

# **BUILD MUSCLE BURN FAT**

**Anabol Cuts,  
MMSN's latest  
product innovation,  
will help you build  
quality lean muscle  
and burn body fat  
simultaneously.**

**By Dr. Rand McClain**

Photos by JasonEllisPhotography.com



Dietary Supplement

60 Capsules

**BUILD MUSCLE • BURN FAT**

**The mainstay of fat loss** eventually boils down to the equation of “calories in” must be fewer than “calories out.” How affect that equation is critical to success. To use an extreme example to illustrate, imagine requiring 2,000 kcals/day to maintain current weight. This equates to 14,000 kcals per week. If you ate, say 12,000 calories in one sitting each Saturday of the week, you would lose weight, but would likely gain rather than lose fat. Why?

There are biochemical processes involved in human physiology that determine how the energy absorbed is utilized – stored as muscle glycogen or fat. You cannot handle the absorption and processing of even a slightly excessive number of calories without creating fat. Further, when you absorb excessive calories at one time, they are stored as fat, and when you do not absorb sufficient calories at one time, muscle glycogen is sacrificed before fat.

So, key to the minimization of the creation of fat is the understanding, manipulation and utilization of body physiology. One way to do this is to eat many small meals, careful of their content, and exercise properly – taking advantage of the body’s biochemistry and physiology. In addition, you can manipulate body biochemistry and physiology in such a way to skew mechanisms toward fat loss. By increasing testosterone levels, for example, you can manipulate the physiology to increase calorie deposition as muscle glycogen and reduce its deposition as fat via more than one mechanism. By using certain substances, you can manipulate your physiology to directly block fat synthesis, increase production of testosterone, increase insulin, decrease cholesterol, reduce appetite and increase the utilization of fat for energy.

Max Muscle Sports Nutrition has created a product, Anabol Cuts, that combines substances that work to reduce fat and increase muscle mass via manipulation of these physiological mechanisms.

The first, blocking the synthesis of fat, can be achieved by inhibiting fatty acid synthase (FAS) – an enzyme responsible for creating fat from one of its precursors, fatty acids. The extract of green tea has been shown to do just that via its effect on fatty acid synthase. Further, green tea extract has been shown to increase muscle lipid oxidation.

Epigallocatechin-3-gallate (EGCG), a flavonoid found in green tea, has been labeled as the chemical responsible for the inhibition of fatty acids. It is important to note that only

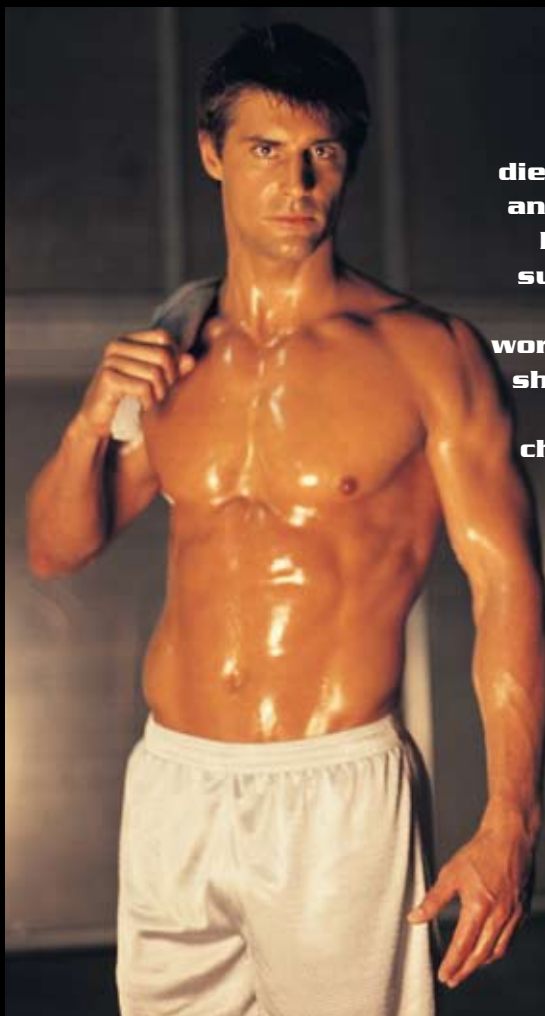
the gallate moieties of EGCG were effective and that only the caffeinated (whether “naturally” or in combination with) extracts decreased body fat in the studies. However, other flavonoids were also shown to inhibit FAS without caffeine.

