



# PRODUCT INDEX

## Foundation

- Antiox
- EFA+
- MVM

*These are supplements that should be used by anyone who's into exercise, dieting or simply staying healthy. They offer the foundation upon which you can achieve your health, fitness, body composition and performance goals.*

## Weight & Fat loss

- Lipoflush
- Cellusol
- Metabolic
- MRP LoCarb
- Myosin Protein
- Radical Diet Packages
- ReNew

*This lineup of research-driven supplements provide an effective arsenal for reducing weight and body fat. But since losing body fat is the goal of anyone who wants to lose weight (after all who wants to lose muscle or bone mass) these supplements will help you lose the fat while at the same time maintaining lean body mass and strength. And as an added benefit, they will improve your health and energy levels.*

## Mass & Strength

- Amino
- Creatine Advantage
- Exersol
- GHboost
- Myosin Protein
- NitAbol
- Power Drink
- Resolve
- TestoBoost

*These supplements are used by bodybuilders, powerlifters and other athletes who are looking to maximize muscle mass, strength and performance. They are also useful for anyone who is serious about attaining the ultimate in body composition and strength.*

*They cover the full gamut of effects including increasing both aerobic and anaerobic energy systems, providing night time anabolic nutrition, and providing the ultimate in supplementation in and around exercise.*

## Special Purpose

- GHboost
- Joint Support
- Metabolic
- Regulate
- ReNew
- TestoBoost
- Anti-Aging Packages

*These supplements are specific for certain effects and needs, including hormonal replacement, anti-aging, injury recovery, improving musculoskeletal pain and inflammation, normalizing metabolic, gastrointestinal and hormonal processes, improving insulin resistance, boosting the immune system, increasing focus and mental clarity, and for dealing with fatigue.*



# MD+

# FOREWORD

## The Man Behind MD+

Dr. Di Pasquale is a licensed physician in Canada and a former professor at the University of Toronto. Over the past four decades Dr. Di Pasquale has become known throughout the world for his knowledge and abilities in all aspects of nutrition, diet and Sports Medicine.

Through his work in the field, and his many books and thousands of articles, he is widely recognized as a world expert in the enhancement of body composition, strength and athletic performance through the use of specific diets and nutritional supplements.

As well, he was an elite athlete for over two decades, winning all the top titles in Powerlifting, including the World Championships, the World Games, and several national and regional championships.

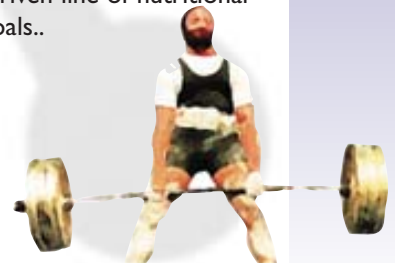
Unlike many of the others who set themselves up as experts, he's no flash in the pan but a pioneer in ways to lose weight and body fat and maximize muscle mass and athletic performance. With his dedication, expertise and experience spanning four decades, it's obvious he's in the business for the long haul.

The bottom line is that Dr. Di Pasquale, with his extensive knowledge and experience, has formulated the ultimate diet and nutritional supplement plans for maximizing weight and fat loss, ..increasing muscle mass and performance, and improving overall health.

His books, especially the Metabolic Diet, the Anabolic Solution for Bodybuilders, the Anabolic Solution for Powerlifters, and the Radical Diet, and his sophisticated, research-driven line of nutritional supplements will help you to reach your body composition and performance goals..

