

HealthyEatingFan

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AMLA AND BODYBUILDING: HELPING BUILD LEAN MUSCLE MASS



e've previously covered the new superfood known as Amla in "[Amla](#),

W what is it, and why is it so healthy?
(<http://www.healthyeatingfan.com/2015/02/amla-what-is-it/>)“.

Now we're finding out that Amla isn't just packed with antioxidants, but it's also very beneficial to bodybuilders and those looking to put on some muscle.

A recent study published in the Journal of Applied Pharmaceutical Science ([PDF link\(http://japsonline.com/admin/php/uploads/365_pdf.pdf\)](http://japsonline.com/admin/php/uploads/365_pdf.pdf)), Amla powder enhances protein synthesis, making it easier to build lean muscle mass.

Amla and its bodybuilding benefits



Amla, also known as indian Gooseberry, or *Phyllanthus emblica*, has certain properties that bodybuilders and strength trainers can benefit from. The most beneficial is that it increases muscle tone naturally — no need for expensive supplements that often include all sorts of unhealthy additives.

As the study says:

“ “Amla’s Ayurvedic action offers athletes and bodybuilders a natural way to tone muscles and build

lean mass” ”

The study found that Amla can be a big benefit for bodybuilders, especially in the “cutting” phase, where it’s all about removing fat and increasing lean muscle. But Amla doesn’t just help tone muscles, it also helps increase protein and food absorption, making it a perfect addition to a power-workout protein shake.

Amla has also been found to enhance protein synthesis

([link\(http://www.sciencedirect.com/science/article/pii/S030442389190031S\)](http://www.sciencedirect.com/science/article/pii/S030442389190031S)) — an important factor, since *protein synthesis* is what makes muscles grow.

It’s easy to add Amla to your post-workout shake: there are plenty of Amla powders available, and it’s quite cheap as well: a pound of organic Amla powder can be found for around \$10 — and that should last for several months. A single tablespoon of Amla is perfect for a protein shake.

Other benefits of Amla for bodybuilders

It helps cool the body after a workout. A

German study

([PDF](#))



[link\(http://www.ajpcr.com/Vol4Issue3/345.pdf\)](http://www.ajpcr.com/Vol4Issue3/345.pdf)) found that Amla acts as a “body coolant”, helping cool and relax the muscles after a hard workout. Another interesting property of Amla is that it enhances food and protein absorption — which is key for bodybuilders and those looking to add muscle.

Amla is packed with Vitamin C. Amla is packed with vitamin C, and other minerals. Just one serving of Amla has as much Vitamin C as three oranges. In fact, [an Indian study concluded\(http://informahealthcare.com/doi/abs/10.1080/09637480412331321823?journalCode=ijf\)](http://informahealthcare.com/doi/abs/10.1080/09637480412331321823?journalCode=ijf) that pound for pound, Amla has the most vitamin C content of any plant in the world.

It reduces inflammation Amla berries and its leaves have been used for a long time to treat inflammation in India and China, and a study done by the University of Tampere, Finland ([link\(http://www.researchgate.net/publication/13795086_Anti-inflammatory_activity_of_extract_from_leaves_of_Phyllanthus_emblica\)](http://www.researchgate.net/publication/13795086_Anti-inflammatory_activity_of_extract_from_leaves_of_Phyllanthus_emblica)), confirmed Amla’s anti-inflammatory properties. Another study done by the [University-Hospital, Verona, Italy\(http://www.ncbi.nlm.nih.gov/pubmed/18760383\)](http://www.ncbi.nlm.nih.gov/pubmed/18760383), also showed that Amla can also help reduce inflammation.

Antioxidant powerhouse. Amla is a powerful antioxidant that has been shown to be a great scavenger for free radicals ([study\(http://www.ncbi.nlm.nih.gov/pubmed/16688481\)](http://www.ncbi.nlm.nih.gov/pubmed/16688481)).

Conclusions

Every bodybuilder and athlete knows that unless your body has the right nutrition, the training matters little. If you’re looking for the extra edge in your workout, Amla might be worth a try. It’s extremely healthy, and unlike many supplements, it’s 100% natural and has a track record going back hundreds of years.

Image source(<http://www.themoderngladiator.com/2014/05/05/gladiator-gun-show/>)