In one study, it was shown that green tea extract, with all its flavonoids and caffeine, actually blocked the absorption of dietary fat and cholesterol. So with green tea extract (GTE), you gets a reduced absorption of fats (more than double the calories of carbohydrates and proteins per gram), reduced creation within the body of fats via the inhibition of fatty acid synthase, and reduction of body fat through the increased muscle fat breakdown. Not bad for just a few leaves.

Green tea extract has also been shown to reduce cholesterol and triglyceride levels, fight skin and prostate cancer, and increase time to fatigue by 30-50 percent in one study. There is even evidence it is effective topically.

So, GTE effectively manipulates the calories in portion of the equation with some effect on the calories out portion. The most likely candidate responsible for the calories >>

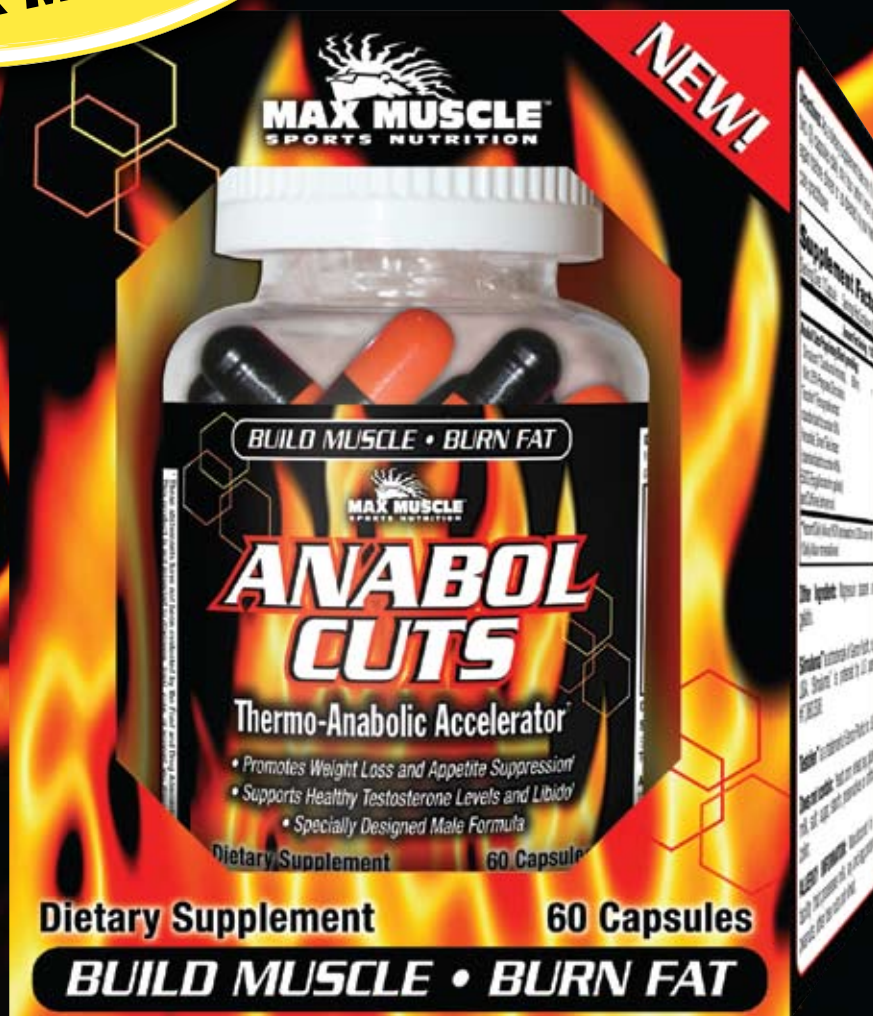
**Combine  
Anabol Cuts  
with a healthy  
diet that’s rich in  
antioxidants and  
low in fats and  
sugar, and some  
high intensity  
workouts and you  
should see some  
rapid positive  
changes in body  
composition.**





