

Body Composition



LipoFlush and GHboost are the ultimate body composition combination.

Stacking the two supplements results in fat loss instead of muscle loss, a reversal of the negative effects of dieting, an increase in anabolic and a decrease in catabolic hormones, more energy and a feeling of well being.

MDC+

www.metabolicdiet.com

LipoFlush and GHboost

Body Composition Combo

Being grossly overweight isn't the main issue for most of us who are into bodybuilding, at least not once you've had some experience under your belt.



The real problem is trying to lean out while at the same time maintaining or even increasing your muscle mass. That's because the best way to gain muscle is to increase your calories and the best way to lose weight and body fat is to decrease your calories.

Trying to do both at the same time, especially when you're not a beginner and you're trying to get down those final pounds or fat points, can be an exercise in frustration.

At first, especially if you're fairly overweight, losing weight and body fat, while at the same time gaining muscle is doable. That's because your muscles are being stimulated to grow because of the resistance training, and you have a lot of extra energy for it to use because of the high body fat levels. As a result of the body dynamics, not much dieting is needed to build muscle and lose body fat.

But as you go along, losing weight and/or body fat by dieting means dropping your calories and invariably a loss of both body fat and muscle. And unlike what most people believe, losing weight either fast or slow normally doesn't result in any differences in the amount of each that is lost.¹ So doing it slowly is not an answer, it just prolongs the agony.

The agony is because of the way the body responds when you drop calories even further. It thinks you're starving so it drops your thyroid hormone and metabolic rate, increases your hunger, decreases levels of the anabolic hormones such as growth hormone (GH), insulin-like growth factor I (IGF-I), insulin and testosterone, and increases the catabolic hormones such as cortisol.

And as if that's not bad enough, it gets even worse the lower your body fat levels go so that if you're close to the single digits and want to get lower without losing muscle mass, it's extremely difficult to do so.

To counteract all of these negative effects of dieting, we'd need to change the metabolic and hormonal environment to one that more friendly to maximizing body composition.



We can do this one of two ways. The first is to use a variety of drugs including anabolic steroids, growth hormone, IGF-I, thyroid, clenbuterol, and insulin. This way can result in

dangerous side effects both physical and psychological, and can also result in legal problems.

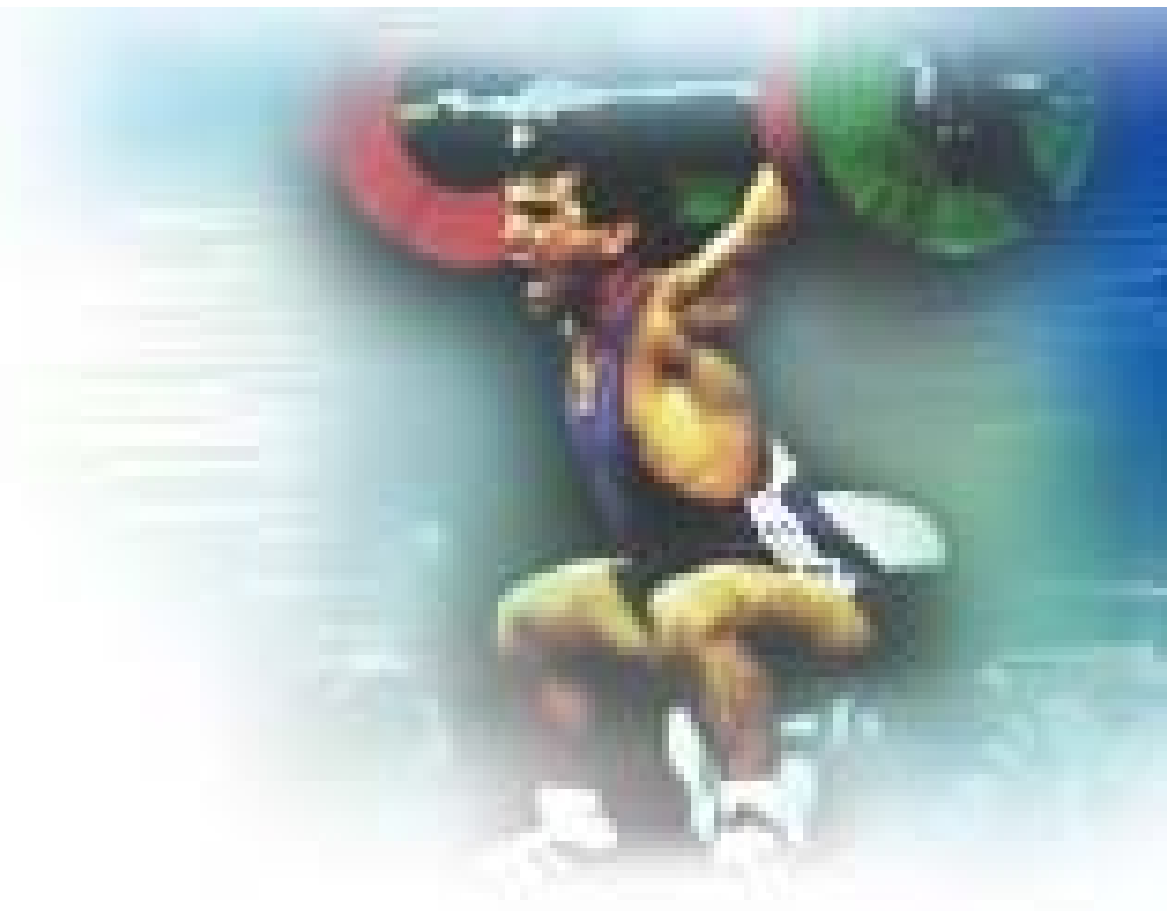
A better way is to change the environment from within, using natural means to increase fat loss and maintain or even build muscle. If this is done properly it can be as effective as using drugs but without all the adverse effects.

