



## CODE RED SCIENCE

**CODE RED** explodes out of the pack of me-too mediocre products in the pre-workout category because it really DOES work – and it's backed by science! That's why you'll probably want to return whatever pre-training product you may have purchased up to now and invest in the research-backed, clinically proven formula in *Muscle Meds* **CODE RED**.

*MuscleMeds* researchers have taken a quantum leap forward by combining a clinically dose GlycoCarn with powerful anabolic agents, ergogenic optimizers and ROS neutralizers to create the most scientifically superior bodybuilding supplement ever created. **CODE RED** is scientifically formulated with potent clinically researched and patented ingredients to take your

## MUSCLEMEDS: CODE RED SUPPLEMENT REVIEW

Written by Robbie Durand

---

workouts to a new level of excellence, intensity and effectiveness.

### **CODE RED's**

synergistically formulated performance blends are designed to trigger a highly anabolic state of extreme power, intensity, energy and endurance during your workouts. The unique mind-muscle synergy created by

### **CODE RED**

induces a heightened state of focus and muscle power, allowing you to train harder, heavier and longer than ever before to stimulate new muscle growth.

## **CODE RED ACTIVE INGREDIENTS**

- Clinically Dosed 4.5 grams of GlycoCarn: Nitric Oxide Infused Best Pumps Ever
- Beta Alanine & Creatine: Powerful Anabolic Muscle Growth and Explosive Power
- ROS "Free Radical" Neutralizers: Increase Endurance and Improve Recovery
- Ergogenic Energizers: Ignite Psychoactive Intensity

## **GLYOCARN "KILLS" ARGININE AND AAKG**

**CODE RED** doesn't contain Arginine or AAKG as active ingredients because they are NOT the most efficacious compounds available for increasing nitric oxide (NO) levels. Instead, **CODE RED** contains GlycoCarn as a major active ingredient for NOx production. This pharmaceutical compound has been shown in research at the University of Memphis to increase nitric oxide levels via oral dosing of 4.5 grams at levels comparable to 30 grams of arginine intravenous! Obviously, an IV shouldn't be a required training implement to bring to the gym, so it's clear that arginine shouldn't be the NO-producing active ingredient you should rely on.

## **CREATINE AND BETA ALANINE FOR MUSCLE BUILDING**

## MUSCLEMEDS: CODE RED SUPPLEMENT REVIEW

Written by Robbie Durand

---

**CODE RED** also introduces other ergogenic ingredients to enhance the NO-boosting effects of GlycoCarn, while improving the intensity and recovery necessary for incredible muscle-building, anabolic workouts. These include the widely researched muscle growth maximizers and pump-producers creatine and beta alanine. Creatine loads your muscle with fuel for the ATP-PC Phosphocreatine Cycle, thereby allowing you to get more reps and handle more weight than without such supplementation. Beta alanine has been shown in research to increase development of muscle mass, while also increasing muscular strength, endurance and power output.

### MYOGUAR ROS NEUTRALIZER COMPLEX FOR ENDURANCE AND RECOVERY

Muscular endurance and post-training recovery are also critical for anabolic growth, so **CODE RED** is fortified with the MyoGuard ROS Neutralizer Complex to reduce reactive oxygen species (ROS) free radicals during and after training. By decreasing free radical damage that takes place in the muscles during heavy and intense resistance lifting exercise, the ROS Free Radical Neutralizers in **CODE RED** will vastly increase your muscular endurance during training, and speed muscle-building recovery between lifting sessions.

### ERGOGENIC ENERGIZERS FOR EXTREME FOCUS AND INTENSITY

Add to this incredible pre-workout formulation a host of Ergogenic Energizers and you now have the perfect supplement to ignite extreme psychoactive intensity for the most intense muscle-blasting workouts of your life. Just drink **CODE RED** 30 minutes before you exercise and you will feel a mental boost and intense feeling of physical excitement when you start to handle the heavy iron. These Ergogenic Energizers are the key to pushing your training to levels of intensity you've never imagined.

### PERFORMANCE-ENHANCING PROPERTIES OF GLYCOCARN

## MUSCLEMEDS: CODE RED SUPPLEMENT REVIEW

Written by Robbie Durand

---

GlycoCarn (glycine propionyl-L-carnitine, or GPLC) is a patented biochemically modified pharmaceutical compound created by Sigma-tau Health Sciences. GlycoCarn has been extensively researched for performance-enhancing benefits and has been proven in scientific studies to promote increased vasodilation, improved muscle pumps and performance, enhanced recovery, lactic acid removal, increased fat burning and added energy for workouts. It also has strong anti-oxidant benefits, and is active in the body for extended periods for improved athletic performance. GPLC has been shown in human research to be more effective than other nitric oxide precursors, and its 4.5 gram oral dosing increases NOx levels in the body more than 30 grams arginine administered intravenously.

