



AGR Supplementation Guide

Category 1 - Primary Goal Muscle Building

by John Barban

Updated 03.04.17

ADONIS GOLDEN RATIO SUPPLEMENT GUIDE

Category 1 – Primary Goal Muscle Gain

Based on your measurements, your body is primed and ready for building serious muscle mass and there are some specific supplements that will be essential to this process.

The first thing you should know is that the dosing recommendations you find printed on supplement labels aren't necessarily the best or most ideal for you.

Based on your measurements, you also have a specific workout to follow. You'll have specific supplements to take, and even specific individualized dosing that will not appear on any label or bottle.

The products I recommend for you to take are the products I take. These are supplements I've either formulated directly or been consulted with on the formulation.



Muscle Building

THERE ARE THREE SUPPLEMENTS I SUGGEST YOU FOCUS ON GIVEN YOUR CURRENT MEASUREMENTS:



TESTOSTERONE BOOSTER

I recommend and use V-Taper Solution



CREATINE

Any brand of unflavored creatine monohydrate- powder or capsules



PRE-WORKOUT

Any brand of pre-workout

I can vouch for the effectiveness of these three products and I personally use them. I created V-Taper Solution personally from the ground up. This is as good as it gets when it comes to formulation, quality, and reliability from a supplement.

The rest of this manual is a brief explanation of how each of these supplement categories will help you get to your ideal body as fast as possible.

TESTOSTERONE BOOSTING

Testosterone is the single most important anabolic hormone. Without it you could not build muscle at all. Everyone has a specific amount of testosterone that their body will produce naturally. Raising your natural level will allow for faster and greater muscle gains, faster and greater strength gains, and faster recovery.



Testosterone does this by binding to the nucleus of your muscle cells, signaling them to grow faster and larger. The only thing holding back your muscles from growing to hulk like proportions is the amount of testosterone you have. But too much can impact your overall health. For example, bodybuilders inject themselves with massive amounts of testosterone to build cartoon size muscle. The amount of these drugs that can produce such massive muscle mass also have massive side effects including increased risk of heart attack and impotence - massive side effects which you DO NOT want.

Muscle Building

“Using a testosterone boosting supplement will also give you a more natural look compared to the drug induced look of bodybuilders.”

This is why I recommend taking a [testosterone boosting supplement](#) that naturally raises your levels. This promotes faster muscle growth without risking the side effects of using testosterone based drugs. Using a testosterone boosting supplement will also give you a more natural look compared to the drug induced look of bodybuilders. We’re basically talking about the difference between being as big and muscular as you can be naturally versus on drugs. I’m sure you’ll agree that “natural big” is much better than “drug big”. But with that said, you’ll still need all the help you can get and a testosterone boosting supplement is definitely an ace up your sleeve.

You’ll notice that I recommend dosing most of your testosterone booster at night. This is because many testosterone boosters (and especially the one I recommend) can have a profound effect on your sleep.

Test boosters are known for improving the quality of your sleep, leading to a better hormonal balance, better recovery, and less risk of suffering from symptoms of overtraining.





V-TAPER SOLUTION TESTOSTERONE BOOSTER DOSING:

To establish a new testosterone level I recommended a graded dosing scheme to allow your body to ramp up. I suggest the following three week ramp up to a full dose:

Week 1	Week 2	Week 3
1 capsule post workout +	1 capsule post workout +	2 capsules post workout +
1 capsule before bed	2 capsules before bed	2 capsules before bed

NOTES: On days you don't work out, only take the before bed dose.

By week 3 you will be at the recommended label dose. You can continue this dose for the remainder of your workout program then follow a ramping down schedule to cycle off.

4 WEEK RAMPING DOWN SCHEDULE:

Week 1	Week 2	Week 3	Week 4
1 capsule post workout +	1 capsule post workout +	1 capsule before bed	Off
3 capsules before bed	1 capsule before bed		

[CLICK HERE TO BUY V-TAPER SOLUTION](#)

Muscle Building

CREATINE

Creatine is essential to the muscle building process and you cannot reach your true potential without it. Creatine affects cell volumization, selective protein synthesis, and ATP regeneration. Let's look into each of these in more detail now.

