandatory part of an effective muscle building program!

If you train hard and pay close attention to your diet, you can most certainly see significant gains in muscle size and strength without using any supplements at all.

That being said, if your goal is to gain as much muscle size and strength as you possibly can, in the shortest amount of time and with the highest level of convenience, then supplements definitely have their place and should be included to give you that extra boost.

The good news is that there really are only a small number of select products that you'll need, and they won't cost you an arm and a leg to get them either.

In this video lesson I'm going to outline my 4 recommended bodybuilding supplements that I believe should be included in your program if you want to see the most dramatic progress possible.

They should form the basis or cornerstone of any effective muscle building supplementation program, and unless you're already supplementing with

The Only 4 Muscle Building Supplements You Really Need!

these 4 items, I see no real reason to use any additional supplements until you do.

This lesson will include a very basic and generalized overview of each supplement, and then at the end I'll show you where you can get more detailed information on these 4 products along with my in-depth reviews of over 20 other popular muscle-building supplements to expand your knowledge further.

Let's get started...

Recommended Muscle Building Supplement #1

Whey Protein

This is what I would consider the “granddaddy” of all bodybuilding supplements, because if there’s ONE product that you should be making use of in your program, whey protein would be it.

Whey is an all natural source of protein that is extracted during the process of turning milk into cheese. It is a complete protein (meaning that it contains all 8 of the essential amino acids), has an extremely high bio-availability (meaning your body will absorb a very high percentage of the protein content), and it is also very high in branched-chain amino acids, which play a large role in preventing muscle breakdown.

Not only is whey the highest quality source of protein you could possibly put into your body, but its liquid form makes it ideal for bodybuilders due to its incredible convenience factor.

As you probably already know, if you want to see significant gains in muscle size and strength, you’ll need to consume a high-protein meal roughly every 2-3 hours. While this is certainly possible to accomplish

The Only 4 Muscle Building Supplements You Really Need!

using whole foods alone, for most people with busy lifestyles, it just isn't practical.

Whey protein solves this by allowing you to replace up to 2-3 of your daily meals with a simple liquid shake. This will streamline your diet and increase the convenience factor significantly, which in turn will greatly increase your chances for long-term success.

Whey is available in two main forms: whey protein concentrate and whey protein isolate. Although isolates are the higher quality choice of the two due to their higher protein percentage, higher absorption rate and better mixing ability, both concentrates and isolates are fine choices and will serve their purpose in your program.

Recommended Muscle Building Supplement #2

Creatine Monohydrate

Creatine is the most popular and most widely researched sports supplement available today, and for good reason. To put it simply, this stuff really works, and is one of the rare products where the effects match up to the hype.

For bodybuilders and athletes, creatine presents the following benefits...

- **Increase in strength** (which in turn will increase your levels of lean muscle tissue)
- **Increased muscle cell volumization** (creatine actually increases the amount of water that is stored in your muscle cells, which leads to a fuller and more muscular appearance)
- **Decrease in lactic acid buildup and mental fatigue** (which will allow you to train at a high intensity level for longer periods of time)
- **Improved recovery in between workouts** (which will allow you to train more often and with higher volumes of work without

The Only 4 Muscle Building Supplements You Really Need!

overtraining)

Creatine is naturally found in high concentrations in fish and red meat, but in order to obtain a highly beneficial dose, you'd have to eat a very large amount of these foods. This is where supplementation comes in handy, as just a single teaspoon of creatine mixed in a high sugar juice each day can help you achieve all of the benefits I just outlined.

Bodyweight gains in the range of 5-10 pounds within 3-4 weeks of creatine use are not uncommon, and if you want every possible muscle building and strength gaining edge you can get, I would highly suggest including a basic creatine monohydrate supplement in your program.

Recommended Muscle Building Supplement #3

High Potency Multivitamin

Nowadays there is a large school of thought who believe that taking a multivitamin is unnecessary and a waste of time. While it may be true that natural foods contain all of the vitamins and minerals you need, you'd have to balance out your diet extremely accurately in order to consume them in the proper amounts and ratios. The reality is that most people end up way off the mark when trying to achieve this.

You also need to keep in mind that as a person training intensely with weights several days per week, your vitamin and mineral requirements will be much higher than that of the average Joe... Not to mention that being deficient in even a single vitamin or mineral can potentially have a negative impact on thousands of individual processes going on in your body.

For these reasons, I would highly recommend that you consume a high-potency multivitamin every day as part of your supplementation program.

The Only 4 Muscle Building Supplements You Really Need!

This will keep all of the individual processes in your body running smoothly, will ensure that you are getting the absolute most out of your diet, and will keep your performance in the gym and recovery periods in between workouts at their absolute best.

Here are just some of the many benefits you can achieve through proper vitamin intake...

Vitamin A - Is crucial to the process of protein synthesis where individual amino acids are combined to form new muscle tissue. It also helps the body to produce glycogen, the stored form of carbohydrates within the body.

Vitamin B1 - Also known as "thiamine" and is heavily involved in protein metabolism as well as the production of hemoglobin which helps to carry oxygen around the body.

