

Exersol 1-2-3 System

The Complete Exercise Solution



Exersol Power

- Resolve
- Power Drink
- Amino

Exersol is a three-phase exercise-oriented nutritional support system that takes the guesswork out of what supplements to use before, during and after training. As the most scientifically advanced and sophisticated exercise orientated nutritional support system ever formulated, its use is invaluable for anyone who wants to lose bodyfat and build muscle.

Exersol is the Complete Nutritional Supplement Training Solution and as such, you have the peace of mind that comes with knowing you have everything you could possibly ever need to maximize the anabolic and fat burning effects of exercise. You also have the peace of mind knowing that there is absolutely nothing out there that even comes close to doing what Exersol will do for your training and body composition, regardless of price, reputation and claims.

Exersol has been formulated to allow you to get the most from your training efforts. Not only will it maximize the fat burning and muscle building effects of exercise but it will allow you to train longer, harder and more effectively, and make the training you do much more productive.

Formula Number One – **Resolve** – before training.

Formula Number Two – **Power Drink** – during training.

Formula Number Three – **Amino** – after training

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Resolve – Advanced Pre-Workout Anabolic and Fat Burning Primers

Resolve is the ultimate pre-training formulation. It primes your metabolism so your body can optimize the anabolic and fat burning effects of exercise.

The formula will provide anticatabolic and anabolic effects by increasing levels of testosterone and growth hormone, decreasing protein breakdown, increasing protein synthesis and providing cell volumizing effects that increase muscle growth. It also maximizes ATP and phosphocreatine (PC) functioning, as well as gluconeogenic and other processes, allowing for more strength and stamina. As well, it provides potent thermogenic and fat loss properties, increasing fat breakdown and utilization and decreasing fat buildup. And finally it exerts a potent antioxidant effect to decrease muscle tissue injury and soreness.

While almost everyone considers post training nutrition as being important, many fail to realize that the intake of amino acids and other ingredients prior to training is as, or perhaps even more important for maximizing the anabolic and fat burning response to exercise (Tipton KD, Rasmussen BB, Miller SL, Wolf SE, Owens-Stovall SK, Petrini BE, Wolfe RR. Timing of amino acid-carbohydrate ingestion alters anabolic response of muscle to resistance exercise. Am J Physiol Endocrinol Metab 2001 Aug; 281(2):E197-206.).

Resolve, by increasing lipolysis, and thus the availability of fatty acids, complements the Metabolic Diet, which increases fat oxidation. The combination of increased bodyfat breakdown and increased burning of fat for energy makes Resolve the ideal pre-workout primer for those on the Metabolic Diet. As well, Resolve contains no carbohydrates.

Resolve

- Maximizes muscle growth and strength and minimizes bodyfat.
- Optimizes the anabolic and fat burning effects of exercise.
- Decreases muscle breakdown and increases protein synthesis.

Power Drink – **Advanced Anabolic Training Drink**

Power Drink is a revolutionary new concept in training drinks. There's nothing even close to it on the market. This drink provides the nutrients necessary to maximize muscle mass by increasing the anabolic and decreasing the catabolic effects of exercise, and increasing the mobilization and oxidation of bodyfat.

Power Drink contains over 30 grams of whey protein isolate (a "fast" protein that results in high systemic amino acid levels), which is over 25% branched chain amino acids. As well, the formula contains several amino acids (arginine, alanine, taurine), glutamine peptides, creatine, ribose, electrolytes and other ingredients that will replace and replenish nutrients and fluid lost through exercise, prevent muscle cramps, and increase training time and efficiency.

The formula contains no carbohydrates or fat except for glycerol (which does not raise either glucose or insulin levels appreciably, and ribose, which increases the reformation of ATP and other important cellular compounds).

- Maximizes training energy and efficiency.
- Increases training effort and effects.
- Maximizes muscle mass and increases fat oxidation.

Amino – **Complete Amino Acid Formula**

Amino, the cutting-edge amino acid formulation, maximizes protein synthesis by providing you with a quick and potent boost of anabolic and anticatabolic amino acids. The high systemic levels of important amino acids provided by Amino has a direct potent effect on protein synthesis, and at the same time increases systemic levels of the potent anabolic hormones, including insulin, testosterone and growth hormone.

Used immediately after training it's an easy to take, easy on the stomach, source of amino acids that kicks protein synthesis into high gear so you can begin taking advantage of that post-training window of opportunity. Amino is formulated to provide a square wave increase in the availability of blood amino acids within minutes after ingestion, and a measurable increase in muscle protein synthesis within less than half an hour—much faster than other post exercise supplements.

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Amino is an enhanced, cutting-edge amino acid formula consisting of free amino acids, a hefty dose of special glutamine and other peptides, and several special ingredients. The amino acid, peptide blend, and special ingredients in Amino work together synergistically to immediately increase blood amino acid levels, insulin sensitivity and insulin levels, as well as growth hormone and testosterone levels, resulting in increased muscle protein synthesis which maximizes the anabolic and fat burning effects of exercise and combats overtraining.

Amino is the perfect supplement to take immediately after training since it provides an immediate anabolic effect with a minimum of gastrointestinal distress. It's also extremely useful throughout the day to give a rapid pulsed increase in amino acids and anabolic hormones that leads to short burst increases in muscle protein synthesis. Research has shown that pulses of high levels of amino acids is much more effective in increasing protein synthesis than sustained high levels.

- Maximizes protein synthesis after training and anytime it's used.
- Maximizes the anabolic and fat burning effects of exercise.
- Enhances recovery.