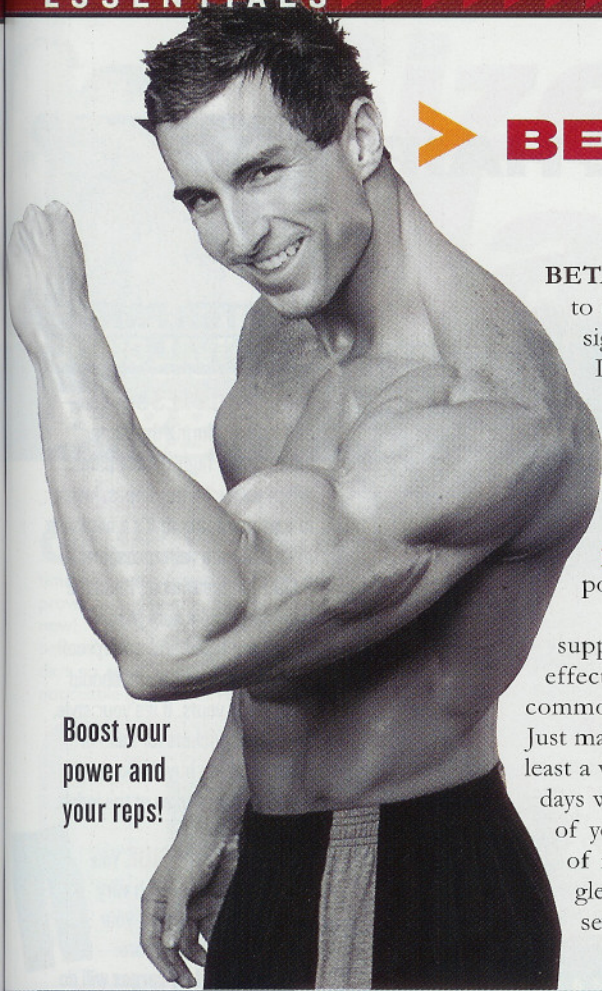


BETA-ALANINE



Boost your power and your reps!

BETA AMINO ACID is all about lasting power. Similar to creatine monohydrate, beta-alanine seems to have significant ergogenic properties to enhance strength. It achieves this effect by buffering hydrogen ions (H⁺), which overwhelm your muscles as you train, leading to fatigue and rep failure. Beta-alanine emphasizes the glycolytic system of energy (rather than the phosphagen system linked to creatine), so **you're not just adding to your power level; you're upping your rep count** to potentiate superb muscle growth.

Another distinction between the two supplements is that beta-alanine doesn't cause the side effects of bloating and water retention that are commonly associated with creatine. Just make sure to be a little patient because you'll need at least a week to feel its effects. Supplementation for 10 to 14 days will allow you to lift near-maximal weights (80 percent of your one-rep max or higher) for an increased number of reps in a set. That 225-pound bench press you struggle with for five reps could become within reach of seven or eight reps. *—Tim Righy, MA*

TAKE A DETOUR

Protein bars are supposed to be healthy, filling and tasty. **The Chocolate Peanut Butter Detour Bar is no different and meets the health requirements with 12 grams of protein and 25 grams of carbs—**which will keep your tank full for a few hours. **Other ingredients include** whey protein crisps and key vitamins and minerals. **There are more than six flavors to choose from including** Chocolate Caramel and Lemon Yogurt.



SUPPLEMENT FACTS:

Serving Size: 1 bar (50 mg)	
Calories from Fat 210	Potassium 125mg
Total Fat 7g	Total Carbs 25g
Saturated Fat 3g	Dietary Fiber 4g
Trans Fat 0g	Sugars 0g
Cholesterol 20 mg	Protein 12g
Sodium 70mg	

TIP

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WHEY IS WAY BETTER

There are three primary types of protein supplements: soy, milk and egg, and whey. Soy is derived from plant sources and is an incomplete protein. Milk and egg proteins are complete. Whey is derived from milk and is the purist form of protein—you can mix it with a spoon, and it doesn't cause the digestive problems that often accompany milk and egg proteins. Besides being the best source of protein for building muscle, whey protein helps boost your immune system.

For more great tips like this, check out Robert Kennedy's new 1001 Musclebuilding Tips on sale now at www.shopmuscle.com, or call 1.888.254.0767 to order today.

PROS VS. CONS PROTEIN

THE AMERICAN COUNCIL on Exercise says that a relatively low amount of dietary protein is needed to build muscle, but avid weight lifters and bodybuilders believe that great gains are due, in large part, to protein powders and supplements. There may be truths either way, so it's best to be informed

about increasing your protein intake.

PROS

- + Helps maintain a positive nitrogen balance
- + Reduces hunger and helps you feel full faster
- + May decrease the healing time of muscles, helping them grow faster
- + Helps deter muscle weakness and fatigue

CONS

- May lead to excess weight gain (fat) instead of muscle if protein of any kind is stored rather than metabolized
- Requires increased water intake to help eliminate protein by-products
- May be unsafe for people with kidney problems or kidney disease

—Carrie Anton



MEAL REPLACEMENTS:

PERFECT PROTEIN FOR THE P.M.

Weight gain is determined by how many calories you consume and burn throughout the day. While you won't necessarily gain more if you eat a big meal before bed, your metabolism is not at its peak while you sleep. For a dinner that's light in calories, try any of the drinkable products from EAS (Myoplex), Labrada or Optimum. **Each product is loaded with protein to promote increased muscle mass.** A quick shake also makes for a great light afternoon snack.

—Carrie Anton