**NITRIC OXIDE PRODUCTION.** GPLC stimulates clinically validated immense increases in nitric oxide for incredible pumps and muscle growth. GlycoCarn is the only compound shown in verified scientific research to increase levels of nitric oxide to statistically significant levels to produce performance-enhancement effects.

**RECOVERY.** The faster worked muscles are once again ready to train to their capacity (muscle recovery), the faster the entire body experiences an adaptation to its increased capacity for work. GlycoCarn aids in muscle recovery through its antioxidant properties. As the only nutritional ingredient tested in human, double blind USA university trials to raise levels of nitric oxide (NO) in the human body, studies indicate that GLPC may effect the removal of metabolic waste produced in the ATP energy cycle (namely lactic acid and carbon dioxide) through this increase of NO in the bloodstream.

In addition to post workout recovery, an increase in recovery during workout increases endurance and stamina. The antioxidant properties of GlycoCarn facilitate the body in ridding itself of metabolic waste that builds up during exercise, allowing the body to increase its threshold to fatigue time.

**LACTIC ACID REMOVAL.** Short-term supplementation of GPLC was shown in research studies to produce significant enhancement of anaerobic power during repeated cycle sprints in resistance trained men. The increase in peak power output was accompanied by a significantly lower accumulation of lactate. Free carnitine in the body that's available as a result of GPLC supplementation reduces serum carnitine deficiencies during intense exercise, which facilitates the production of short chain acylcarnitines as a buffering process that reduces lactate accumulation.

## MUSCLEMEDS: CODE RED SUPPLEMENT REVIEW

Written by Robbie Durand

---

**FAT BURNING.** GlycoCarn has been shown by research to be safe and effective as a weight support supplement that not only supports fat metabolism, but also in supporting increased energy levels. Many weight loss products on the market rely solely on artificial stimulants and diuretics to induce weight loss or the appearance of weight loss. However, GPLC supports a healthy boost of metabolism, as well as an increase in energy levels – two essentials in both dropping weight and fueling you through your workouts!

GlycoCarn amplifies the mobilization of fatty acids (stored energy) into working tissue for cellular metabolism, which creates energy in the ATP or Krebs's Cycle via the beta oxidation process. When supplemented into the diet for a period of over eight weeks, GPLC has been shown to increase this fat burning process in subjects when combined with aerobic activity.

**ENERGY.** GlycoCarn possesses the ability to mobilize fatty acids and utilize them for energy. GPLC also enhances active performance at a cellular level, increasing blood flow and increasing nitric oxide (NO) retention. This increases increasing ATP energy and aids in recovery both during and after activity.

In U.S. studies, GPLC remains the only ingredient proven to increase NO levels in the human bloodstream. This increase optimizes the delivery of oxygen and nutrients to working muscles through vasodilatation and increased blood flow, facilitates the body in production of ATP energy, and assists in diminishing harmful free radical buildup in the body – essential elements of endurance, stamina and recovery. GlycoCarn fuels your performance, in training and in competition, giving your body the physical **ENDURANCE** and **STAMINA** to match your drive.

### CERTIFIED GLYCOCARN SEAL

The Sigma-tau™ GlycoCarn® Certified Clinical Dose seal is a promise that the FULL Clinically Tested 4.5 gram dose of the patented pharmaceutical ingredient GlycoCarn is used in this product to guarantee potency and efficacy. Other products may contain GlycoCarn, but unless they display the Sigma-tau certified seal, you cannot be certain these products contain the full clinically studied dosage.

**CODE RED** is the only pre-workout drink mix supplement that received the Sigma-tau GlycoCarn Certified Clinical Dose seal.

## MUSCLEMEDS: CODE RED SUPPLEMENT REVIEW

Written by Robbie Durand

---

### CLINICAL EFFICACY TESTED BY REAL SCIENCE

"Based on three decades of experience in the field of human performance and careful consideration of the current sports nutrition products on the market, I feel confident that **CODE RED** h GlycoCarn has set a new efficacy standard for pre-workout supplements." wit

– Patrick Jacobs, Ph.D.

For more information about Musclemeds Products, please visit: <http://www.musclemedsrx.com>  
/