

In this issue of the eNewsletter I want to continue to share some of the very exciting cutting edge research presented during the International Society of Sports Nutrition (ISSN) conference in June 2008. For this issue I want to discuss the benefits of GlycoCarn®

Yours In Health,

Dr. Harvey

Highlights from the Recent International Society of Sports Nutrition (ISSN) Conference Part 2: Focus on GlycoCarn®

What is GlycoCarn®?

GlycoCarn®, is the registered name for a dietary supplement ingredient called Glycine Propionyl-L-Carnitine, USP or GPLC (U.S. Patent # 6,703,042) marketed by Sigma-tau Health Sciences, Inc. GlycoCarn® is actually a unique form of L-carnitine which consists of a molecular bond between propionyl-L-carnitine (PLC) and the amino acid glycine. GPLC is essentially 2/3 PLC and 1/3 glycine. GlycoCarn® is certified for safety and purity through the rigorous USP Dietary Supplement Verification Program with additional certifications through many national and international organizations.

What does GlycoCarn® do and how does it work?

GlycoCarn® has many interesting benefits for human health and performance. It is a muscle-specific carnitine that enhances endothelium function and promotes maximum muscular energetics. The endothelium is the inner part of human blood vessels where many physiological and biochemical reactions occur. One important reaction is the production of nitric oxide (NOx) through an enzyme called endothelial nitric oxide synthase or eNOS. Two recent human clinical studies have demonstrated a significant increase in blood levels of NOx with oral ingestion of GlycoCarn® compared to a placebo (Bloomer et al., 2007 and Bloomer et al., 2007). Therefore, GlycoCarn® increases plasma nitric oxide (NOx) levels and this effect has many very important applications. For us in the sports nutrition world, increasing NOx is beneficial as it enhances blood flow to the muscles delivering more oxygen and nutrients for energy production and reducing lactic acid and other waste products. NOx has also been shown to increase the work capacity of muscles during exercise and enhances recovery following exercise. For bodybuilders, NOx may signal other key processes related to increasing and sustaining muscle size. GlycoCarn® is a powerful antioxidant providing protection against damaging free radicals that may be produced in muscles during intense exercise.†

Does Max Muscle Sports Nutrition have a product with GlycoCarn®?

Yes. Max Muscle is the first sports nutrition company to launch a NOx product with GlycoCarn® combined with beta-alanine. These key ingredients are found in the new **Max Nitro EXT**. **Max Nitro EXT** is an innovative and scientifically-based formula designed to support the body's production of nitric oxide and carnosine for explosive energy, muscle pump, and intensity. **Max Nitro EXT** contains additional nitric oxide synergistic ingredients, including arginine alpha ketoglutarate (A-AKG), L-norvaline, N-acetyl cysteine (NAC), alpha lipoic acid (ALA), icariin, gypenoside and pine bark extract (proanthocyanins). **Max Nitro EXT** also contains beta-alanine to promote the synthesis of carnosine to quickly and efficiently process excess lactic acid produced in muscles during intense and endurance exercise. **Max Nitro EXT** was designed to optimize NOx retention, energy production, blood flow and muscle recovery.

Who should use GlycoCarn®?

Athletes, both male and female, who actively participate in strength, high-intensity and endurance sports like bodybuilders, aerobics, spin classes, hockey, football, cycling, etc. wanting explosive muscular strength and pump along with a superior anti-fatigue formula.

Are there any side effects to taking GlycoCarn®?

GlycoCarn® has been proven safe to take on a daily basis.

How should Max Nitro EXT be used to obtain the maximum benefits?

Max Nitro EXT was designed to be used as a powerful pre-workout formula by itself or combined with our popular Full Blown Extreme product. Either way, **Max Nitro EXT** will dramatically improve your workouts and performance.

† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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