



DROP A SIZE IN 2 WEEKS

By: Jennifer Lee & Dr. Phil Harvey

DROP A SIZE in two weeks? You bet! Max Muscle has created the mother of all fat burners, a product that contains the tried and true as well as the latest and hottest fat burning ingredients. Who among us doesn't have some kind of special event on the calendar and a vivid picture in our mind of how we want our bodies to look when we get there? Just the thought can send butterflies fluttering around in your stomach. Max Muscle created Quadra Cuts Competition (QCC) for you. Give us two weeks and we'll give you what you're looking for: a leaner, sexier body that you'll be proud to strut anywhere.

Ed Castillo (from the Quad Cities) kept his body in "pretty good shape" considering he stopped bodybuilding after starting his family. At 49 years old, he decided to get back to competitive bodybuilding and work toward obtaining his pro card. Ed started using QCC in August 2010 and in just over two weeks lost 27 pounds! On August 28, he stepped back on stage and finished in third place. Still convinced his pro card was within reach, Ed competed in four additional shows, and with the help of QCC lost another 10 pounds. Ed's results are dramatic and undeniable. He lost a total of 37 pounds, reduced his body fat to 6 percent, and won first place in his latest show, qualifying him to compete for his IFPA Pro Card. ← **This statement is INCORRECT!! ED "WON" his PRO CARD!!!** Look out, Ed turns 50 this year...

QCC was created for people like Ed desiring quick weight loss. It fires up your metabolism and turns you into a calorie-burning machine. It also enhances your mood, suppresses your appetite, and leaves you feeling energetic. Yes, it will help you drop a size (or more!) in two weeks, but it can also help you with your long-term fitness goals.

HOW DOES IT WORK?

QCC is a dietary supplement "tool" for you to use in conjunction with a healthy diet and exercise program to support maximum fat burning and water weight release. QCC helps to promote fat oxidation by breaking down stubborn stored fat to be burned as fuel and it supports fat loss without associated muscle loss. Maintaining muscle is critical during times of weight loss to maintain your metabolic rate. One pound of muscle burns approximately 30 to 35 calories per day while a pound of fat burns approximately 7 calories per day. In addition, muscle also maintains metabolic rate as we age and makes our bodies look sexier and more toned.

QCC's highly effective hardcore formula will impress those of you who have tried other fat burners and have not been satisfied with those products' performance and results. This powerful fat burner lives up to its expectation of delivering dramatic results. The ingredients were meticulously chosen to be incredibly effective, based on proven results. "You can be confident that the ingredients found in QCC are backed by published research and sound science," says Dr. Phil Harvey, head of the product development team for Max Muscle. "The product provides 'standardized herbs,' which should be important to you as the consumer so you know there is a guaranteed quality of the ingredients." Let's take a look at those ingredients.

WHAT'S IN IT?

QCC contains a potent, innovative combination of powerful nutraceuticals that addresses appetite suppression, thermogenesis (heat generation), fat burning from deep fat stores and water weight release. This Appetite Management and Thermogenic Blend features proven fat-burning ingredients such as caffeine, green tea extract, synephrine, yohimbine and capsicum annuum (hot pepper). "New research on the heat-producing properties of Capsicum annuum is very interesting. Capsaicinoids are the active ingredients that give the "heat" found in chilis and peppers," says Dr. Harvey. "We use a powerful standardized Capsicum annuum fruit extract (40 percent), which should be used with caution for those not used to eating (spicy) hot foods."

Testing your tolerance to QCC is very important. It is recommended to begin taking the product with some food, one capsule at a time. A small amount of dairy (i.e. milk, cheese or yogurt) can help neutralize any potential burning or pain in the stomach."

Another important ingredient in QCC, Green tea extract, contains a catechin called EGCG. EGCG is a powerful antioxidant that has been shown in multiple studies to lower the risk of certain types of cancer. Caffeine and EGCG have both shown positive results in overall fat loss in obesity studies.

Synephrine supports increased metabolism and also helps with appetite suppression. Simaluma is an extract from the caralluma fimbriata plant and has been used for centuries as a natural appetite suppressant in India. Several human clinical trials have proven its efficacy to suppress hunger, reduce body weight and body fat, reduce body mass index (BMI) and reduce waist and hip circumference.

In addition to the Appetite Management and Thermogenic Blend, QCC contains an effective Water Loss Support Blend featuring powerful ingredients such as Papaya, Uva Ursi, Dandelion and Bladderwrack to promote healthy water loss for that lean, tight look of the skin.

Alpha lipoic acid is also included in QCC and has been shown to promote weight loss, improve insulin resistance, and may have positive benefits in metabolic syndrome.

Need another reason to try QCC? How about curbing your chocolate cravings? QCC contains Beta-Phenylethylamine (PEA), a natural stimulant supporting weight loss, appetite suppression, positive mood, and a sense of well-being without jitters or nervousness. PEA is found in high concentrations in chocolate. This may explain why some people experience a positive mood, increased energy, and have insatiable cravings for chocolate. Including PEA in your diet may help to reduce cravings from chocolate, so try QCC as directed to see if your chocoholic tendencies are reduced.

Still not convinced? Try QCC for yourself and see what kind of results you can get in two weeks! Remember those skinny jeans that you're a size too big to wear? Are they worth it? Or do you have an event coming up that you want to look super sleek and sculpted for? QCC is your answer. Head down to your local Max Muscle store to purchase this fat burner that really works! **MS&F**

THE FACTS ABOUT YOUR METABOLISM

Generally speaking, each decade, our metabolism slows by 2 to 3 percent. Factors that can slow metabolism include:

- Declined lean muscle mass
- Sleep deprivation
- Stress
- Lack of exercise/sedentary lifestyle

This slow down is not, repeat NOT, inevitable and here is what you can do:

- Use Quadra Cuts Competition to activate your metabolism
- Begin or continue to strength train
- Use Quadra Cuts Night-time for quality sleep
- Practice stress relievers like yoga, meditation, deep breathing and aerobic exercise