[www.metabolicdiet.com](http://www.metabolicdiet.com)

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## ANTIOX

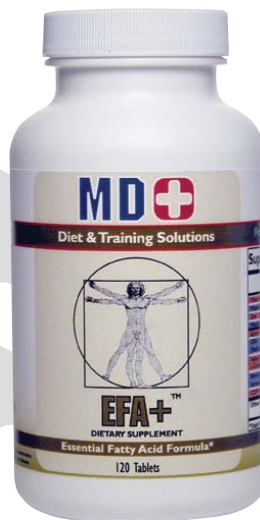
### Antioxidant Formula

**Antiox** is a complex formulation that provides targeted antioxidant support and immune enhancement to the body and especially to the musculoskeletal, central nervous system and liver. Besides the usual vitamin and mineral antioxidants, Antiox also contains several other important antioxidant and anti-inflammatory ingredients including glutathione, the most important, all-purpose, endogenous antioxidant in our bodies, lutein, rutin, taurine, turmeric, N-acetyl cysteine (NAC), alpha lipoic acid, co-enzyme Q10, quercetin, lycopene, resveratrol, green tea extract and grape seed extract.

## EFA+

### Essential Fatty Acid Formula

**EFA+** is a complete essential and synergistic fatty acid formulation designed to provide the full gamut of all the essential fatty acids and other ingredients such as CLA that are so important to optimizing your metabolism, maximizing the anabolic and fat-burning effects of exercise, tuning up the immune system and increasing recovery.



## M.V.M.

### Multiple Vitamin & Mineral Formula

**MVM** is a comprehensive, specially balanced multiple vitamin and mineral formula that includes ingredients and compounds that reflect the latest research information. MVM is designed to provide full-spectrum front line nutrition with an emphasis on optimizing health and the needs of athletes and anyone who exercises

# LipoFlush Does It All.



- Decreases fat absorption and hunger
- Decreases fat formation, or lipogenesis (fat creation)
- Normalizes thyroid hormone and metabolic rate
- Burns fat even while you sleep
- Keeps energy levels high
- Flushes away fat and decreases the number of fat cells
- Preserves or even increases muscle mass
- Reduces C-reactive protein
- Increases insulin sensitivity
- Decreases harmful cholesterol and triglycerides

## Ephedrine Free Revolutionary Fat Loss Formula.

LipoFlush is a research-driven, synergistic blend of natural ingredients designed to dramatically decrease body fat, increase energy levels, preserve skeletal muscle, and provide major health benefits.

While other fat loss supplements work on one or at the most two dimensions of the fat loss equation, LipoFlush attacks fat in several independent and synergistic ways, resulting in unprecedented fat loss.

One of these ways, not available in any other fat loss supplement, will literally flush the fat right out of your body.

Like liposuction, LipoFlush can make some of your fat simply disappear, but unlike liposuction, LipoFlush can do it in the problem areas and also evenly all over your body, leaving you with an aesthetic looking body with just the right look.

But that's not all. LipoFlush is not only useful in getting rid of unwanted fat, it also helps you to keep it off. There are several ingredients in LipoFlush that counteract the rapid increase in weight and body fat that happens when you go off most diets.

**LipoFlush represents a quantum leap in fat loss supplements. It's the first supplement that effectively decreases body fat by working at all the relevant metabolic, absorption and excretion levels, while at the same time preserving muscle mass and providing substantial health benefits.**

# WEIGHT & FATLOSS



*Cellusol 1-2-3 System...The Six-Week, Three-Phase Cellulite and Weight Loss Solution\**

## CELLUSOL

Cellusol is made up of 3 formulations that when used sequentially results in **maximum weight and fat loss**, especially cellulite, while **minimizing the loss of muscle**. This means that the weight you lose will be mostly bodyfat. The three formulations work in tandem to produce long-term results without developing tolerance or side effects.

The three formulations that make up Cellusol are:

- 1** **Lipoflush**  
Advanced Fatloss Formula  
*formulated to increase energy levels, decrease appetite and maximize fat loss while at the same time maintaining muscle mass.*
- 2** **Metabolic**  
Anabolic and Fat Loss Primer  
*formulated to decrease hunger, increase metabolic rate, and optimize the body's hormones, including thyroid, growth hormone, testosterone, insulin and cortisone, in order to maximize the anabolic and fat burning effects of exercise.*
- 3** **ReNew**  
Homeostatic and Immune System Enhancer  
*formulated to enhance and stabilize weight and fat loss and allow the body to return to an optimal metabolic and immune state so that it is ready and able to make dramatic weight and fat losses.*



