



Sometimes you have to go to extremes to get rid of those last 10 pounds. Max Muscle Sports Nutrition can help with its brand new formula, Quadra Cuts Extreme. By Linda Hepler, BSN, RN

Photo by Frank Fontanilla

Go To Extremes

You've sweated through numerous grueling hours at the gym, calculated every morsel that passes your lips – even given up that nightly glass of wine. But, you still can't seem to budge the pudge.

Losing weight can be more difficult for some people than for others. This may be due to a lower metabolic rate, or a decreased rate at which the body burns calories. There are lots of reasons for a lower metabolic rate – genetic tendency, amount of muscle mass, food choices and meal frequency, and hormone balance – to name a few.

Whatever the reason for your dieting dilemma, Max Muscle Sports Nutrition is ready to come to the rescue with Quadra Cuts – a new 3-product program that offers you 24/7 diet support. The three products include: Quadra Cuts Extreme, a thermogenic accelerator; Quadra Cuts Thyroid Support, to support the healthy function of the thyroid gland; and Quadra Cuts Night Time, which aids in the metabolizing of fats while you sleep.

The three Quadra Cuts dietary supplement products are designed to work together for maximum effectiveness, says Dr. Phil Harvey, Max Muscle's Chief Scientific Officer. "But there's no magic here," he adds. "This product will work best when combined with diet, exercise and behavior modification – or identifying the things that have led to your weight gain and working to correct the problems." >>>

Rev Up Your Metabolism

Nobody said losing weight is easy. But, there are some tricks you can use to speed up your metabolism and hasten those pounds away. Here's how:

Eat regular meals. While it may seem as if the fewer calories you eat, the faster you'll lose weight, nothing could be further from the truth. When you deprive your body of the energy it needs by skipping meals or eating too little, your metabolism slows down so it doesn't burn as much energy. The best bet for keeping your furnace stoked is eating small, frequent meals – beginning with a healthy breakfast.

Eat the right kind of foods. Choose lean meats and beans, whole grains, lowfat dairy sources and a variety of colorful fruits and veggies for balanced energy. Try to include a protein source with each meal and snack since proteins improve metabolism by building muscle, and don't skimp on dairy products. Research suggests that calcium (from foods) helps to burn fat.

Spice it up. Studies show that spicy foods – those that bring tears to your eyes and make you sweat – actually give you a metabolism boost that lasts even after the enchiladas are consumed.

Stay hydrated. Water is essential for the metabolic process, so drink lots of it. Some research indicates that ice water is a good choice because your body burns energy heating it up.

Get your zzzs. Have you ever noticed that you're more inclined to reach for the cookies following a night of too little sleep? Sleep deprivation can affect your appetite hormones, making you hungrier and less resistant to temptation.

Build muscle. It takes more energy to sustain muscle than fat. So, the more muscle you have, the faster you'll burn those calories. If you're already participating in a strength-training program, increase resistance, perform more reps or do slower reps to shake things up. If you're doing aerobic activities, change the type of exercise, such as biking instead of walking. Your metabolism responds positively when you make changes in the daily exercise routine. **MS&F**

Cutting Edge

If you've already done everything you can think of to lose weight and want the extra boost a dietary supplement can provide, the Quadra Cuts plan may be your answer. Let's look at how the first supplement in the plan works:

Quadra Cuts Extreme

Called "the ultimate fat burner" by Dr. Harvey, Quadra Cuts Extreme contains a proprietary blend of four powerful ingredients, including:

Green Tea Extract: Green tea is a rich source of compounds known as "catechins," which are antioxidant-rich plant metabolites that have various physiologic effects on the body. Research has shown that the catechin Epigallocatechin gallate (or EGCG) increases thermogenesis, or the raising of the metabolic rate to break down fatty acids. EGCG, especially when combined with caffeine, works to reduce body fat.

Guarana Extract: Guarana is a shrub that is native to the Amazon basin. The fruit of the plant contains seeds that pack a powerful punch – they have two to five times the amount of caffeine as coffee beans do. Caffeine is a well-researched substance that aids in the body's ability to burn calories through thermogenesis. It also helps to promote energy, which assists in combating the fatigue that some people experience while dieting, and acts as an appetite suppressant, too.

Advantra Z: Advantra Z is a patented product that is made from the extract of a citrus fruit called Citrus aurantium. The Chinese have used Citrus aurantium for many years as a cure for chest and stomach ailments. More recently, it has become popular for its fat-burning properties. It contains substances called synephrine alkaloids, which work to increase the metabolic rate without affecting the heart rate or blood pressure. Advantra Z, which is the only patented Citrus aurantium product indicated for weight loss and physical performance on the market today, also helps to suppress the appetite.

Caffeine: In addition to having thermogenic properties of its own, caffeine exhibits potent synergistic effects when combined with the other components of Extreme.

In addition to the active ingredients listed above, Quadra Cuts Extreme contains several other ingredients to round out the formula. One is Cissus quadrangularis, which is a medicinal plant native to Asia and Africa that some studies have shown helps to promote rapid weight loss and balance cholesterol levels. L-arginine, a building block of protein, helps to reduce body fat while increasing lean muscle tissue. It also works to inhibit the absorption of dietary fat. L-carnitine transports fatty acids into the cell mitochondria to be burned for energy – meaning an overall reduction in body fat. Pantothenic acid, Magnesium, Chromium and Vanadium have also been added to support and maximize fat oxidation.

The best thing about Quadra Cuts Extreme? It's a time-released formulation. This means, says Dr. Harvey, "The ingredients are delivered to the body over a period of time, offering extended thermogenic benefit."

When beginning a new dietary supplement, says Dr. Harvey, it's important to read the product label carefully – and to follow the directions exactly. The label on Quadra Cuts Extreme directs you to test your tolerance by starting with only one tablet taken with food. If well tolerated, you can take another tablet 4 hours later with food. "It's a powerful product," says Harvey. "Extreme is extreme." **MS&F**

Look for part two of the Quadra Cuts regimen in the December issue of Max Sports & Fitness.

