

Fitness & Figure

Women's Nutrition System

The Fitness and Figure Stack

Contents: 1 Life Assurance, 1 Bone Builder, 2 Amino Build, 1 High Performance, 2 Lean & Mean

SUGGESTED USE:

1. Two Life Assurance and one Bone Builder capsule with breakfast



The Life Assurance formula will replace all of the vitamin and minerals in balanced concentrations that are depleted or lost from physical stress, psychological stress and environmental stress and will maintenance all the biochemical pathways that allow your amino acids to perform their independent functions in the human body.

The Bone Builder formula will support the maintenance of bone, ligaments, tendons, cartilage and support of a more efficient muscle function.. In female biochemistry estradiol (a metabolite of estrogen metabolism) can inhibit the synthesis of Taurine, an amino acid that helps maintain proper magnesium and potassium levels in intercellular fluids. Bone Builder will assist in correcting this imbalance and help reduce negative side effects such as water retention, low energy production, poor muscle contraction, bruising depression and other premenstrual problems.

2. Two Amino Build Capsules twice a day between meals



The free amino acids in Amino Build Formula will help maintain a positive nitrogen balance in blood (very important for building muscle), perform their independent functions as free amino acids, support increased protein synthesis of all proteins, tissues, hormones, enzymes, immune bodies and balance brain regulating hormones. Amino Build formula will support healthy hair, skin and nails to give you a healthy competitive look.

3. One High Performance capsule 30 minutes before training



High Performance Formulation increases your performance by enhancing your ability to produce ATP (adenosine triphosphate, the exclusive energy muscles work from), during short term (anaerobic) and long term (aerobic) energy requirements. The increased intensity in your training will yield better and faster results..

4. Six Lean & Mean capsules before bed



Lean & Mean amino acid formula is designed to increase muscle mass and decrease body fat by helping your pituitary gland release growth hormone during deep sleep or during intense training sessions. Lean & Mean is secretagogue which will raise the levels of all hormones naturally produced in the human body. Lean & Mean formula will also increase creatine synthesis, facilitate removal of ammonia from blood and increase NO (nitric Oxide) synthesis which becomes part of over two hundred biochemical functions in the human body.

