Weightlifting has been an Olympic sport since the first modern-day games in Athens in 1896, and ever since, it's been a battle to see who is the strongest, the fittest and, ultimately, a winning Olympian. A study conducted by researchers at Harvard Medical School and McLean Hospital in Massachusetts suggests that human growth hormone (hGH) is a commonly used substance among American Titan Rise Male Enhancement weightlifters of all levels. And it's not only at the amateur level – U.S. Olympic weightlifter Patrick Mendes was recently suspended for two years for using hGH. He is not alone. The World Anti-Doping Agency maintains a strict list of substances Olympians are prohibited from using, both in and out of competition – the list currently includes anabolic agents, peptide hormones, beta-2 agonists, hormone antagonists and modulators, diuretics and other masking agents, stimulants (caffeine was prohibited until 2004), narcotics, cannabinoids, and glucocorticosteroids. Athletes are also prohibited from gene doping, Titan Rise Male Enhancement of oxygen transfer (also known as blood doping), and chemical and physical manipulation.

external site When Pat Mendes tested positive for hGH, for example, he was in violation of the International Weightlifting Federation Anti-Doping Policies and the USADA Protocol for Olympic and Paralympic Movement Testing – and was subsequently banned from participating in the 2012 London games. But none of those are actually dietary supplements. An athlete's dietary requirements can far exceed what most of the rest of us need because they use more energy, but your intake needs are also based on your overall health, how your metabolism works and, in general, how your individual body works. Olympic athletes have the best odds of achieving their best performances when their nutritional needs are met and maintained. Just like us non-Olympians, the types of supplements Olympic weightlifters use are going to be determined by their own bodies' needs. Olympic nutritionists emphasize the importance of a well-balanced diet full of energy-boosting and tissue-rebuilding foods, such as carbohydrates, protein, fats and fluids, but Olympic athletes may supplement their diets with vitamins and Titan Rise Experience minerals, including calcium, iron and zinc, as well as amino acids, among other compounds. (Image: [[https://p0.pikist.com/photos/38/734/boys-portrait-brothers-people-happy-child-person-childhood-cute-thumbnail.jpg|https://p0.pikist.com/photos/38/734/boys-portrait-brothers-people-happy-child-person-childhood-cute-thumbnail.jpg)]]

Let's look at some of the most commonly used supplements, beginning with what amino acids are and why they're important for weightlifters. Still, many athletes and Olympians may choose to supplement their diet to help the body perform, recover and repair itself at peak performance. Amino acids are what the body uses to build protein, and they also play a role in your body's metabolism and its ability to repair body tissues. There are three amino acids that the body can't produce itself, which have to come from food and supplements: These are called branched-chain amino acids (BCAA). One of the three, leucine, is believed to be responsible for synthesizing protein in the body – essential for building muscle tissue – hence why some elite athletes choose to take BCAA supplements. Your body also uses amino acids to produce a chemical called creatine, which it stores in its muscles. Creatine entered the public consciousness when athletes in the former USSR began to use it as a performance enhancer – since 1992, it's been a go-to supplement for many athletes, because it may help improve overall performance as well as build strength and lean muscle mass during brief, intense training – including weightlifting.

In addition to amino acid supplementation, weightlifters may find they benefit from glucosamine supplements. Glucosamine is an amino-monosaccharide, a compound of protein and carbohydrate that naturally occurs in your body and may help the body recover from injury by repairing and Titan Rise Experience strengthening cartilage and reducing joint pain as well as joint swelling and stiffness. There are also three essential minerals that keep Olympian bodies (and those of mere mortals) in tip-top shape. What's hiding in your nutritional supplement? Olympic-level athletes, such as elite

weightlifters, use more energy and place their bodies under more stress when they train than many of the rest of us, and there are three essential minerals that can help them manage that: calcium, iron and zinc. Let's look at calcium's benefits first. Your body needs calcium to grow strong bones and to maintain that strength and health. It also plays an important role in heart health and blood clotting, as well as how well your nerves communicate.