

Max Muscle has a portfolio of many amazing products of high quality, purity and effectiveness. It's not easy picking a handful of products from this extensive group. In this issue of the Max eNewsletter, I want to share with you my top 5 picks for women health, in particular moms, which has been highlighted in the May 2008 issue of Max Sports & Fitness.

Yours In Health,
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My 5 Supplement Tips for Women's Health



Max Complete is a truly essential and beneficial multivitamin and mineral supplement that is fortified with food-based green "superfood" concentrates including spirulina, aloe vera and chlorella. Max Complete provides 100% of the Daily Value of 24 essential vitamins and minerals, including the hard to get biotin, molybdenum, manganese, chromium, zinc and copper. Each serving also provides 100% Daily Values of calcium, vitamin D, folic acid and iron. These nutrients are critical for women, especially moms, to get on a daily basis. The powerful blend of green foods contains beneficial phytonutrients, including chlorophyll, sulfolipids, glyconutrients and additional ultra-trace minerals. The aloe vera (*Barbadensis Miller*) is a highly concentrated (200:1) inner fillet gel extract and certified by the International Aloe Science Council (IASC) for content and purity. Recently published clinical studies have shown that aloe vera enhances the absorption and bioavailability essential nutrients often difficult to obtain from the diet. Max Complete comes in easy-to-swallow and quickly dissolving capsules for maximum nutrient utilization. Max Complete is a high performance formula providing to support health and well-being and providing continuous energy throughout the day.



High 5 Within the protein category I recommend High 5 mainly due to the inclusion of soy protein isolate as one of the five proteins. Soy protein has been shown to have many benefits for women and plentiful within the healthy Asian diet. Soy contains beneficial isoflavones like genistein, daidzein and glycitein to support women health. Interestingly, a recent study conducted at the University of Alabama at Birmingham has shown that daily soy supplementation (soy protein isolate) may prevent abdominal fat accumulation in post-menopausal women (Sites CK, et al. *Fertility and Sterility* 2007;88:1609-1617)



RegenaPro For hair, skin and nail support I recommend RegenaPro. RegenaPro contains a highly functional hydrolyzed collagen protein (HCP) to support the collagen found in these tissues. As we age, approximately 1% of our collagen is lost per year. The HCP is a complete protein containing all 9 essential amino acids and uniquely rich in glycine, proline, hydroxyproline, lysine and hydroxylysine. RegenaPro also contains aloe vera juice, beneficial soluble fiber, magnesium, chromium and arginine. Additional beneficial supplements to support hair, skin and nail would be MMSN Concentrated Omega-3, MMSN Biotin and MMSN MSM.



Max Green Synergy Many women do not get the recommended 5-9 daily serving of fruits and vegetables. Now, Max Green Synergy is an easy and convenient way to help meet these recommendations providing five natural and comprehensive whole food blends. The Greens Blend is rich in chlorophyll and powerful phytonutrients. The Antioxidant and Fruit Blends contains a wide variety of antioxidants and bioactive whole food components. The Gastrointestinal Support Blend contains highly concentrated aloe vera inner fillet which is certified by the International Aloe Science Council (IASC) for purity and potency. Lastly, the Fiber Blend provides 3 grams of beneficial soluble and insoluble fibers per serving.

Max Green Synergy contains all natural ingredients with no artificial colors, flavors or additives, is 100% vegetarian/vegan, non-dairy and lactose-free. Max Green Synergy is convenient, versatile and great tasting.



Femme Lean & Balance I would not be complete without recommending our newest weight loss powerhouse, Femme Lean & Balance. Designed specifically for the weight loss needs of women, Femme Lean & Balance contains the clinically proven weight loss and appetite suppressant ingredient Slimaluma® (U.S. patent #3,265,922). Femme Lean & Balance contains two powerful blends, a Weight Loss Blend and Hormonal Support Blend. The Weight Loss Blend contains Slimaluma® (500 mg per serving) along with the benefits of green tea extract (45% EGCG) and other supportive ingredients. The Hormonal Support Blend contains the benefits of soy isoflavone and licorice root extract. Adding Max CLA and MMSN L-Carnitine will complete this weight loss trifecta! You can also supercharge your weight loss by adding Max Lean Daytime. These products are most effective when used in conjunction with a healthy/calorically modified diet and exercise program.