And that's what stacking LipoFlush and GHboost is all about.

The combination of the two natural supplements will result in fat loss instead of muscle loss, a reversal of the negative effects of dieting, an increase in anabolic and a decrease in catabolic hormones, more energy and a feeling of well being.

So if you're frustrated in your attempts to lean out while at the same time maintaining your muscle mass or even getting more muscular, then stacking LipoFlush and GHboost is for you.

The best way to use the two is to start off with 2 LipoFlush and 2 GHboost in the morning. Then use 2 of both before training or in the afternoon. If needed you can increase the dose of both and even use the GHboost before bed to increase that night time GH spike.



LipoFlush

I formulated LipoFlush to be the ultimate weight and fat loss supplement.

Because of one of its unique actions, LipoFlush can literally flush fat from your body. It does this by breaking down body fat into smaller fatty acid particles and then flushing these out through the urine. This action of LipoFlush, because it bypasses having to burn off some of your body fat by converting it into calories, is similar to what liposuction does when it physically takes body fat out of the body.

LipoFlush, however, does much more than simply flush out some of your fat. It also helps break down body fat and increases its use for energy. As well, LipoFlush helps increase energy levels and metabolism, decrease appetite, and provides major health benefits.

LipoFlush:

- **Flushes fat from your body, and decreases the number of fat cells, much like liposuction.**
- **Decreases fat absorption and increases body fat breakdown.**
- **Keeps energy levels high.**
- **Reverses the appetite and metabolic effects that cutting back on calories has on the body.**
- **Suppresses appetite.**
- **Keeps your metabolism going 24 hours a day so that you lose and burn fat even while you sleep.**
- **Improves your health.**
- **And much more – for detailed information on LipoFlush go to www.lipoflush.com**

GHboost

GHboost has significant anabolic, anti-catabolic (keeps muscle mass high), lipolytic and anti-lipogenic effects (keeps body fat levels low) and can dramatically improve body composition.

GHboost will:

1. Increase GH
2. Increase IGF-I
3. Increase insulin function and sensitivity
4. Increase testosterone secretion and effect
5. Decrease cortisol
6. Optimize thyroid
7. Increase nutrient delivery to muscle

As a result you can expect:

1. Increased muscle mass
2. Decreased body fat
3. Increased energy
4. Increased exercise performance including power and endurance (yes even endurance benefits from increased levels of GH²)
5. Increased recovery
6. Increased well-being
7. Anti-aging effects

GHboost is so good that it's used by hundreds of elite Olympic athletes and top bodybuilders to optimize body composition and performance. With GHboost they're able to maximize muscle mass while taking body fat levels to the absolute minimum for their needs. They're finding that GHboost is the perfect supplement to complement their diet and training efforts.

