

**SPECIAL
REPORT**

Can You **BREAK** the **MUSCLE SIZE** Barrier?

Find Out How!

By Hugo Rivera, CFT, BSCE

Is Dehydration Destroying Your Muscles?

One day I asked pro bodybuilding legend Lee Labrada, what was the most effective performance enhancing bodybuilding supplement. His answer was shocking: Water! Now, what is so important about water, you may ask?

Water makes up over 75% of your muscles. It also serves as a lubricant for your joints and as a coolant to keep your temperature controlled. In addition, water is needed for all of the complex chemical reactions which your body performs on a daily basis, such as energy production, muscle building, and fat burning. A lack of water would interrupt all of these processes.

Most importantly, for those of us involved in the muscle building business, muscles (to be able to grow) cells must be fully hydrated. A hydrated muscle cell is bigger and capable of synthesizing more protein and storing more carbohydrates. Several studies show muscle is destroyed in the absence of water. However, a fully hydrated cell is more resistant to catabolic (muscle destroying) forces. So, cell hydration is not only important for those of us in the process of gaining muscle, but also for those burning fat while attempting to preserve muscle. A hydrated muscle cell is more resistant to being burned off for energy.



The Secret to Enlarging Muscle Cells...

Imagine if there was a way to take a lot of the water you drink and make sure it ends up inside your muscle cells. Not only would you instantly enlarge your muscle size making you look harder, but you'd also create an anabolic environment. Imagine, also, if you could accomplish this by simply ingesting a great tasting drink just a few minutes prior to your workout; a drink that comes jam-packed with nutrients that increase performance and muscle building hormonal activity as well! If such drink existed, you'd be able to take charge of your own bodybuilding destiny. It almost sounds too good to be true, doesn't it? However, modern science has actually made it possible for such a drink to now exist!

Cutting Edge Science Saves the Day!

Lucky for us, there are nutrients that can help you to increase muscle cell hydration, performance, and muscle-building hormonal activity.

Arginine (Increases Cell Volume and Protein Synthesis; GH and Insulin Stimulator; Precursor to NO₂ and Creatine)

One of these nutrients is the amino acid arginine. Not only does arginine increase muscle cell hydration, but it also helps with protein synthesis in such an efficient manner that it is even used in hospitals for the purposes of wound healing! Remember that increased protein synthesis equals more muscle gains. In addition, arginine is able to stimulate insulin and growth hormone secretion. Now, I know I've always said that insulin levels need to be kept in check in order to lose body fat. While this is true, just like anything, there is a time and a place for everything. Insulin release is desirable before and after a weight training workout because it serves to protect muscle tissue. Insulin aids in increased recovery through the delivery of pre-workout nutrients into the muscle cell, as well as

accelerating post-workout storage of glycogen and increasing protein synthesis (assuming you had a good post workout meal that includes both proteins and carbs). Insulin is like a delivery truck that carries important raw materials to the factories.

Arginine also is key to enhanced nitric oxide production. Why do we need more nitric oxide? Because NO₂ helps with vasodilation, which is a widening of the interior diameter of the blood vessels, it allows the passage of more muscle building nutrients to the muscle. As a bonus, you also get killer pumps at the gym!

Creatine (Increases ATP Production and Cell Volume)

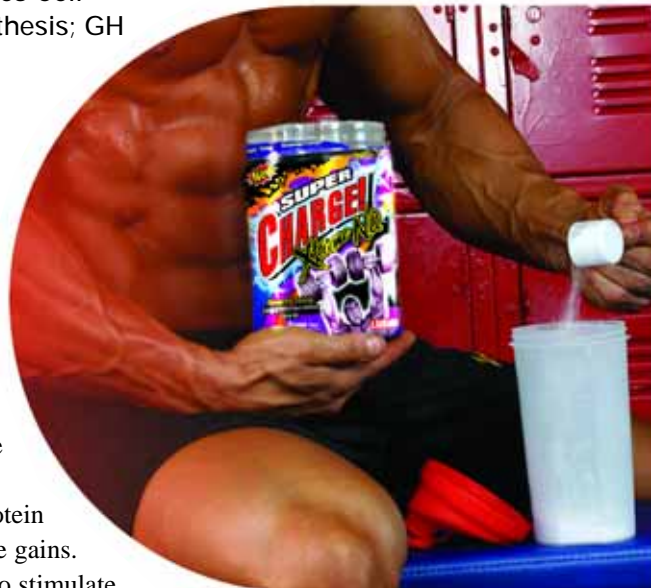
Finally, Arginine plays a role in the body's own production of creatine, acting as a pre-cursor for it. Unless you have been living underground for the past 18 years, you know

that creatine is a proven nutrient for increased ATP production in the muscle; allowing you to perform more repetitions with any given weight, thus allowing a stronger stimulus to the muscle cell for growth. Creatine also helps with endurance and muscle cells hydration!

