



NATURAL ANABOLIC'S

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The subject of performance enhancement is heavily debated. On one hand you have the people who think it's the devil's creation and everything and anyone associated with it should go to hell. On the other hand, you have the users who swear by them and think they are the greatest gift. Then, you have everyone in between who doesn't know what to think.

To be completely honest, I do not think there is anything wrong with chemical enhancement. I think it's a great way to achieve goals that were previously impossible. That being said, you'll never see me sticking a needle into my leg. While I do approve of steroids and other compounds, I do not, nor will ever use them.

Why?

Simply because I value my long term health over the short term gains. Being a science major, I have a deep understanding of how the hormones interact in the body and I simply don't want steroids, floating around in my bloodstream.

That being said, I can't but help and marvel at their benefits. And so, I began to search for natural compounds that could potentially offer the same benefits without the nasty side effects. This list is the best natural anabolic's I have found after scouring the planet over the past 6 years.

Laxogenin

One of nature's most potent anabolics come in the form of a steroidal saponin called Laxogenin (5a-hydroxy laxogenin). It is found in a plant relative to asparagus and is native to Asia.

Laxogenin belongs to the brassinosteroid types of anabolic saponins, which functions through the kinase-mediated signaling pathway that influences cell receptors on the muscle cell surface.

Laxogenin can increase protein synthesis and slow protein breakdown, assisting in building more muscle as well as keeping more of what you already have from breakdown during training. In other words,

Laxogenin is a highly anabolic substance and perfect for both bulking as well as used when cutting to prevent muscle breakdown. It is said that Laxogenin is similar in action to Anavar but much safer, as it does not directly influence any of the body's hormones, making it void of all the common side effects usually experienced when taking anabolic steroids.

In fact, it is so safe that it can be considered void of almost any side effects since very few have ever been reported.

Dosage: 100mg/day

Oral Arginine

The amino acid L- arginine, which is the main nutritional ingredient in NO production. Only recently has science recognized the importance of NO in human health.

As a person ages, his or her growth hormone takes a nosedive. That can result in everything from muscle loss to more bodyfat accrual to a hampered immune system to joint pain to loss of skin elasticity. Growth hormone injections have been shown to reverse many of those maladies, but folks often don't want to inject a hormone. So are there ways to get natural growth hormone increases? Many researchers say yes.

A new study involved giving a nine-gram dose of oral arginine to 10 healthy men. The growth hormone increase in those men after they consumed arginine ranged from a low of 70 to 120 percent above baseline to a high of 200 to 1,000 percent above baseline.

Dosage: 2-3g of L-arginine / day

GABA

Gamma aminobutyric acid (GABA) was discovered in 1883, but its effect in the brain wasn't discerned until 1950. It's the brain's primary inhibitory neurotransmitter, meaning that it provides a calming and slowing activity in the brain's neurons.

A recent study featured 11 weight-trained young men, who took either three grams of GABA or a placebo, followed by either rest or a weight workout. The combination of exercise and GABA led to a 200 percent increase in active GH. The effect was thought to be attributable to a blunting of SST or a rise in growth-hormone-releasing-hormone secretion or both.

The only problem is that it brings on drowsiness and sleep, the last thing you want before working out. Thus, I recommend it as a bedtime supplement.

Dosage: 3g before bed

Forskolin

Forskolin is an extract made from the roots of *Coleus forskohlii*, a perennial herb with fleshy fibrous roots that is a member of the mint family. A study published in *Obesity Research* examined the effect of forskolin on body composition, testosterone, metabolic rate and blood pressure in overweight and obese men. The forskolin group had a significant decrease in bodyfat from baseline (35 percent) to final measurement (31 percent).

Dosage - Forskolin should be used twice a day, 250 milligrams of 10 percent forskolin around meals.

Beta-alanine

A recent study compared the effects of taking either creatine alone or creatine combined with beta-alanine

Creatine alone increased aerobic power, which was expected, since that involves higher exercise intensity. But when creatine was combined with beta-alanine, five out of eight tests of cardiorespiratory endurance showed significant improvement.

The study shows that a combination of creatine and beta-alanine may increase the efficiency of incremental aerobic training. That would be most relevant for those engaged in interval-type aerobic training, which features alternate periods of high and low intensity.

Dosage: 1.5g between meals

CLA

In a Canadian study, researchers found that the combination of creatine and conjugated linoleic acid (CLA), along with a protein supplement, synergistically stimulates muscle gains. An average 14.3 percent gain in strength on the leg press and bench press compared to 8.5 percent for the non using group.

Dosage: 6g of CLA taken with creatine

Creatine Monohydrate

Creatine is a by-product of amino acid metabolism, synthesized in the liver, kidneys and pancreas from the amino acid precursors arginine, methionine and glycine.

A study published in 2000 found that when six subjects took 20 grams of creatine, growth hormone release rose by 83 percent, mainly during the last four hours of the experiment.

One study, for example, showed that creatine use after training amplified the activity of satellite cells, which are stem cells required for both muscle repair and growth. Other studies show that creatine blunts the catabolic effects of cortisol on muscle.

Those two effects alone would encourage muscle growth. Other studies suggest that creatine may help increase muscle protein synthesis, possibly by promoting a cellular hydration, which signals anabolic effects in muscle; that's a hypothesis based on creatine's water-retention properties.



Dosing: 5g/day, preferably post workout.

[Check out my favorite creatine recovery drink here](#)

BCAA

Three—valine, isoleucine and leucine—are collectively known as the branched-chain amino acids, so named because of their molecular structure, which features branched chains of carbon extending from their primary carbon structure.

The BCAAs are unique because they're not metabolized in the liver but in muscle instead. That's why they're called muscle aminos.

Of the three BCAAs, leucine stands out as having the most anabolic properties.

Recent studies show that taking essential amino acids, including BCAAs, before exercise kick-starts anabolic processes. That's because the increased blood flow you get from training promotes greater amino acid entry into muscle.

Dosage: 5-10g of BCAAs before training as well as L-leucine post workout.

[Check out my favorite protein powder with added leucine for maximum anabolic effects](#)



Glycine-propionyl-L-carnitine (GPLC)

Glycine-propionyl-L-carnitine is a specialized form of carnitine, and it's particularly beneficial for heart function. The heart preferably uses fat as an energy source, and GPLC is used therapeutically to treat heart failure and poor blood circulation.

Other studies show that GPLC has more of an affinity for muscle than other forms of L-carnitine. These studies suggest that using GPLC may boost exercise efficiency by lowering lactic acid and using fat more efficiently as an energy source. In the new study, 15 experienced weight-trained men were provided 4.5 grams a day of either GPLC or a placebo.

The study showed that NO release was significantly higher in those who took the GPLC supplement than it was in those who took the placebo. It also provides other benefits, such as increased muscle and heart efficiency, along with lower lactic acid production during intense exercise. In that sense, it would be complementary with beta-alanine, mainly used to control higher acidity levels produced during exercise.

Dosage: 1,500 milligrams of GPLC prior to your workouts