For more information on GHboost go to
www.mdplusstore.com/pdfs/GHboost.pdf

LipoFlush Nutrition Panel:

Supplement Facts: Serving Size: 4 Tablets Servings Per Container: 30					
	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vit D3 (Cholecalciferol)	100 IU	25%	Cordyceps Sinensis	100 Mg	*
Vit B5 (D-Calcium Pantothenate)	10 Mg	100%	Garcinia Cambogia Extract	400 Mg	*
Vit B6 (Pyridoxine Hcl)	25 Mg	1250%	Hydroxycitrate (HCA)	200 Mg	*
Vit B12 (Methylcobalamin)	1000 Mcg	16,600%	Hawthorne Berry	100 Mg	*
Folic Acid	1000 Mcg	250%	Caffeine	99 Mg	*
Biotin	100 Mcg	33%	LipoFlush™ Proprietary Complex	4,000 mg	
Potassium (Phosphate)	99 Mg	3%	Acanthopanax Senticosus, Alpha Lipoic Acid,		
Calcium (Phosphate)	415 Mg	44%	Banaba Leaf Extract, Beta Sitosterol, Betaine, Capsicum,		
Magnesium (Oxide)	200 Mg	50%	Cellulose, Cinnamon, Damiana, Genistein, Ginger Root Extract,		
Zinc (Gluconate)	10 Mg	67%	Grape Seed Extract, Guarana extract,		
Chromium (Amino Acid Chelate)	50 Mcg	41%	Gum Guggul Extract (Guggulsterones Z & E), Glycine, Hoodia,		
Choline (Bitartrate)	650 Mg	*	Inositol, Kelp, Kola Nut, Lecithin, L-Histidine, L-Tyrosine,		
L-Carnitine (Fumarate)	450 Mg	*	Green Tea Extract, Magnesium Octadecanoate,		
Bioperine	4 Mg	*	Mucuna Pruriens, Panax Ginseng, Phosphatidylserine,		
Citrus Aurantium	300 Mg	*	Quercetin Dihydrate, Siler Extract (bofu-tsusho-san),		
Synephrine	18 Mg	*	Theobroma Cocoa Complex, White Willow Bark, Yerba Mate,		
Conjugated Linoleic Acid (CLA)	100 Mg	*			

*Daily Value not established

Other Ingredients: Stearic Acid, Crosscarmellose Sodium, Magnesium Stearate, Silicon Dioxide, Hydroxypropylmethyl Cellulose

GHboost Nutrition Panel:

Supplement Facts: Serving Size: 5 Tablets Servings Per Container: 30					
	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	500 mg	833%	Bovine Colostrum	1000 mg	*
Vitamin B6 (as Pyridoxine HCl and Pyridoxal-5 Phosphate)	10 mg	500%	Immunoglobulins	250 mg	*
Niacin	15 mg	75%	Velvet Bean Extract (Mucuna pruriens) (seed)	400 mg	*
Zinc (as Zinc Citrate)	10 mg	67%	L-Dopa	60 mg	*
Chromium (Amino Acid Chelate)	25 mcg	21%	Turmeric Extract (Curcuma Longa) (root)	200 mg	*
Copper (as Copper Gluconate)	200 mcg	10%	Polygonum Cuspidatum Extract (root) (Protylon®)	430 mcg	*
Acetyl-L-Carnitine	500 mg	*	Resveratrol	215 mcg	*
Acetyl-L-Tyrosine	200 mg	*	GHBoost Proprietary Complex	1700 mg	
GABA (Gamma-Amino-Butyric-Acid)	500 mg	*	Alpha-Glycerolphosphorylcholine (Alpha GPC), Alpha Lipoic Acid (ALA),		
L-Arginine Pyroglutamate	500 mg	*	Anterior Pituitary Peptides, Calcium Phosphate, CDP Choline, Glutathione (Reduced),		
L-Ornithine HCL (hydrochloride)	300 mg	*	L-Glutamine, L-Glycine, L-Tyrosine, Melatonin, Taurine,		
L-Lysine	200 mg	*			

*Daily Value not established

Other Ingredients: Cellulose, Stearic Acid, Modified Cellulose Gum, Hydroxypropylmethyl Cellulose, Magnesium Stearate, Silicon Dioxide.

References:

- 1 M.E. Sweeney, J.O. Hill and P.A. Heller *et al.*, Severe vs moderate energy restriction with and without exercise in the treatment of obesity: efficiency of weight loss, Am J Clin Nutr 1993; 57:127–134.
- 2 Healy ML, Gibney J, Russell-Jones DL, Pentecost C, Croos P, Sonksen PH, Umpleby AM. High dose growth hormone exerts an anabolic effect at rest and during exercise in endurance-trained athletes. J Clin Endocrinol Metab. 2003 Nov; 88(11):5221-6.