Vitamin B2 - Also known as "riboflavin" and aids in the fat burning process as well as helping the body to produce energy from carbohydrates.

Vitamin B3 - Also known as "niacin" and increases vasodilation within the muscle tissue, helping you to appear fuller and more vascular.

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Vitamin B6 - Also known as "pyridoxine" and is very important because of its effect on protein digestion. Muscle-building diets require larger than normal amounts of protein, and this means that your body needs a higher amount of vitamin B6 than the average Joe.

Vitamin B12 - Also known as "cobalamin", vitamin b12 ensures that the brain and muscle tissue are communicating efficiently and this has a direct effect on muscle growth and coordination.

Vitamin C - Heavily involved in amino acid metabolism and the formation of collagen. Collagen is found in your connective tissue and keeps your joints strong and healthy. Vitamin C also plays a role in the production of steroid hormones in the body and also enhances the absorption of iron. On top of all of this, vitamin C is a powerful antioxidant which flushes out free radicals and prevents damage to your body cells.

Vitamin D - Helps the body to absorb calcium and phosphorus more efficiently. Calcium is very important during muscle contractions and also helps to maintain strong bones and joints. Phosphorus is involved in the synthesis of ATP, the most usable form of energy found within the body.

Vitamin E - A very powerful antioxidant which helps to hunt out and neutralize free radicals. This will help to flush out many of the natural metabolic waste products your body produces and maintain the health of

your cell membranes.

Recommended Muscle Building Supplement #4

Essential Fatty Acids

Not all fats are created equally, and the essential fatty acids (or EFA's for short) are actually directly beneficial to the muscle building process and to your overall health in general.

They help to increase anabolic hormone levels, improve insulin action, increase energy production and improve the fat burning metabolism.

That's a long list of benefits, and if your essential fatty acid intake isn't up to par, you're definitely going to be short-changing your progress.

EFA's can be found in high concentrations in natural foods such as salmon, nuts, avocados and seeds, but in order to obtain an optimal amount I would also recommend supplementing with them in either pill or liquid form.

A great way of doing this is to simply include flaxseed oil and extra virgin olive oil in your diet. 1-2 tablespoons of each per day either mixed in juice, a protein shake, poured over a salad or even consumed on their own can

The Only 4 Muscle Building Supplements You Really Need!

help you obtain all the great benefits that EFA's have to offer. You can also purchase EFA combinations in pill form if you'd prefer to go about it that way.

So there you have it, the 4 basic pillars that should form the foundation of any effective muscle building supplementation program. If you're looking to get an extra edge in and out of the gym, and you want to increase the efficiency and convenience of your diet, these are the only 4 products that you really need.

If you aren't already supplementing with these 4 items, then I see no reason to include any additional supplements until you do.

Are You Ready To Build Your Dream Body?



If you've got the drive and the motivation to get started **right away**... To begin blasting your body into an almost **uncontrollable** surge of lean muscle growth... To start adding **inches** of rock-hard, granite-like mass to your chest, back, arms, shoulders and legs... To develop an **impressive, powerful** new body that turns heads at the beach, the mall, at work, at school and **everywhere** else you go...

Then the **ONLY** thing left for you to do now is to formulate a proper plan to get there. And not only to *get there*... but to get there as **quickly, easily** and **painlessly** as you possibly can.

So before you even *set foot* in a gym, I would **strongly** urge you to make sure that your training and diet plan is properly structured, and that you're implementing the most **powerful** muscle-building and fat burning techniques available. Many people have the motivation to succeed, but they simply lack an effective training and nutrition plan to go along with it.

I would absolutely **hate** to see you put a bunch of time and effort into your program only to become frustrated and impatient when the results don't come like you had expected. And even worse, I'd **really hate** to see you end up like **95%** of the population who flat-out **quit** and **give up** due to a lack of progress.

While the techniques in this lesson will help you to lay the *foundation* for your

The Only 4 Muscle Building Supplements You Really Need!

program, there are **many** other factors to take into account if you want to experience **significant, mind-blowing** muscle size and strength gains...

That's What The "Muscle Gain Truth No-Fail System" Is All About!

I wanted to provide eager lifters like yourself with the chance to experience **guaranteed success**, without all of the regular marketing hype and B.S that you see everywhere else.

There's so much bogus information circulating around in books and on the Internet that it can often be hard to know who to trust. And the dead-honest truth is that there are **many** people who you **cannot** and **should not** trust.

I'm talking about the billion dollar supplement companies... the salesman at your local supplement shop... the fitness equipment infomercial spokesperson... the "know-it-alls" on the online forums... and even some well-known "gurus" who *think* they know what they're talking about, but really don't have a clue.

The Muscle Gain Truth No-Fail System cuts straight through the hype and delivers a complete, in-depth, step-by-step success system that covers the muscle growth process from every possible angle.

Training, nutrition, supplementation, recovery, injury-prevention, motivation...

You'll literally learn **everything** you need to know to build that **rock-hard, head-turning** body you're after, and in a *fraction* of the time it would normally take you.

