

Adonis Golden Ratio Supplementation Guide



Adonis Golden Ratio Supplement Guide

David Barr



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NOT backed by any real scientific research They re usually under dosed poorly formulated and hide specific ingredient amounts behind proprietary blends and in some cases don t even actually contain what the label says It might sound crazy but these sorts of things are actually pretty common practice and it s easy for supplement companies to get away with them since the industry is so loosely regulated by the FDA The bottom line is if you re spending money on supplements for bodybuilding building muscle burning fat enhancing sports performance or just want to know the secrets of this industry and its various products then you want to read this book

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to make your nutrition and supplements work for you Whether you re an advanced athlete trying to improve performance and recovery or a recreational enthusiast seeking to improve your physique the Anabolic Index series will show you how to achieve your athletic goals Years of research analysis and experimentation have gone into developing the system which is presented in this easy to use guide The Anabolic Index will take the guesswork out of nutrition

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