## LIPOFLUSH

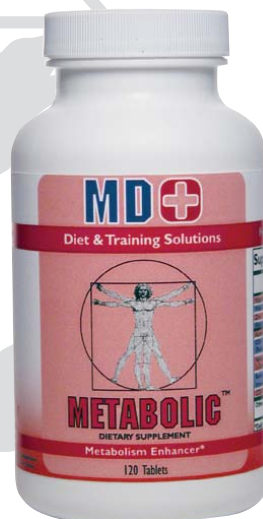
### Advanced Fatloss Formula

**LipoFlush** attacks fat in several independent and synergistic ways, resulting in unprecedented fat loss. One of these ways, not available in any other fat loss supplement, works similar to liposuction and will literally flush the fat right out of your body.

## METABOLIC

### Hormonal & Metabolic Optimizer

**Metabolic** is formulated to decrease hunger, increase metabolic rate, and optimize the body's hormones, including thyroid, growth hormone, testosterone, insulin and cortisone, in order to maximize the anabolic and fat burning effects of exercise.



## RENEW

### Immune System Enhancer

**ReNew** is formulated to enhance and stabilize weight and fat loss and allow the body to return to an optimal metabolic and immune state so that it is ready and able to make dramatic weight and fat losses.



# WEIGHT & FAT LOSS



*These supplements can be used for decreasing body fat while maintaining muscle mass and strength and for maximizing weight and fat loss.*

## RADICAL WEIGHTLOSS DIET PLANS

The Radical Diet is the ultimate short-term diet plan meant for **rapid weight loss**. This rapid weight loss plan combines a very low calorie diet with a modified version of my Metabolic Diet, along with the use of meal replacements and nutritional supplements that have been especially formulated for those on the Metabolic Diet.

By going on the Radical Diet you should be able to decrease your body weight, mostly by getting rid of excess body fat, by **at least 30 pounds** (and often more) in a **two-month period**.

**Select the package that suites your needs.**

### Beginner PKG

- | Radical Diet eBook
- | LipoFlush
- | MRP LoCarb

### Intermediate PKG I

- | Radical Diet eBook
- | LipoFlush
- | Metabolic
- | MRP LoCarb
- | Regulate

### Advanced PKG

- | Radical Diet eBook
- | LipoFlush
- | Metabolic
- | ReNew
- | MVM
- | EFA+
- | Antiox
- | Regulate
- | MRP LoCarb
- | Myosin Protein
- | Creatine Advantage
- | Fat Calipers

## MRP LO-CARB

### Low Carbohydrate Meal Replacement



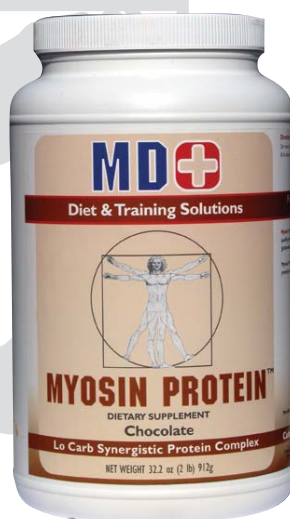
**MRP LoCarb** is an engineered high-protein, low-carbohydrate and moderate-fat meal replacement powder containing an advanced protein blend, healthy fats, a balanced array of vitamins and minerals, and special ingredients that act as partitioning agents. MRP LoCarb allows you to lose body fat while at the same time maintaining or even increasing muscle mass. Besides being an anabolic, fat-burning, all inclusive meal replacement, it's also the ideal post exercise shake to optimize muscle metabolism and recovery.

*APT Nutrition has been re-branded as MD+. We are currently switching over our packaging to the new look.*

## MYOSIN PROTEIN

### Myosin Protein Complex

**Myosin Protein Complex** is the most advanced, synergistic blend of the highest quality protein powders, peptides and amino acids on the market today. It contains the precise amino acid mix to maximize protein synthesis, decrease muscle breakdown and enhance athletic performance. Myosin Protein, unlike whey protein and the other one-dimensional proteins on the market today, provides you with both short and long-term amino acid spikes as well as long term increased serum amino acid levels, and keeps you in an anabolic fat burning state for several hours.



