Anabol Muscle Stack for Strength and Mass!

Creatine Stacked With Amino Nitro Max

Creatine for Athletic Performance, Energy and Endurance

Creatine Monohydrate is a product that has recently generated astounding results and excitement among athletes around the world.

Offset Fatigue for Awesome Workouts

Creatine supplementation has been shown in several research journals including *Clinical Science* and *Annual Review of Biochemistry*, to increase muscle stores of Creatine by as much as 50%. Increases in Creatine content in muscle has delayed the onset of muscular fatigue, enabling powerful workouts without the perceived fatigue usually associated with an intense training.

Muscle Energy

Most athletes have heard of ATP -- Adenonsine Triphospate -- from which energy is derived during daily activity and exercise. In the body, Creatine is a part of what is known as the Creatine Phosphogen system, which helps to maintain high intracellular ATP/ADP. As your body consumes ATP, the energy is created when the molecule gives up its phosphate component. When this occurs the power needed to generate an intense muscle contraction is created. The resultant power enables the capacity to train harder and longer, including heavier lifts. Lack of Creatine in the body has been shown to be the major limiting factor for the continuation of physical effort.

Buffer Lactic Acid Buildup

The studies performed by the scientific community have shown the Creatine Monohydrate taken several times a day can increase total Creatine content in the muscle. Another benefit of Creatine Monohydrate is that it can help buffer lactic acid buildup; lactic acid buildup can limit the duration of any training session.

Research has also indicated that vegetarians and athletes who eat small quantities of meat may take in little or no dietary Creatine. These athletes tend to have lower plasma and urinary levels of Creatine and may have dramatic results with Creatine supplementation.

Two Phases: Loading and Maintaining

Further research has supported a rationale for a two phase Creatine supplementation program. Phase One is a muscle loading program in which muscle tissue is saturated with 20-30 grams of Creatine per day for three days.
Phase 2 is a muscle creatine maintenance program of 1-3 grams per day.

In summary, Creatine increases the body's regenerative production of ATP--the body's ultimate fuel source of muscle contraction, elevated energy and strength, as well as improved recovery. ATP also prevents muscle fatigue and enables prolonged intensity, greater strength and may significantly increase muscle size.

Amino Nitro Max for Athletic Performance and Body Building

High intensity training is the fast track to strength gains and muscle mass -- to a point. Overtraining and exhaustive workouts can lead to muscle tissue breakdown: inhibiting muscle protein synthesis and activating protein catabolism, actually impeding growth. Amino Nitro Max's advanced high nitrogen formula contains crucial crystalline free from amino acids to prevent tissue catabolism, to enhance tissue repair, recovery, endurance and growth.

L-Glutamine

L-Glutamine is highest free form amino acid found in muscle. Research is replete with studies conveying the importance of muscle glutamine levels in regulating muscle protein

synthesis and catabolism. Numerous studies have unequivocaly documented L-Glutamine's ability to increase nitrogen and preserve skeletal muscle mass in patients suffering from burns, trauma, sepsis, cancer and other catabolic conditions. L-Glutamine is anti-catabolic and is considered a powerful anabolic amino acid.

BCAA's: L-Leucine, L-Isoleucine and L-Valine

L-Leucine, L-Isoleucine and L-Valine (BCAA's) are metabolized directly inside muscle tissue and are a source of metabolic energy, in the form of Adenosine Triphophate (ATP). BCAA's are critical for two of the most desired results in sports performance: energy production for muscular work and anabolic processes within muscle cells. L-Leucine stimulates the release and activation of growth hormone and insulin, and thus exerts direct anabolic effects. BCAA's dramatically increase protein synthesis and decrease protein breakdown in muscles.

Tuarine and L-Alanine

Taurine is the second highest concentration free amino acid found in muscle tissue. Taurine is an important constituent of muscle tissue fiber and is powerful in offseting muscle tissue turnover and breakdown. L-Alanine is crucial for maintaining blood glucose levels.

OKG - L-Ornithine Alpha Ketoglutarate

Numerous clinical and laboratory trials of supplementary OKG have demonstrated anabolic effects: increased nitrogen retention and increased lean body mass in patients recovering from burns, trauma, or other conditions associated with abnormal muscle catabolism. OKG accomplishes nitrogen retention in three ways: (1) enhances insulin with glucogon production within 60 minutes (2) enhances GH release and (3) reduces catabolism of amino acids, stabilizing pools of branched chain amino acids. OKG has also been observed to dramatically increase the blood levels of insulin-like growth factor 1 -- one of the most important anabolic hormones.

Chromium Picolinate

Chromium Picolinate enhances muscle building and fat loss by improving the efficiency of the important anti-catabolic hormone insulin. It stimulates amino acid uptake, accelerates muscle tissue protein synthesis and prevents muscle protein breakdown.