CELL VOLUMIZATION

Picture your muscles like a series of tightly packed water balloons. Each *balloon* has the rubber of the balloon itself as well as the water inside the balloon. In this example, the *rubber* of the balloon is the protein scaffolding of the muscle and the *water* inside the balloon is the intercellular fluid that consists largely of water with various proteins and nutrients in it. Just like a steak or piece of meat can dry out and shrivel up, so too can your muscles. Creatine drives water into your muscles, keeping them hydrated and volumized. This is important because a fully hydrated and volumized muscle is more anabolic and more powerful. A dehydrated muscle will not produce much force and cannot grow as fast. If you've ever worked out in a dehydrated state, you know what I am talking about here. You feel weak and listless. Immediately after taking creatine you should notice a cell volumizing effect that leaves your muscles feeling fuller, tighter, and more powerful. This is also a good place to note that you may also see your weight go up on the scale a little as a result of taking creatine.

“Creatine drives water into your muscle keeping it hydrated and ‘volumized’...”

SELECTIVE PROTEIN SYNTHESIS

There are many different proteins that make up your muscles and two of them are what causes muscle contraction and strength. These two proteins are called “actin” and “myosin”. Creatine selectively increases the synthesis of these two proteins. This is another big reason why it's so important to take creatine to maximize muscle growth and strength gain.



ATP REGENERATION

When you're lifting heavy weights and generating maximum force, your body is using an energy source called ATP (Adenosine Tri-Phosphate). Your muscles only store enough free ATP for about 3-5 seconds of high intensity work before it runs out and needs to be replenished. When the free ATP is gone, it switches to other energy sources. Creatine can increase your storage of ATP allowing you to push heavier weights from set to set when you would normally start to fatigue and have to decrease the weight. Taking creatine means more total weight lifted, and therefore more muscle growth and strength gains.

SELECTIVE UPTAKE

The muscles you have most recently worked in the gym will selectively uptake more creatine than any other muscle groups. This means that your post workout creatine doses have a muscle targeting effect. Your other muscles will take up creatine, however more of the creatine in your post workout doses will go directly to the muscles you have just trained. This targeting effect is why it makes sense to take three separate doses of creatine during the day: one in the morning for the overall absorption throughout your body, a second dose within your pre-workout supplement, and a third dose post workout for direct enhanced absorption from the muscles you just worked.

Muscle Building

CREATINE DOSING:

3 doses per day

Dose 1 – 2.5 grams of creatine with your first meal

Dose 2 – 5 grams of creatine pre or post workout* (*within 1 hour after workout*)

Dose 3 – 2.5 grams of creatine with dinner/final meal of day

**Note that your pre-workout may contain creatine*





PRE-WORKOUT

Your workout is the single most important activity of the day when it comes to muscle building. Following the right diet and taking the right supplements isn't going to really matter if you don't bother lifting weights. You must complete your workouts consistently and with maximum intensity, focus, and effort if you expect to reach your full potential.

Step one is getting to the gym. Step two is doing the workout. Step three is hitting that workout with 100% effort. Step three is where many guys fail. Just going through the motions of your workout isn't going to cut it. A pre-workout supplement will give you the right mix of nutrients to keep your mind and muscles primed for maximum intensity and growth.

NOOTROPICS – ENHANCED MIND-MUSCLE CONNECTION, MAXIMUM ENERGY AND INTENSITY

Nootropics are a broad class of compounds that are psychoactive. This means they have the power to affect your ability to focus, and thus they can also affect your ability to generate strength and intensity.

They do this in multiple ways from increasing blood flow to the brain to modifying certain neurochemicals to give you what might feel like enhanced abilities.

For the purpose of a workout, you want to be “dialed in” every time you step foot in the gym and a blend of nootropics will do just that. This will translate into massively productive workouts and being able to push harder on every set and every rep.