## CREATINE ADVANTAGE

### Maximize Strength and Performance



**Creatine Advantage** keeps the energy system in high gear by not only increasing endogenous levels of phosphocreatine, but also by optimizing the glycolytic and TCA cycle energy processes. The added amino acids, dipeptides and other ingredients, allow a natural increase in the absorption and utilization of creatine without carbohydrates, and increase the volumizing, anticatabolic and anabolic effect of the formula.

# MASS & STRENGTH



*Exersol Power 1-2-3...A Three-Phase Workout System For The Power Athlete\**

## EXERSOL

Exersol is the only supplement package that takes the guesswork out of what supplements to use before, during and after training. Besides providing the most effective training supplements, Exersol gives you the peace of mind that comes with knowing you have everything you could possibly need to maximize the anabolic and fat burning effects of exercise. Exersol, by providing targeted nutrients before, during and after exercise, allows you to train harder and more effectively and makes your training more productive.

The three formulations that make up Exersol are meant to be used together as the training solution but can also be used separately around training or at other times.

1

### Resolve

*Pre-workout Primer*

*Pre-workout Primer that optimizes the anabolic and fat burning effects of exercise.*

2

### Power Drink

*Anabolic Training Drink*

*An Anabolic Fat Burning Rehydration Training Drink that provides the nutrients necessary to maximize muscle mass by increasing the anabolic and decreasing the catabolic effects of exercise, and to decrease body fat.*

3

### Amino

*Post Workout Amino Tablets*

*The Anabolic Amino Surge that quickly kicks protein synthesis into high gear by providing a rapid surge of amino acids and insulin in that immediate post-exercise window of opportunity.*

## RESOLVE

### Pre-Workout Anabolic Primer\*

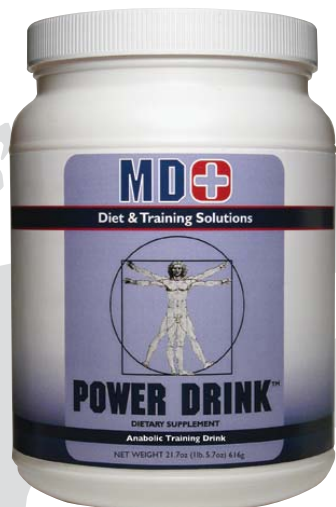
**Resolve and Resolve Competition** prime your metabolism so your body can optimize the anabolic and fat burning effects of exercise. They provide anticatabolic and anabolic effects by increasing levels of testosterone and growth hormone, decreasing protein breakdown, increasing protein synthesis and providing antioxidant and cell volumizing effects. They also increase anaerobic and aerobic energy mechanisms, thermogenesis, fat breakdown and the oxidation of body fat as fuel. Resolve Competition is formulated for use by NCAA athletes.



## POWER DRINK

### Anabolic Training Drink\*

**Power Drink** is a revolutionary new concept in training drinks that provides all the necessary ingredients to increase protein synthesis, decrease muscle breakdown, feed working muscles with the nutrients they need, increase training energy and effort, and shift the use of body fat as the main aerobic energy source for training. Power Drink dramatically increases the positive effects of training, allows you train longer and harder, and improves recovery.



## AMINO

### Amino Acid Formula

**Amino**, the most advanced cutting-edge amino acid formulation on the market today, maximizes protein synthesis and muscle mass by providing an anabolic kick whenever it's used, especially right after training. It accomplishes this by supplying your body with a quick and effective boost of amino acids, and by increasing endogenous levels of potent anabolic and anticatabolic hormones and growth factors, including insulin, testosterone, growth hormone and insulin-like growth factor I (IGF-I).



# MASS & STRENGTH



*Increase Muscle Mass and burn Body fat while you sleep.*

## NITABOL

NitAbol counters the night-time postabsorptive catabolic effects, increases recovery, fat burning and protein synthesis.

Each of the following formulations can also be used on their own depending on your needs.

