

# ARE YOU GAINING HEALTHY MUSCLES???

Great looking muscles is the most common dream seen by almost everybody in today's time. But this requires a lot of time and dedication. This is the reason why everybody cannot achieve this. In today's world, where time is the most deficient factor, the traditional theory of building muscle mass by working out seems to be incomplete and less fruitful. A factor 'X' to boost muscle growth in a limited period along with workout and diet has become extremely important. This factor 'X' definitely has to be a muscle mass gaining formula. Because of its increasing demand, various muscle mass gaining formulas are available in the market. But you need the best for you!!!! But how ???. Below given are some tips that will help you select the best formula.

## 1. CHECK FOR THE INGREDIENTS

Muscle mass gaining ideally requires a combination of carbohydrates and proteins. It is only in the presence of carbohydrates that proteins are absorbed and utilized well in the body. Thus, only a protein supplement will not solve the purpose. A correct carbohydrate and protein ratio is necessary. Along with an adequate carbohydrate-protein ratio, it is also necessary that it contains a blend of time-release protein and carbohydrate that keeps nourishing your body even between meals.

## 2. PALATIBILITY OF THE PRODUCT

Protein supplementation may sometimes cause intolerance and nausea in some individuals. Thus, the supplement of your choice should be such that you don't end up vomiting and throwing nutrition out of your body instead of feeding and nourishing yourself. So select a supplement in the flavor you like so that instead of coming out, it nourishes and helps your body grow well.

## 3. ADDITIONAL NUTRIENTS

While purchasing, also look for additional nutrients like Medium Chain Triglycerides (MCT) in the product, so that you get all essential body building products in one packet. Also check the amounts in which they are present because inadequate and less amounts are only for marketing purposes.

## 4. CHECK FOR PRICE AND SERVING PER CONTAINER

Look for the per serving cost and number of servings in the container.

$$\text{Per serving cost} = \frac{\text{cost of the box}}{\text{Number of servings in the box}}$$

Also check the amount of protein per serving.

$$\text{Percentage of Protein per serving} = \frac{\text{amount of protein per serving}}{\text{Serving size}} * 100$$

### FOR EXAMPLE

$$\text{Percentage of protein per serving} = \frac{55 \text{ gm}}{250 \text{ gm}} * 100 = 22\%$$



Ultimate Nutrition's MUSCLE JUICE 2544 is a perfect blend of protein and carbohydrate along with added MCT oil, that provides the most favorable environment for muscle growth. Contains a perfect blend of time release protein and carbohydrate to nourish and supply continuous energy to your muscles for up to 6 hours. Thus can be used as a post as well as pre workout drink. Great tasting MUSCLE JUICE 2544 is available in various flavors, a tasty way to feed your muscle. Easy on your pocket. Look for all these factors before getting a product and choose smartly because, "all that glitters is not always gold."

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