

SCIENCE NUTRITION

## **STACK THE ODDS IN YOUR FAVOR**

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Sometimes you need a helping hand in the battle of the bulge. Thankfully, Max Muscle Sports Nutrition recently created a new and improved Diet Stack to help you burn fat, shed extra pounds and speed up your metabolism during sleep. Keep reading for more in depth information!

So here it is, the end of summer, and maybe you're still trying to lose holiday weight from last year. Maybe you have worked really hard all summer by eating right and exercising and you have made fabulous progress, but now you've hit a plateau. Or, possibly you had a great time celebrating summer with barbecues and brews and you're a little worried your "muffin top" might not compliment your Halloween costume.

Either way, if you are looking for an extra kick, MMSN's Diet Stack may be the solution you are looking for. Right now you're probably wondering, "Do I need a stack? What is the benefit to a multiple product solution?" The products in the Diet Stack work together to provide a true 24- hour solution to weight loss. But, as Dr. Phil Harvey, MMSN's Chief Scientific Officer, states, "These aren't magic bullets. MMSN's Diet Stack will work best when used in conjunction with diet, exercise and behavior modification.

It's very important to identify any bad habits a person has that may have contributed to his or her weight gain. If these habits are not changed, the MMSN Diet Stack will not be as effective as it could be."

MMSN's Diet Stack partners well with a Max Muscle Nutrition Plan and includes three unique weight loss products to help you lose weight quickly. ThermXX is MMSN's powerful thermogenic fat burner that also helps you drop excess water and curb appetite. Max Cleanse & Lean helps to flush your body of excess waste, which causes some people to hold several extra pounds. And Max Lean PM is a great nighttime weight loss aid that stimulates metabolism while you sleep. MMSN's Diet Stack is the perfect product stack to help you shed fat fast so you can reach your goals and look great all the time.

## BURN FAT

ThermXX is a quadruple threat to excess weight, attacking stubborn fat on all fronts. It is a thermogenic, an appetite suppressant, a mild diuretic and it will help increase energy levels. The Thermogenic Blend in ThermXX contains octopamine, ginger root, cayenne pepper and evodiamine and is designed to increase your body temperature. Octopamine, a neurotransmitter closely related to norepinephrine, stimulates fat cell lipolysis (the breakdown of fat). Capsaicin has been shown in some animal and human studies to increase the body's production of heat for a short time. For every 1-degree rise in body temperature, you burn 7 percent more calories. ThermXX is not going to give you a fever, but it can give you a little extra heat!

ThermXX's Energy Blend contains caffeine to increase energy and focus. Green Tea Extract with EGCG increases metabolism and provides anti-oxidant support. Cordyceps help support circulation and lung function, as well as stamina. Yerba mate provides an energy boost similar to caffeine. Another important ingredient in the Energy Blend is Panax ginseng, which helps to reduce fatigue that is sometimes caused by dieting and exercising. Panax ginseng is one of the most commonly used and highly researched species of ginseng. This species, which is native to China, Korea and Russia, has been an important herbal remedy in traditional Chinese medicine for thousands of years, where it has been used primarily as a treatment for weakness and fatigue.

The Synergistic Blend and Water Loss Blend round out the ThermXX complex. The Water Loss blend contains dandelion to remove excess water. Hydrangea, which contains silicon, manganese and chromium, helps support your immune system and regulate blood sugar. Hydrangea also supports urinary tract health and acts as a diuretic. The Synergistic Blend supports the rest of the ingredients in ThermXX.

As the base compound in the Diet Stack, ThermXX is one of the best all around "fat burners" on the market. Billy Van Heusen and Onder Asir, owner and manager respectively, of Max Muscle Denver competed in the Colorado State

Bodybuilding Championships on July 12th. Along with diet and exercise, they both used ThermXX and the rest of the MMSN Diet Stack to help them prepare for the competition. According to Van Heusen, "ThermXX gave me great sustained energy with no jitters." And Asir found ThermXX to be a great workout pick-me-up when he was feeling sluggish. "It really helped me get over morning fatigue," he said.

#### GET CLEANSED

Max Cleanse & Lean™ (MC&L) was developed to help relieve digestive issues and remove excess water and waste from your body. It contains scientifically supported ingredients including cascara, senna, turkey rhubarb and aloe vera to increase bowel movement; psyllium to provide fiber, and slippery elm to coat and soothe the digestive tract. MC&L provides a quick and easy way to cleanse your system and reduce bloating and water retention. It can help you bounce back from an overindulgent weekend or give you a clean start for a new healthy eating and exercise routine. "I found Max Cleanse & Lean to be surprisingly effective," says Van Heusen.

Dr. Phil Harvey says MC&L is a very potent product and cautions to use the minimum amount necessary for the least amount of time needed. MC&L is gentle, but shouldn't be used on a daily basis for long periods of time, he says.

#### STIMULATE METABOLISM

The third product in the new Max Diet Stack is an old favorite, Max Lean PM. Providing true 24-hour fat loss help, Max Lean PM helps to mobilize fat stored in fat cells and bring them into the blood stream as free fatty acids. Your body can then use these free fatty acids as energy during sleep. There are four fat loss accelerators in Max Lean PM. Acetyl L - Carnitine, which transports fatty acids into muscle cells for burning; L Tyrosine, an amino acid that increases serotonin, which, in turn, can decrease nighttime hunger; guggulesterones, which stimulate the thyroid; and pantothenic acid (Vitamin B5), which helps optimize carbohydrate, protein and fat metabolism.

Both Van Heusen and Asir really appreciated the valerian root and chamomile components, which aid sleep, as their contest drew nearer. "The Lean PM really mellowed me out and helped me fall asleep," says Van Heusen. Asir states that, "I slept like a bear, and never had a 'hangover' in the morning. I would wake up feeling rested and ready for my morning cardio."

Not only does the Max Lean PM aid sleep and burn fat, but it also aids in digestion. Valerian root extract stimulates peristalsis, which is the smooth muscle movement in your digestive tract that enables digestion. Now, let's take a look at some results that are possible with the Max Diet Stack alongside diet and exercise... Van Heusen started his diet and exercise program plus the MMSN Diet Stack at 249 pounds and 9.6 percent body fat. By the end of his 12-week program he was show-ready at 212 pounds with 4.26 percent body

fat.

That's a total fat loss of 13.39 pounds. Asir began at 175 pounds with 10.45 percent body fat. At the end of his 12 weeks, he was 147 pounds with 4.4 percent body fat. Asir had a total fat loss of 20.3 pounds! Clearly you can see the results these two competitors achieved when using a program of diet, exercise and the MMSN Diet Stack.

It is important to remember to check with your physician before beginning any diet or exercise regimen, especially if you have conditions such as high blood pressure or diabetes. There is no magic bullet for fat loss, but by putting in the work and adding the MMSN Diet Stack, you can really stack your deck for success. MS&F

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