

# Download Bodybuilding Supplement Guide

Bodybuilding supplements are dietary supplements commonly used by those involved in bodybuilding, weightlifting, mixed martial arts, and athletics for the purpose of facilitating an increase in lean body mass. The intent is to increase muscle, increase body weight, improve athletic performance, and for some sports, to simultaneously decrease percent body fat so as to create better muscle ...Always consult with a qualified healthcare professional prior to beginning any diet or exercise program or taking any dietary supplement. The content on our website is for informational and educational purposes only and is not intended as medical advice or to replace a relationship with a qualified healthcare professional. Find Information & Supplement Reviews on JYM Supplement Science! JYM Supplement Science by Dr. Jim Stoppani is available at the #1 online sports nutrition store: [Bodybuilding.com](http://Bodybuilding.com)! Muscle building supplement secrets learn the truth about the top bodybuilding supplements and which muscle building supplements are best. - Bodybuilding Supplement Guide