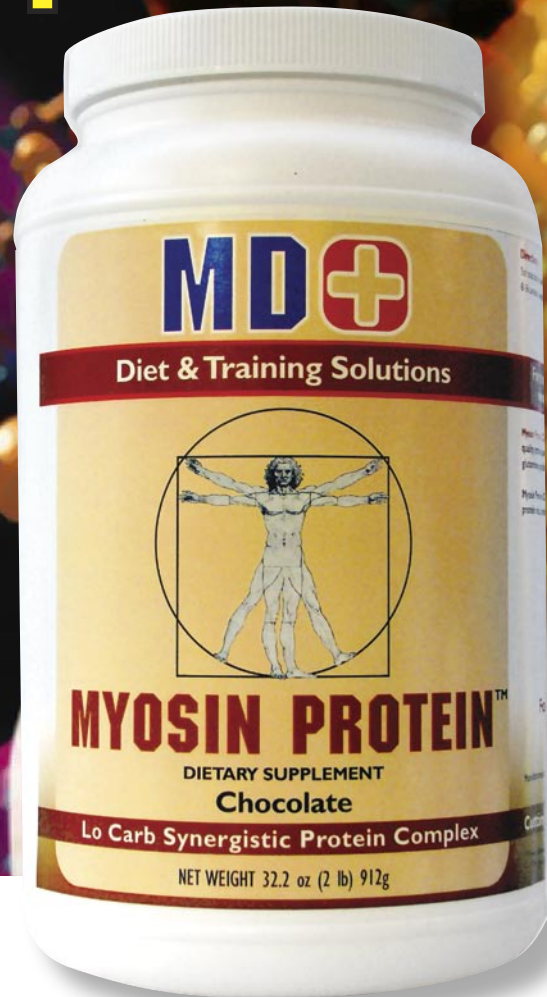


# Get Ripped!



# Myosin Protein

## Ahead of its Time

Myosin Protein Complex is the most advanced, synergistic blend of the highest quality protein powders, peptides and amino acids on the market today, bar none. It contains the perfect amino acid mix to maximize muscle synthesis and prevent catabolism (muscle breakdown), making sure that you are sparing muscle while burning off the fat.

**MDO+** [www.metabolicdiet.com](http://www.metabolicdiet.com)

# Myosin Protein

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Myosin Protein is specifically designed for the sleep cycle and to deal with nighttime nutrition. It not only decreases muscle catabolism that occurs when we sleep, but also increases protein synthesis and muscle mass. As such, it is unlike any other protein on the market today and by far the most effective full spectrum nighttime protein and amino acid supplement ever made. The amino acid array provided by the proprietary blend of proteins, peptides and amino acids in Myosin Protein is unique and has been scientifically shown to maximize lean body mass.

On the other hand, while it's the best nighttime protein available, the same features that make it such an exceptional nighttime protein also make it the best daytime protein on the market, since unlike all the other proteins out there, Myosin Protein covers you and your protein needs over the long term instead of just a few hours.

Myosin Protein, with its combination of fast and slow proteins and peptides, is specially engineered to provide two distinct effects:

1. Several anabolic amino acid peak bursts that result in an immediate and several intermediate marked increases in serum amino acids and subsequently protein synthesis.
2. A long term steady increase in serum amino acid levels that lasts for several hours and has been shown to have marked anticatabolic effects.

Although these various proteins are mixed together, the body treats the mix of proteins as if each protein was taken separately. Thus these proteins, even when taken together, maintain their different (fast, intermediate and slow) absorption rates. (Boirie Y, Dangin M, Gachon P, Vasson MP, Maubois JL, Beaufriere B. Slow and fast dietary proteins differently modulate postprandial protein accretion. Proc Natl Acad Sci U S A 1997 Dec 23;94(26):14930-5.).

**MYOSIN PROTEIN**

# MYOSIN PROTEIN

Myosin Protein contains a variety of the highest quality protein powder to make use of the special characteristics of each and thus enhancing their overall effect while at the same time eliminating their relative disadvantages. Because of the gentle processes used to isolate the various proteins, the formula maintains the beneficial immune, hormonal and other effects of the undenatured whey, casein, milk (containing colostrum), egg and soy proteins.

The combination of whey, casein, milk, egg and soy proteins provides an optimal amino acid array that maximizes the anabolic effects of dietary proteins. For example, while whey protein increases protein synthesis better than casein, it is not as good at preventing muscle catabolism.

There is also a synergistic effect from the types and amount of proteins in Myosin Protein. For example, while whey contains the highest levels of branched chain amino acids, egg protein contains the highest levels of alanine, methionine, phenylalanine, and valine, and soy provides more glutamine and arginine than any other protein. Also, during low calorie dieting, soy has been shown to be more effective than casein in reducing muscle catabolism. As well, soy isolates, which contain none of the questionable phytoestrogens found in the less expensive soy proteins, can increase both TSH and thyroid hormone levels and thus increase both the metabolic rate and fat oxidation.

Since Myosin Protein was engineered to increase protein synthesis with fast and intermittent spikes of blood amino acids, and to decrease protein/muscle breakdown with a sustained low-level increase in blood amino acids, it's ideal as a nighttime protein, and results in marked anabolic and anticatabolic effects, especially when used in combination with GHboost and TestoBoost (all three make up my NitAbol combo). The use of NitAbol truly allows you to build muscle and lose bodyfat while you sleep.

The bottom line is that Myosin Protein Complex is the most advanced, synergistic blend of the highest quality proteins, peptides and amino acids on the market today, bar none. It contains an optimized amino acid mix that maximizes protein synthesis and muscle mass, decreases muscle breakdown and increases fat oxidation. As well, Myosin Protein provides your body with an increased immune response to combat overtraining and maximize the anabolic and fat burning effects of exercise.

# INGREDIENTS

Unlike other proteins on the market today, Myosin Protein uses only natural colors and flavors and is sweetened by a combination of xylitol and sucralose.

## MACRONUTRIENTS – PROTEIN AND AMINO ACIDS

### COMBINATION OF PROTEINS

- ☞ Whey – fast protein – rapid increase in amino acids leads to an increase in GH and insulin and resulting in long term increases in insulin-like growth factor I (IGF-I).
- ☞ Milk Protein Isolate/Colostrum, Egg and Soy isolate give three intermediate amino acid spikes and decrease the postabsorptive phase.
- ☞ Casein coupled with potassium, calcium and sodium – slow protein – long term, all night long sustained delivery of amino acids.

### PEPTIDES AND AMINO ACIDS

- ☞ **Glutamine Peptides Provide both short chain peptides and amino acids. The amino acid array consists of:**
  - ☞ Glutamine
  - ☞ Proline
  - ☞ Branched Chain Amino Acids.
  - ☞ Phenylalanine
  - ☞ Serine
  - ☞ Glutamate
  - ☞ Glycine.
  - ☞ Arginine.
  - ☞ Tyrosine
  - ☞ Threonine
  - ☞ Asparagine/Aspartate
  - ☞ Alanine
  - ☞ Histidine
  - ☞ Methionine
  - ☞ Ornithine.
  - ☞ Cysteine

**Directions:** 2 to 6 scoops as needed in water, milk, juice or diet drink. Can be used as a low calorie, high protein meal supplement, after training and before bed. 4 Scoops (76 grams) of Myosin Protein Complex contains 60 grams of mixed proteins and 7.6 grams of glutamine peptides.