The Only 4 Muscle Building Supplements You Really Need!

You'll receive my #1 best-selling e-book, "**The Truth About Building Muscle**" along with a complete collection of critical support modules and bonus items. This includes a full workout plan and printable logbook, audio and video courses, a video exercise database, step-by-step meal plans, progress tracking software, hardcore training footage, interview transcripts and much more.

It's the same system that I used to transform from a 125-pound, weak and underweight "nobody", into a **200-pound, lean** and **muscular** bodybuilding and fitness author...

And it's the same system that thousands of average, everyday people from all over the world have implemented with **wild** success...

People like...

The Only 4 Muscle Building Supplements You Really Need!

"Your Book Is The Concrete Slab & Foundation Of My Training..."



"I am just another satisfied customer... I know it's hard to believe, but I have just completed my second 8 week cycle and have put on another lean 19 lbs. Everyone I know is amazed... People always comment on my massive growth rate and insist there is no way I could have achieved it naturally. For the record, I have never touched or used any anabolic steroids... Everyone just calls me "Big Rick" now."

Rikki Dibeneddeto
Sydney, Australia

"You're A F***** Genius"



"Hey Sean... I downloaded your program a few months ago. I have to tell you, excuse my language, but you're a f***** genius.

I've never seen anybody who understands and explains muscle growth so well and so clearly. My gains have increased dramatically since using your principles. Thanks for all of your continued support."

Oscar Lizano
Georgia, USA

"A Much More Muscular And Defined Body..."



"I've been training for about 10 years and after reading through your material I realized that much of what I was doing before was a flat out waste of time. After following your advice, I trimmed my waist down from 34 to 31 inches and ended up with a much more muscular and defined body as a result. I wish I had this information when I first started out... I would have saved tons of money and effort!"

Adrian Pace
Sliema, Malta

These are just *three* of the **thousands** of emails I've received from thrilled users of this program, eager to share their success with me...

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Will YOU Be Next?

If you're motivated and ready to start building that **shredded, muscular** physique you've been dreaming about, then do yourself a favor and **multiply your chances of success**.

Over a year and a half of solid work was put into [The Muscle Gain Truth No-Fail System](#), and I'm confident that this will be the **one** program that will help you to reach your muscle building goals in record speed and *finally* be happy with your reflection in the mirror.

In fact, I'm **so confident** that my best-selling system will work wonders for your **body**, your **mind** and your **entire life**, that I'm literally going to **GUARANTEE** that it will work for you.

How does this sound...

- MY PERSONAL PROMISE TO YOU -



"Try [The Muscle Gain Truth No-Fail System](#) for a full 8 weeks. If you aren't **completely** and **totally** *thrilled* with the results... If you don't look and feel better than you ever have in your **entire** life... If your friends, family and co-workers aren't **raving** about the amazing changes you've made... Simply email me for a prompt, courteous, no-questions-asked refund of your payment!"

S. Salewanyj

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You've Got **NOTHING** To Lose!

... And a **brand new, rock-hard, head-turning body** to gain.

Click the link below to get started TODAY...

I look forward to hearing from you!



[Click Here For More Information!](#)

Here's to your brand new physique,

S. Nalewanyj

www.MuscleGainTruth.com

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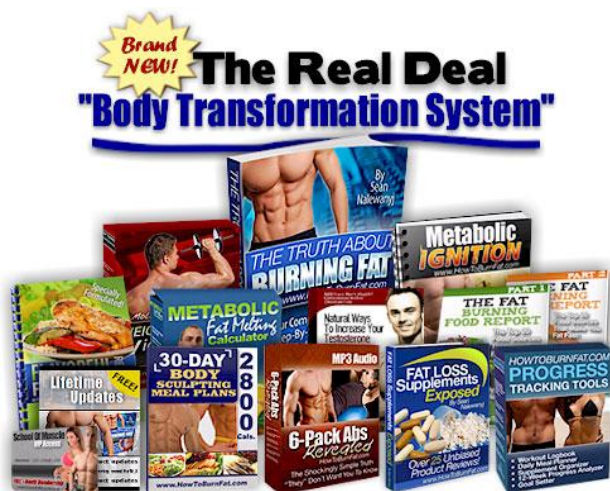
Additional Product Information

Learn more about Sean's other 2 best-selling fitness products below...

"The Real Deal Body Transformation System"

Complete Fat Burning Success Kit

www.HowToBurnFat.com



Learn the exact step-by-step strategies for burning off maximum amounts of body fat while increasing your health and energy levels quickly, safely and naturally.

Contains the best-selling e-book, "The Truth About Burning Fat" along with a comprehensive collection of support modules and bonus items.

[Click Here For More Information](#)

"The Muscle Building & Fat Loss Inner Circle"

Online Fitness Support Community

www.FitnessInnerCircle.com



A private, members-only bodybuilding and fat loss community that keeps you up to date on all of the most cutting edge fitness strategies available.

You'll also have the chance to meet, chat and make friends with other members from all over the world...

[Click Here For More Information](#)