

NitAbol

NITABOL

THE COMPLETE NIGHT TIME ANABOLIC/ ANTICATABOLIC/FAT-BURNING COMBO
For Men and Women



**INCREASE MUSCLE MASS AND DECREASE
BODYFAT WHILE YOU SLEEP!**

NitAbol involves 3 formulations to increase muscle mass and decrease bodyfat while you sleep.

TestoBoost – Increases Testosterone levels naturally, without the use and side effects of the prohormones.

GHboost – Naturally increases growth hormone and IGF-I to above physiological levels.

Myosin Protein Complex – Provides long lasting nighttime protein nutrition that maximizes protein synthesis, decreases muscle breakdown.

Goal of **NitAbol** is to counter the nighttime postabsorptive catabolic effects, increase recovery, fat burning and protein synthesis.

- Minimizes the catabolic effects of the postabsorptive phase.
- Increases fat utilization over protein.
- Increases insulin sensitivity.
- Increases muscle, central nervous system and systemic recovery during sleep.
- Anti-inflammatory effects for increased recovery.

Three Products that make up **NitAbol** are:

- **Myosin Protein Complex.**
- **TestoBoost.**
- **GHboost.**

MYOSIN PROTEIN COMPLEX

Myosin Complex is the most advanced synergistic blend of the highest quality protein powders, peptides and amino acids on the market today, bar none. It contains the perfect amino acid mix to maximize protein synthesis, decrease muscle breakdown and enhance athletic performance. Since Myosin Protein was engineered to increase protein synthesis with fast and intermittent spikes of blood amino acids, and to decrease protein/muscle breakdown with a sustained low-level increase in blood amino acids, it's ideal as a nighttime protein. For more details go to <http://www.mdplusstore.com/viewitem.asp?idproduct=147> .

Directions: 4 to 6 scoops before bed mixed in water or diet drink (no carbs).

6 Scoops of Myosin Protein Complex contains 90 grams of mixed proteins and 12 grams of glutamine peptides - a total of 102 grams of protein/peptides/amino acids.

GHBOOST

GHboost is formulated to increase muscle mass and decrease bodyfat by increasing the body's natural production of growth hormone (GH) and insulin-like growth factor-I (IGF-I). Because of its effective dual action, it's an advanced growth hormone stimulating product that has been clinically proven to increase GH and IGF-I levels, often well above physiological levels. In one clinical study using **GHboost** for a six week period, GH levels (measured in the blood by radioimmunoassay—RIA) were increased from 0.2 to 7.4—the normal range was from 0 to 4). The increase in both GH and IGF-I greatly enhances muscle development, strength, and size while decreasing bodyfat.

When used before bed **GHboost** will increase the natural growth hormone spike associated with the first deep sleep cycle of the night (usually within 2 hours of going to sleep) and enhance the long term increase in insulin-like growth factor I (IGF-I). The combination increase of both hormones increases protein synthesis, decreases muscle catabolism, and increases the use of bodyfat as the main energy source all night long.

NitAbol, the nighttime protein combination, uses **GHboost** along with **TestoBoost** (to increase levels of testosterone) and **Myosin Protein Complex**, to provide a nighttime anabolic, anti-catabolic, fat burning effect that lets you grow muscles and burn bodyfat while you sleep.

Directions: Three tablets before bed.

TESTOBOOST

TestoBoost maximizes your anabolic potential by physiologically elevating your natural testosterone levels. Not only does **TestoBoost** contain natural ingredients that increase testosterone formation, it also has ingredients that decrease any potential side effects from conversion of testosterone to estrogens and dihydrotestosterone. By boosting testosterone, **TestoBoost** has beneficial effects on increasing muscle mass, decreasing bodyfat, and on fertility and impotence.

TestoBoost is all natural and elevates serum testosterone levels without using any prohormones, compounds with potentially serious side effects and very little effects on testosterone levels.

Used at night **TestoBoost** adds to the anabolic and anticatabolic effects of **GHboost** to further increase protein synthesis, decrease muscle catabolism, enhance recovery and burn off bodyfat while you sleep.

Directions: For men: Four tablets before bed. For women: one tablet before bed.

BASICS BEHIND NITABOL – THE NIGHT TIME STACK

Goal – To counter the nighttime post absorptive catabolic effects and increase recovery and protein synthesis.

Sleep dynamics are different from when awake. However, in the Postabsorptive phase there is an increased muscle catabolism especially in second half of the sleep phase.

NitAbol works by:

1. Minimizing the postabsorptive phase by modulating nutrient absorption and effects.
2. Increasing the use of fatty acids and decreasing the use of muscle protein (and thus decreasing muscle breakdown) for gluconeogenesis and oxidation as fuel.
3. Manipulating the anabolic and catabolic hormones to maximize protein synthesis and minimize protein breakdown during sleep.
4. Increasing cell hydration (volumizing) and as such stimulating protein synthesis.
5. Enhancing the Immune System to decrease catabolic cytokines and increase recovery.

HORMONAL MANIPULATION WITH THE USE OF NITABOL

Testosterone – increase

Cortisol – decrease

Insulin – increase amount and sensitivity

IGF-I – increase

Growth Hormone – increase

Thyroid – control

INGREDIENTS

MACRONUTRIENTS – PROTEIN AND AMINO ACIDS

COMBINATION OF PROTEINS

WHEY – FAST PROTEIN – INCREASE GH SPIKE, INCREASE INSULIN.

CASEIN – SLOW PROTEIN – DELAY POSTABSORPTIVE PHASE.

MILK PROTEIN ISOLATE/COLOSTRUM.

OTHER PROTEINS – EGG, SOY – GIVE INTERMEDIATE AMINO ACID SPIKES AND DECREASE THE POSTABSORPTIVE PHASE.

PEPTIDES AND AMINO ACIDS

GLUTAMINE PEPTIDES PROVIDE:

- Glutamine
- Proline
- Branched Chain Amino Acids.
- Phenylalanine
- Serine
- Glutamate
- Glycine.
- Arginine.
- Tyrosine
- Threonine
- Asparagine/Aspartate
- Alanine
- Histidine
- Methionine
- Ornithine.
- Cysteine

CARBOHYDRATES

Not necessary as significant amounts will decrease GH and IGF-I secretion and the use of bodyfat as a primary fuel.

MICRONUTRIENTS

VITAMINS AND MINERALS

- Zinc – enhances testosterone synthesis.
- Calcium & Magnesium.
- Potassium – volumizing.
- Sodium – volumizing.
- Vitamins A, E – anticatabolic & antioxidant.
- Vitamin A – increases insulin sensitivity.
- Vitamin C – anticortisol and antioxidant

OTHER INGREDIENTS IN TESTOBOOST AND GHBOOST

Modify IGF-1, GH, Insulin, Testosterone, Cortisol, Thyroid, Glucagon, etc.
Enhance Immune System – decrease catabolic effects.

NitAbol Also Controls the Proinflammatory Cytokines

IL-1beta, IL-6, TNF-alpha

The proinflammatory cytokines produce a hypercatabolic state—net efflux of essential amino acids from skeletal muscle.

Ingredients in NitAbol that combat this include:

- Glutamine.
- Ornithine.
- Vitamin A and Vitamin E.
- Whey, casein, soy proteins
- Milk Isolates
- Colostrum

NitAbol