Think of it as the difference between working out half asleep or wide awake and totally in the zone.

Muscle Building

Each class of nootropic compound will have different effects; they will complement each other for the most pronounced effect possible. The combination of nootropics in pre-workout blends will provide all of the following benefits:

- Directly stimulating an increase in the power and force you can generate with each repetition; an enhanced ability to contract the muscle
- Stimulating increased blood flow to the brain for enhanced alertness and focus
- Stimulation of dopamine for enhanced drive and intensity

Taken together this blend of ingredients is like a supercharger for your mind-muscle connection when you're working out. It's perfect within a pre-workout supplement because you only need to take these before a workout.

INCREASED STRENGTH ENDURANCE

You've likely heard of endurance and strength, but you might not have heard of "strength endurance". Strength endurance is the ability to maintain your maximum strength from one set to the next, and from one exercise to the next for the entire length of your workout no matter how long it is. In order to build maximum muscle mass you will be doing lots of sets and reps within any given workout, but this is only useful if you can still push heavy weights all the way through to your final sets of the day.

With any given workout, we will all experience some fatigue and decrease in strength from the start of the workout to the end. This is natural, but it's not inevitable. You can avoid this drop in strength with some strategic supplements that help delay muscle fatigue and keep muscle energy high throughout the entire workout. This is accomplished by adding ingredients that help prevent the buildup of acid in the muscles from set to set. You can basically prime the muscle to handle the high volume workouts if you give it the right ingredients before you go to the gym. This is another reason why a properly designed pre-workout formula can help you maximize the results you get from every single set and rep of every workout.



MAXIMUM STRENGTH

Along with increased strength endurance you also want to hit your maximum strength with each lift. Otherwise you're leaving some of your potential gains on the table. A good pre-workout mix will have creatine and targeted energy enhancing ingredients that prime your muscles for the ability to push max weights. You'll not only have enough strength endurance to give each set and rep your all, but every rep will also be the heaviest weight you can lift. This combination of strength endurance and max strength is a major key to accelerated muscle gains.

BLOOD FLOW ENHANCEMENT

The "pump" as it has become known, is the effect of your muscles swelling with blood during a workout. The faster and fuller you get a pump the more you are forcing muscle building nutrients into each muscle. Stimulating a chemical in your blood called "Nitric Oxide" has long been believed to be the key to creating bigger and fuller muscle pumps, and the old standard for this was the amino acid Arginine.

But that was then, and this is now.

Arginine is old news when it comes to nitric oxide stimulation. There are also some new, more effective ingredients for stimulating nitric oxide and developing fuller, longer muscle pumps and it's what you'll find in the newer pre-workout formulas.

WHAT TO LOOK FOR:

- Caffeine, tyrosine, theanine, or other nootropics
- Creatine and other strength agents
- Beta-alanine, BCAAs, or other endurance agents
- L-arginine, L-citrulline, beetroot or other pumping agents
- Carbs
- Electrolytes

Muscle Building

PRE-WORKOUT DOSING:



These products are so potent that I suggest you simply follow the dosing instructions on the label but start with half a serving approximately 45-60 minutes before your workout.

Once you've assessed your tolerance after approximately 10-14 days, you can attempt to go up to one full serving approximately 45-60 minutes prior to your workout. This is the MAX dose I recommend and I would not attempt to go any higher.

For people who are extremely sensitive to stimulants:

If you know that you're highly sensitive to caffeine and other stimulants, you may want to start with a quarter serving for the first week to assess your tolerance and work your way up to a half serving, then 3/4 serving and finally a full serving. If you are highly sensitive, you may not need to ever use a full scoop. If you know you're highly sensitive to stimulants use the following graded dosing schedule to assess tolerance:

Week 1	Week 2	Week 3	Week 4
¼ serving	½ serving	¾ serving	Full serving
45 mins before workout	45 mins before workout	45 mins before workout	45 mins before workout

***NOTES:** ONLY take your pre-workout supplement on the days you workout, do not add it in on your non-workout days.