

The Best Post-Workout Supplements for Growth & Recovery

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You've been consistent with your training and your diet, training hard and pushing your body to the limit. Your pre-workout supplementation is covered, ensuring your body is primed to push some heavy weight. As you walk out of the gym with another workout conquered, it's time to provide your body with the nutrients it needs to stimulate muscle growth & recovery.

Post-workout supplementation is extremely beneficial for enhancing recovery and stimulating maximum muscle growth.

Is it absolutely necessary to make gains? Is your training session a total waste of time without a post-workout cocktail? No, of course not. But using a quality recovery supplement based on science with properly dosed ingredients can definitely HELP!

Let's take a look at the best supplement ingredients you need to be taking post-workout, along with the harmful ingredients that you should be avoiding. Before we get started, take a second and check out the new REDEMPTION Post-Workout Growth Fuel. It has been formulated with the key ingredients we are about to discuss, in full clinical doses, and is 100% naturally sweetened.

The label is completely transparent with no proprietary blends, and it doesn't contain any of the cheap food dyes and artificial chemicals found in almost every supplement on the market. In short, this is a supplement that does what it's supposed to do: enhance your recovery and stimulate muscle growth. Compare the label with your current post-workout supplement to truly see the difference. Onward.

PROVEN POST-WORKOUT SUPPLEMENT INGREDIENTS Beta-Alanine

Recommended dosage:

2+ grams per serving

Famous for causing that flushed, tingling feeling after ingestion, Beta-Alanine is one of the most popular supplement ingredients. Commonly found in pre-workout supplements, Beta-Alanine is also valuable as a post-workout ingredient. Beta-Alanine is converted into Carnosine, which is a valuable means of increasing overall strength and muscle mass, as demonstrated in [this study published in the Journal of Medicine & Science in Sports & Exercise](#).

Responsible for supporting the muscle repair and recovery process, Beta-Alanine has also been shown to reduce levels of fatigue and improve exercise performance ([study published by the Journal of Amino Acids](#)).

Betaine Anhydrous

Recommended dosage:

1.25 grams+ per serving, 2.5 grams+ per day.

Much of the research on Betaine indicates that a split dose pre-workout and post-workout is optimal.

As demonstrated in a [study published in the Journal of Strength & Conditioning Research](#), Betaine Anhydrous is a valuable ingredient for increasing the overall number of sets and repetitions performed in training. Increased training volume with heavier loads over time will result in greater results in strength, size, and endurance. [One study published in the Journal of the International Society of Sports Nutrition](#), discovered over a 6-week period, that Betaine supplementation resulted in an impressive increase in lean muscle mass, lower body fat percentage, and enhanced work capacity.

Creatine Monohydrate

Recommended dosage:

3-6 grams per day

A celebrity within the fitness supplement industry, Creatine Monohydrate has been used to build strength and increase strength for decades. Adenosine Triphosphate, or ATP, is the first line of fuel during exercise for your muscles. As you can see in [this study, published in the Journal of Molecular and Cellular Biochemistry](#), Creatine Monohydrate directly supports the ATP conversion process, providing your muscles with an ample supply. Creatine has also been shown, as demonstrated in [this study in the Journal of Applied Physiology](#), to efficiently increase strength during workouts.

Glutamine

Recommended dosage:

5 grams per serving

Like Creatine Monohydrate, Glutamine has been used as a go-to supplement in the bodybuilding industry for a long time. This amino acid is an important post-workout supplement as it has a variety of benefits that influence recovery, mainly supporting the immune system. Studies, such as [this one from the Journal of Amino Acids](#), indicate that supplementing with Glutamine can result in improved immune system function. Training hard and frequently can put the immune system in a compromised state. To battle overtraining and stay healthy, Glutamine is a key ingredient.

Obviously, you want your immune system at the top of its game, especially if your workouts are brutal. As great as it is, Glutamine is best when used in combination with the other post-workout supplement ingredients listed on here.

L-Carnitine L-Tartrate

Recommended dosage:

1-2 grams per serving, 2 grams per day.

L-Carnitine L-Tartrate (LCLT) is quickly becoming a must-have post workout supplement ingredient. [A study published in the Journal of Science and Medicine in Sport](#) shows the LCLT supplementation leads to an increase in androgen receptors, which means more receptors are available to bind with anabolic hormones. [A study published in the Journal of Strength & Conditioning Research](#) highlighted the reduced amount of muscle tissue damage post-workout when supplementing with LCLT.

Leucine

Recommended dosage:

2-4 grams per serving

Leucine plays a very important role in muscle repair, recovery, and growth. It is a key ingredient when it comes to stimulating protein synthesis, as demonstrated in a [study published in the Journal of Nutrition](#). Stimulating protein synthesis is the key factor when it comes to building muscle.

INGREDIENTS TO AVOID IN A POST WORKOUT SUPPLEMENT, OR ANY SUPPLEMENT.

Artificial Sweeteners

Chances are, you're hardly surprised that artificial sweeteners are on the list of ingredients to avoid. With the media wildfire against these convenient and potentially hazardous sweeteners, it's surprising that they are still being used as much as they are.

According to [a study published in the Journal of Pharmacology and Pharmacotherapeutics](#), artificial sweeteners such as Saccharin, Sucralose, and Acesulfame Potassium have been connected with potential cognitive decline with consistent use. Many pre-workout supplements and post-workout supplements are loaded with these artificial sweeteners and are used on a daily basis with double or even triple the serving size. As a natural sweetener, Stevia is going to be your best bet.

Artificial Food Dyes

Who hasn't looked at a nutrition label and wondered about Yellow 7 or Blue 13? That pretty blue or purple color that you enjoy every time you scoop your pre-workout is the culmination of a series of chemical processes with the end result being a completely artificial dye that is not body-friendly. As you can see in this evaluation published by the Federal Food and Drug Administration, artificial colors are nothing but trouble. Linked to cognitive disorders and behavioral development issues, this is just the tip of the iceberg as many more studies are pending results.

Proprietary Blends

On paper, proprietary blends seem like a good idea. Just a company wanting to protect their exact formula so that the competitor can't steal it. The reality is that companies use proprietary blends to hide their formulas from you, the consumer.

A proprietary blend will list the ingredients used, usually with patent pending names, in a formula but will not include the amount of each ingredient. When using a proprietary blend it's very easy to "pixi-sprinkle" the heavy-hitter ingredients (add very little), and add in a bulk-load of filler instead. You can quickly see how supplement companies can get away with making bold claims while lacking the formula to back up these claims.

CONCLUSION

This list of ingredients has been proven time and time again by scientific studies and user experience. When shopping for a post-workout supplement, these are the names you need to be looking for. Lucky for you, *REDEMPTION*™ contains everyone of these ingredients in their full clinical doses to achieve maximum benefits. You can order this product online from [JACKED FACTORY™](#). If you are interested in reading more about these ingredients, check out [The 6 Best Post-Workout Supplements for Muscle Growth & Recovery](#), Naturally sweetened and flavored, REDEMPTION is effective, safe, and proven.



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