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Bodybuilding supplements are dietary supplements commonly used by those involved in bodybuilding, weightlifting, mixed martial arts, and athletics for the purpose of facilitating an increase in lean body mass. The intent is to increase muscle, increase body weight, improve athletic performance, and for some sports, to simultaneously decrease percent body fat so as to create better muscle ...

### **Bodybuilding supplement - Wikipedia**

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The best weight-gain supplements for ectomorphs are creatine, whey protein, and maltodextrin. But there are 2 more that can help. Check out our guide here.

### **The Best Muscle-Building Supplements for Ectomorphs**

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