



The Bodybuilding Supplements Bible

Samuel Jones

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If your goal is to gain "**muscle and strength**" there are literally hundreds of supplements on the market that provide a variety of benefits. After countless trial and error, I now realise that a lot of the supplements I spent my hard earned cash on were really a waste of money, and even though I found some real gems along the way, I had to cut through a lot of rubbish to get there. Happily for you, I'm about to share my experience by reviewing some of the hundreds of products I've tried, some good, some illegal, so that you don't have to waste your time and money like I did before you actually find bodybuilding supplements that work.

Unfortunately, there are many unscrupulous companies out there that produce supplements of little value, there's also a lot of marketing hype that can lead you to waste money or even damage your health. Knowing which of these supplements work and don't work will benefit your individual training goals, and can help you work with your body to improve your health and muscle building potential. "**The Bodybuilding Supplements Bible**" leaves no stone unturned, it covers every topic from basic bodybuilding supplements to vitamin supplements, mineral supplements, illegal supplements, the truth about steroids, creating your stack, and much more.

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