Beta Alanine (Lowers Lactic Acid; Synergistic With Creatine)

Beta Alanine is a non-essential amino acid that increases muscle

concentrations of carnosine. Carnosine helps control muscle cell pH levels thereby creating an environment that makes it difficult for lactic acid to form. The extent to which carnosine can delay acidosis is directly related to the amount found in the cells, By having high concentrations of carnosine in the muscles, the muscles are allowed to contract for a longer period of time. This in



effect upgrades the bodybuilder's capacity to perform more repetitions before muscle failure sets in.

Now, more muscle fibers are recruited and the weight training stimulus is enhanced. This results in more muscle mass and definition, provided that all other aspects of the bodybuilder's program (like diet and rest) are in place. Beta Alanine is a great nutrient to stack with creatine since it allows for more creatine to be stored in the muscle cell.

Vinitrox™ (Synergistic to Arginine; Increases N.O. Production)

Vinitrox™ is a proprietary polyphenol extract from grapes and apples that works synergistically with arginine to increase N.O. production and reduce oxidative stress

Taurine (Increases Cell Volume and Muscle Fiber Firing Capacity)

Taurine is an amino acid that acts as a powerful muscle cell-volumizer. It also aids in firing nerve impulses into your muscles, thus helping to maximize muscle strength.

Glutamine (Increases Cell Volume and Immunity; GH Releaser; Anti-Catabolic Agent; Glycogen Sparing)

Glutamine is the most abundant amino acid in muscle cells. It is released from the muscle during times of stress (such as hard weight training workouts) and dieting. This amino acid is not only a great anti-catabolic agent (protects the muscle from the catabolic activities of the hormone cortisol), muscle cell volumizer and immune system enhancer help in the following ways:

1. Regulation of protein synthesis.
2. Sparing the use of the glycogen stored in the muscle cell during the workout (recall that the glycogen stored in

the muscle cell is what gives the cell the healthy volume and firmness that you seek)

3. Accelerating glycogen synthesis after a workout.
4. Increased GH levels.

Humanofort® (Increases Testosterone and Growth Factor Production)

Humanofort® is a cutting-edge embryonic peptide matrix developed in Eastern Europe, designed to help the body increase testosterone production and decrease recovery time. Humanofort contains naturally occurring IGF-1 and IGF-2 (insulin like growth factors 1 and 2), FGF (fibroblast growth factors), NGF (nerve growth factors), EGF (epidermal growth factors), and CTGF (connective tissue growth factors). Clinical research in Romania demonstrated that Humanofort increases normal testosterone production in men and women, supporting healthy libido. Humanofort normalizes important adrenal hormones called the 17-ketosteroid sulfates and the 17-hydroxycorticosteroids.

Age, poor nutrition, and hard core training can cause the body's levels of adrenal hormones to decline. When these hormones are reduced, the body's ability to repair and rebuild muscle tissue is dramatically reduced. Researchers recorded a 68% increase in adrenal hormones levels in Humanofort-treated patients, allowing them to lose more body fat and increase muscle mass.



The New Super Charge!® Xtreme

Labrada's New *Super Charge!® Xtreme* has all of the powerhouse ingredients we've covered present in their most bio-available forms and in therapeutic dosages guaranteed to deliver results!

For instance, Arginine is present as Nitrous Malate™ (Di-Arginine Malate), which is a super high quality form that yields 50% more arginine than other versions. In addition, though arginine helps with creatine production, Di-Creatine Malate (a new, ionic-bound compound of creatine and malic acid) was included to further increase creatine levels without the bloating or upset stomach side effects caused by older forms of creatine. Glutamine is included as N-Acetyl-L-Glutamine (NAG), a high quality form of glutamine that facilitates increased muscle volume, glycogen storage (muscle fuel stores), and GH (growth hormone) production.

Additionally, *Super Charge!® Xtreme* includes an Energy Producing Matrix guaranteed to Super Charge! your workouts so you can achieve new, higher levels of intensity in the gym. This Energy Producing Matrix is made up of the following items:

Methylxanthines - Natural compounds that provide instant energy and mental focus to help jump-start your workouts.

Pikatroppin™ - a nootropic compound that increases blood flow to the brain, lessens mental fatigue, improves hand-eye coordination, and improves reaction time.

Use Super Charge!® Xtreme
to instantly enhance

Muscle Size, Energy, and Strength!