# BUILD & BURN

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out part of the equation from GTE is caffeine. Caffeine has been studied extensively for its effect in mobilizing free fatty acids from fat stores within the body. Caffeine increases the body's metabolic rate so that overall calories burned from within each day increases. This "thermogenic" effect combined with the source of the calories burned makes caffeine a pretty useful tool in fat loss. Caffeine use has also been shown to increase cognition by approximately 20 percent - something all of us could use.

Of note is the highest release of free fatty acids occurs 3-5 hours (depending on the study) after ingestion of caffeine, so you don't want to spoil the effect by hitting the burger joint before the best effect of the caffeine occurs. In fact, endurance athletes looking to maximize caffeine use should time ingestion so their event is 3-5 hours after intake as opposed to the customary 30 minutes before starting the event. The average person training who wants to maximize caffeine's effect should do the same.

For you non-caffeine consumers who don't have that extra 20 percent cognition working, it doesn't make sense to release all those fatty acids if you are not going to use them. Worse, if you have all the energy from the fatty acid release in the bloodstream, and then ingest more calories, all those newly ingested calories will go directly to fat as previously described. The good news, of course, is that if you gets your caffeine from green tea, the combination of caffeine's free fatty acid mobilization with EGCG's fatty acid synthase inhibition, you can counter the body's natural prejudice toward deposition of "extra" calories as fat and breakdown of muscle from caloric deprivation.

Now, what about limiting the intake of calories altogether? Good old fashioned discipline goes the farthest, but physiology varies with each individual, affecting the appetite triggering and suppressing chemicals within the body, so that it is truly more difficult for some individuals than others. The extract of Caralluma fimbriata, more specifically the pregnane glycosides found within the extract, has been shown to suppress

appetite theoretically by inhibiting signals from the hypothalamus. Pregnane glycosides simulate similar chemical signals to the hypothalamus that the stomach is full causing a halt in the release from the hypothalamus of appetite protagonist chemicals. There is additional evidence that other substances within the extract also block fatty acid synthesis and increase the percentage of fat stores used for energy. In two human clinical trials using Slimaluma™, a trademarked extract of Caralluma fimbriata that is standardized to contain a minimum 25 percent pregnane glycosides, promotes lost fat, gained muscle mass, improved lipid profiles, and had no toxicity from its use using dosages as high as one gram/day.

Finally, as mentioned above, testosterone, which is found naturally in both men and women, can help improve one's body composition via various mechanisms. Fenugreek extract contains saponins which have been found in several studies to increase serum testosterone levels in vivo by stimulation of leuteinizing hormone (LH). LH sends a signal to the gonads, testicles in men and ovaries in women, to produce testosterone. The multitude of effects from testosterone include improved nitrogen balance, increased muscle anabolism and retention, and decreased fat stores as well as increased energy and libido. Testofen™ is an extract of fenugreek standardized to contain at least 50 percent fenusides, the active ingredients responsible for the extract's effects on testosterone, fat and muscle.

The combination of these substances, all guaranteed of their potency in their respective standardized forms, used in Anabol Cuts should provide a powerful stimulant to reduce fat stores via inhibition of its ingestion and creation while maintaining or increasing muscle via their hormonal effect. Combined with a high protein diet, rich with antioxidants, moderate intake of fats, fresh carbohydrates with low sugar content, and some high intensity workouts and you should see rapid positive changes in body composition.

**MS&F**

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