1

### **TestoBoost**

*Increases Testosterone Levels naturally without the use and side effects of the prohormones.*

2

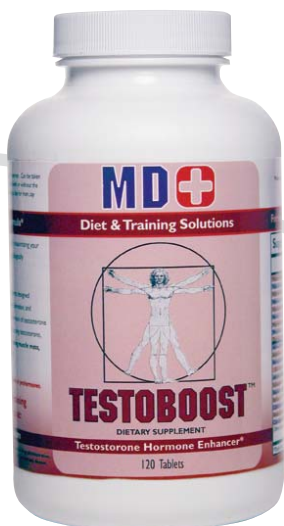
### **GHboost**

*Naturally increases growth hormone and IGF-I to above physiological levels.*

3

### **Myosin Protein Complex**

*Provides anabolic amino acid surges and long-term anticatabolic amino acid levels that increase protein synthesis and fat loss, and decrease musclebreakdown all night long.*



## TESTOBOOST

### Testosterone Enhancer

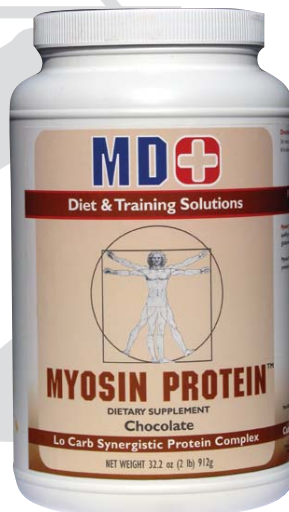
**TestoBoost** maximizes your anabolic potential by physiologically elevating your natural testosterone levels. TestoBoost contains natural ingredients that increase testosterone formation, it also has ingredients that decrease potential side effects from conversion of testosterone to estrogens and dihydrotestosterone. By boosting testosterone, TestoBoost has beneficial effects on increasing muscle mass, decreasing body fat, and increasing sexual drive and erectile function.

## MYOSIN PROTEIN

### Myosin Protein Complex

**Myosin Protein Complex** is the most advanced, synergistic blend of the highest quality protein powders, peptides and amino acids on the market today. It contains the precise amino acid mix to maximize protein synthesis, decrease muscle breakdown and enhance athletic performance.

Myosin Protein, unlike whey protein and the other one-dimensional proteins on the market today, provides you with both short and long-term amino acid spikes as well as long term increased serum amino acid levels, and keeps you in an anabolic fat burning state for several hours.



## GHBOOST

### Growth Hormone Enhancer

**GHboost** is a research driven nutritional supplement that increases growth hormone (GH) secretion more effectively than any other GH boosting product on the market. GHboost also increases serum and tissue levels of the potent anabolic growth factor, insulin-like growth factor I (IGF-I). Growth hormone and IGF-I act together to increase protein synthesis, decrease muscle breakdown and increase fat loss.

# ANTI-AGING



## BASIC

### Anti-Aging Supplement Package

MVM is a comprehensive, specially balanced multiple vitamin and mineral formula designed to provide full-spectrum nutrition. ReNew is formulated not only to enhance the immune system, but also to decrease inflammation and provide protection against free radicals. As well it normalizes the metabolism and naturally supports thyroid, testosterone, GH, insulin and androgenic function. The combination of MVM and ReNew will help you deal with the various internal and environmental stresses that are responsible for premature aging.

## INTERMEDIATE

### Anti-Aging Supplement Package

The addition of the full gamut of essential and other fatty acids in EFA+, the full spectrum antioxidant protection in Antiox, and the added effects on metabolism and hormonal homeostasis provided by Metabolic, increase the anti-aging effects provided by MVM and ReNew.



## COMPREHENSIVE

### Anti-Aging Supplement Package

The added anti-inflammatory effects of Joint Support, increased bowel and health effects of Regulate, and the hormonal boost provided by TestoBoost and GHboost make this a comprehensive anti-aging package that provides you with everything you need to decrease the effects of aging on your both your body and mind.



