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The Adonis Golden Ratio nutrition software is designed to optimize both your calorie intake for maximum muscle growth without causing you to gain body fat. This ability to gain muscle without gaining fat is the anabolic advantage you are looking for that many people are missing when they attempt to overeat to gain muscle. Adonis Golden Ratio Supplementation Guide Category 1 are becoming more and more widespread as the most viable form of literary media today. It is becoming obvious that developers of new eBook technology and their distributors are making a concerted effort to increase the scope of their potential customers. ADONIS GOLDEN RATIO SUPPLEMENT GUIDE Category 1 – Primary Goal Muscle Gain. M B Category 1: Supplementation guide ... 4 Adonis Golden Ratio CREATINE Creatine is essential to the muscle building process and you cannot reach your true potential without it. It has multiple effects on the Adonis Golden Ratio . 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 ...