

NxLabs: MuscleOn-

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NxLabs: MuscleON TM - Gain 12.4 pounds of Lean Muscle Mass

I know some people are already screaming how can a protein powder make that kind of claim? NxLab's MuscleON can make these claims because it was formulated after extensive research performed on athletes in peer reviewed research journals! One of the great deceptions with many supplement companies is that they do not use the dosages used in peer reviewed research studies! Some supplement companies add small dosages of an active based on research trials; no wonder so many supplements fail to yield results! What separates NxLabs MuscleON from other supplement companies is the nutrients formulated in MuscleON are the exact same dosages used in studies clinically proven to increase size and strength^{1, 2}. In fact, using the exact same ingredients in MuscleON subjects increased their bench press strength by a whopping 53% and had a 303% increase in muscle protein synthesis! Talk about anabolic!!

The Importance of taking NxLab's MuscleON Protein Before and After Exercise

If you are not taking MuscleON before and after exercise, you may be missing out on some serious muscle growth! Researchers' randomly assigned subjects to consume a whey protein shake before and immediately after exercise while another group got a drink that looked and tasted exactly the same as the whey protein shake but was just a placebo. Neither the subjects nor the researchers knew who was getting the whey protein and who was getting the placebo drink. There was no difference between the daily protein, carbohydrate, fat, and total calorie consumption between the two groups, the only difference was a whey protein shake added before and after exercise. So how much of effect can taking a high quality whey protein like NxLabs MuscleON make? The men performed resistance exercise for 21 weeks; at the end of the study the subjects whom consumed as little as 15 grams of whey protein before and after exercise had greater increases in muscle hypertrophy than the control group⁸. The group that consumed the whey protein before and after exercise had an increase in muscle quadriceps area of ~10% while the control group had an increase of ~7.5%. Of the muscle strength variables, whey protein intake had a positive effect only in isometric leg force production in the leg press (the increase was greater than the control group). So here you have two groups doing the exact same exercises and workouts, yet a whey protein shake like NxLabs MuscleON was the only difference for those who got bigger!

The World's Most Intense Protein!

Don't expect much gain in size and strength if you are using just an ordinary protein powder. For example, MuscleON patented MYOSORB contains Aminogen®. What's so special about Aminogen®? Previous research has reported that

Aminogen® when added to whey protein increased plasma amino acid levels over 100%. Not only is Aminogen clinically proven to increase plasma amino acid levels over 100%, but this revolutionary ingredient is also shown to skyrocket branched-chain amino acids (BCAAs) over an astounding 250%!³ MuscleON is the ultimate anabolic activator!

Another key complex in MuscleON is MYOEXPAND which helps to enlarge blood vessels to saturate your muscles with the muscle-building nutrients. New research has suggested that vasodilatation of blood vessels results in enhanced protein synthesis⁴. Taking MuscleON before and after exercise is going to prime the anabolic pump. So what is it about blood flow and increases in protein synthesis rates? Blood flow is greatly enhanced during exercise to working muscle and blood is shunted away from other organs (i.e. stomach). This result is a greater delivery of amino acids to muscle tissue, and a low percentage of amino acids being absorbed by the gut. Therefore pre-workout nutrient timing is essential for creating an anabolic response. In studies, BCAA's including Leucine found in MuscleON was highly influenced by blood flow to muscles as occurs during exercise suggesting that leucine or BCAA taken before exercise will be greatly enhance muscle protein synthesis rates due to enhanced blood flow to muscle. A recent study this month reported that when insulin was infused into subjects the change in muscle protein synthesis was predicted by changes in muscle blood flow and amino acid availability, whereas insulin concentrations and delivery did not significantly predict the response of protein synthesis⁵. Taken together, these studies suggest that leucine found in MuscleON along with enhanced blood flow significantly increases protein synthesis rates.

MYOFUSE contains a precise amount of essential amino acids and other key nutrients clinically demonstrated to dramatically induce protein synthesis and fat-free mass. Amino acids are well known to stimulate insulin, growth hormone, and IGF-I and may even enhance testosterone production. In a study in the Journal of Metabolism the anabolic effects of essential amino acids were documented as they prevented strength loss during an intense overreaching program. Overreaching is an accumulation of training stress resulting in a short-term decrement in performance capacity followed by a super compensation effect. In that study, seventeen resistance-trained men were randomly assigned to either an essential amino acid group or placebo group before embarking on a five-week training program designed to overtrain them. Each participant ingested the amino acid supplement separate from meals (i.e. 1 hour before a meal and 2 hours after a meal). In relation to the exercise bout, supplement doses were taken 1 to 2 hours pre- and post exercise. Thus, the sequence was a morning dose, afternoon dose before workout, afternoon dose after workout, and evening dose. After one week of overreaching, 1RM on the bench press had decreased in the placebo group, but not the essential amino acid group. Both groups then showed similar increases in strength in week's three to five, but total testosterone levels were higher in the amino acid group during most of the study⁶. The study indicates essential amino acids found in MuscleON is effective in preventing the initial strength loss seen when first starting a high-volume program, probably by creating an anabolic environment and reducing muscle damage.

NANO-PRO TECHNOLOGY This ground-breaking protein technology ensures maximum biological value for immediate and extended muscle nourishment. With NANO-PRO TECHNOLOGY™ you'll experience an almost immediate flood of nano-particulated whey peptides into the bloodstream for immediate muscular uptake, while multi-stage fractionated proteins release amino acids over extended periods of time. If you think essential amino acids alone are all that is needed for muscle growth..think again! A recent study reported that essential amino acids are not solely responsible for the anabolic properties of whey protein. MuscleON contains a unique blend of nano-particulated whey peptides. Researcher's administered a dose to dose comparison and administered 15 grams of whey peptides which contains roughly 7 grams of essential amino acids and compared it to an equivalent essential amino acid dose (~6.72 g of EAA). To the researchers surprise, whey protein resulted in greater anabolic effects than EAA when compared dose per dose. The researchers concluded that whey protein peptides is greater than the sum of its parts (EAA) or effects beyond that of just the amino acid content⁷. So what ingredient in whey protein could be enhancing anabolic actions? Here is what is interesting, was that the two dosages each had the exact same dosage of leucine, so there was something else in whey protein causing the greater anabolic effect. The researchers hypothesized that the increase in the plasma concentration of the amino acid cysteine from whey protein, which has previously been found to augment muscle protein anabolism may have enhanced muscle protein synthesis. Whey protein resulted in a greater insulin response than EAA which also could have augmented the anabolic actions of whey protein. The researchers explained that whey protein is a potent stimulator of Gastric Inhibitory Polypeptide (GIP), also known as the glucose-dependent insulinotropic peptide. It is now believed that the function of GIP is to induce insulin secretion. Relative to that, it is known that whey protein is a strong stimulator of GIP secretagogue, possibly through bioactive peptides present in whey or formed during its digestion, and that the plasma GIP concentration is greater after ingestion of intact protein than a similar amount of protein in the form of free amino acids. The researchers also commented that whey protein is inexpensive and also has additional health benefits that can't be found in EAA. For example, cysteine-supported glutathione synthesis is implicated in protection against oxidative stress, whereas β-lactoglobulin and α-lactalbumin are major whey proteins modulating immune function. They researchers concluded that the anabolic actions of whey go beyond just EAA's and the whole whey protein are greater than the sum of parts of essential amino acids.

In sum, NxLabs MuscleON goes far beyond whey proteins and is a revolutionary new product that is backed by years of clinical research. Don't get left behind, gain the anabolic edge with MuscleON.

For more information, please go to: www.nxlabs.com/

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