

ELITE SHREDZ

THE SCIENCE OF GAINS

BY LARS LANGEN



The Science of Gains

Unlocking Muscle Growth with Precision Supplementation

Below is a tailored supplementation protocol based on the selected list, designed to maximize muscle growth by optimizing recovery, hormonal balance, and workout performance.

1. Creatine Monohydrate

- **Mechanism:** Increases phosphocreatine stores, enhancing ATP production during high-intensity efforts. Promotes muscle hydration, which supports protein synthesis and cell growth.
- **Supplement Used:** [Micronized Creatine Monohydrate](#)
- **Dosage:**
 - **Loading Phase (Optional):** 20 g/day (split into 4 doses) for 5-7 days.
 - **Maintenance Phase:** 5 g/day.
- **Timing:**
 - **Intra-Workout:** Best absorbed when 70% of blood is in the muscles.
 - **Daily:** Timing is less critical after stores are saturated; consistency is key.

2. Endura-Formance

- **Mechanism:** Combines creatine, beta-alanine, and peak ATP to enhance endurance, strength, and recovery. Beta-alanine buffers lactic acid, delaying fatigue.
 - **Supplement Used:** [Endura-Formance](#)
 - **Dosage:**
 - 1 scoop (pre-mixed formula including effective creatine and beta-alanine doses).
 - **Timing:**
 - **Pre-Workout:** 30-45 minutes before training to optimize endurance and strength.
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3. Primal-T

- **Mechanism:** Supports natural testosterone production, critical for muscle protein synthesis, recovery, and strength gains. Contains ingredients like Fenugreek and Tribulus terrestris, shown to improve hormonal health.
 - **Supplement Used:** [Primal-T](#)
 - **Dosage:**
 - 2 capsules/day.
 - **Timing:**
 - **Morning or Evening:** Consistent daily use improves hormonal balance over time.
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4. AlphaSurge

- **Mechanism:** Enhances nitric oxide production, increasing blood flow and nutrient delivery to muscles. Improves vascularity and pump during workouts.
 - **Supplement Used:** [AlphaSurge](#)
 - **Dosage:**
 - 1 scoop (as directed on label).
 - **Timing:**
 - **Pre-Workout:** 15-30 minutes before training for optimal pump and performance.
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5. Night-T

- **Mechanism:** Promotes deep sleep, essential for recovery and muscle growth. Contains magnesium, zinc, and adaptogens to support hormonal health and relaxation.
 - **Supplement Used:** [Night-T](#)
 - **Dosage:**
 - 2 capsules.
 - **Timing:**
 - **Before Bed:** 30 minutes before sleep to enhance recovery and overnight muscle repair.
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6. Intra-Formance

- **Mechanism:** Provides essential amino acids, carbohydrates, and electrolytes for sustained energy and muscle repair during workouts.
- **Supplement Used:** [Intra-Formance](#)
- **Dosage:**
 - 1 scoop mixed with water.
- **Timing:**
 - **Intra-Workout:** Sip throughout your session for hydration, energy, and recovery.

Daily Supplement Plan

Pre-Workout:

- [Endura-Formance](#)
- [AlphaSurge](#)
- [Primal-T](#) (optional based on hormonal support goals)

Intra-Workout:

- [Intra-Formance](#)
- [Micronized Creatine Monohydrate](#)

Post-Workout:

- [Endura-Formance](#) (if not taken pre-workout)

Before Bed:

- [Night-T](#)

Key Principles for Maximum Gains

1. **Consistency:** Stick to daily dosing schedules, especially with creatine and testosterone-supporting supplements.
2. **Nutrition:** Pair supplementation with a protein-rich diet to optimize muscle protein synthesis.
3. **Hydration:** Maintain adequate water intake, especially when using creatine and intra-workout formulas.
4. **Progressive Overload:** Combine supplementation with a structured training program that emphasizes gradual increases in resistance.

This protocol leverages scientifically supported supplements to create an effective and sustainable muscle-building regimen.

End Note:

All supplements in this protocol are from [1st Phorm](#), a brand I trust and have used for years with great results. While you're not obligated to buy from them, I can't guarantee similar success with other brands due to differences in quality and formulation. Choose wisely to maximize your results!

LET'S GO!

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