

John Meadows Interview at Mr. Olympia 2019 | Episode #023

written by Mike Roberto | September 26, 2019

In September of 2019 at the annual Mr. Olympia convention, Ben and Mike interviewed one of our favorite sports nutrition and bodybuilding experts – **John Meadows** of Granite Supplements.

This bodybuilder, former banker, business founder, and family man lets us in on some of the cutting practices used back in the day, his thoughts of the importance of sleep, how to bulk, and much more.

At the end of this interview, he alludes to the new Granite Supplements Protein, and it's *as good* as he said it would be!

John Meadows Tells All | Mr. Olympia 2019

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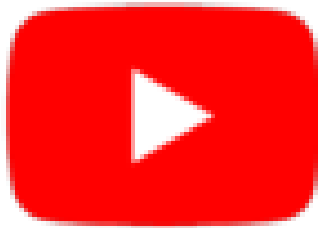
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