## GHBOOST Growth Hormone Enhancer

**GHboost** is an effective supplement for increasing endogenous levels of growth hormone and IGF-I. The use of GHboost provides both men and women with a natural way to increase GH levels and avoid the potential side effects and problems that surround growth hormone replacement therapy via recombinant GH injections.



## TESTOBOOST Testosterone Enhancer

**TestoBoost** contains natural ingredients that increase testosterone formation, it also has ingredients that decrease potential side effects from conversion of testosterone to estrogens and dihydrotestosterone. By boosting testosterone, TestoBoost has beneficial effects on increasing muscle mass, decreasing body fat, and increasing sexual drive and erectile function.



## JOINT SUPPORT Joint and Muscle Ache Formula\*

**Joint Support**, a sophisticated, research-driven formula that supports the musculoskeletal system, is useful for helping to manage acute and chronic injuries, arthritis, and inflammation. By decreasing chronic inflammation and providing structural materials and initiators to rebuild stressed and damaged tissues, Joint Support can also combat the signs and symptoms of aging.



## METABOLIC Hormonal & Metabolic Optimizer

**Metabolic** optimizes metabolism and macronutrient utilization (the use of fats, carbs and protein) and is useful for fat and weight loss. It also has significant effects on normalizing the levels and functioning of growth hormone, testosterone, dehydroepiandrosterone (DHEA), thyroid hormone, insulin and cortisol.



## RENEW Immune System Enhancer

**ReNew** is formulated to provide significant anti-stress, neuroprotective, hepatic and anti-aging effects through its anti-inflammatory and antioxidant properties, as well as its beneficial effects on the immune, hormonal, cardiovascular and central nervous systems. ReNew is useful for alleviating environmental, mental, physical stress, including overtraining, and the effects of aging and aging related diseases.



## REGULATE Bulk Laxative

**Regulate** is a blend of several insoluble and soluble fibers and other compounds meant to keep the intestinal tract healthy by clearing up irregularity problems and providing probiotic essentials. Regulate is also useful as an appetite suppressant, to decrease cholesterol levels and increase natural insulin sensitivity.

# MAKE THE MOST OF YOUR DIET & TRAINING

Dr. Di Pasquale, the Father of the Low Carb Phase Shift Diet

Dr. Di Pasquale has advocated his lower carb, phase shift diet for over three decades. That's because he believes that phasing a lower carb, high protein diet, with variable short high carb periods, is most effective for maximizing muscle mass and minimizing body fat.

His diet has recently been validated by a several research studies. These studies have shown that his diets are more effective for losing bodyfat and maximizing muscle mass than any other diet, and that they're good for your overall health as well.

The Metabolic Diet is the cornerstone of his weight/fat loss and body composition books. However, the Anabolic Solution and the Radical Diet use the Metabolic Diet in special ways.

## The Metabolic Diet

The Metabolic Diet, at over 500 pages, is a comprehensive look at the workings of Dr. Di Pasquale's low carb/high carb, high protein phase shift diet. It contains all the information on diet, exercise and nutritional supplements you'll need to lose weight and body fat, without losing muscle mass. It also contains extensive food charts, exercise guides, and dozens of sample diets. The Metabolic Diet is what most people need to attain their ideal body composition.

## The Anabolic Solution

**(Bodybuilder edition) (Powerlifter edition)**

The Anabolic Solution series of books cater to bodybuilders, powerlifters, and other athletes, and combine a focused look at using the Metabolic Diet and nutritional supplements in various phases of training and competition. The Anabolic Solution for Bodybuilders is an expanded, revised version of Dr. Di Pasquale's original Anabolic Diet. The Anabolic Solution for Powerlifters does the same for those in powerlifting and power/strength sports.

## The Radical Diet

The Radical Diet is a very low calorie version of the Metabolic Diet that is meant to get weight and body fat off fast, in a healthy way. It combines the use of targeted nutritional supplements, exercise and behaviour modification so that it's easy to stick to, and results in unprecedented weight and fat loss that won't come back.



[www.metabolicdiet.com](http://www.metabolicdiet.com)

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