

Amino Nitro Max for Athletic Performance and Body Building

High intensity training is the fast track to strength gains and muscle mass -- to a point. Overtraining and exhaustive workouts can lead to muscle tissue breakdown: inhibiting muscle protein synthesis and activating protein catabolism, actually impeding growth. Amino Nitro Max's advanced high nitrogen formula contains crucial crystalline free from amino acids to prevent tissue catabolism, to enhance tissue repair, recovery, endurance and growth.

L-Glutamine

L-Glutamine is highest free form amino acid found in muscle. Research is replete with studies conveying the importance of muscle glutamine levels in regulating muscle protein synthesis and catabolism. Numerous studies have unequivocally documented L-Glutamine's ability to increase nitrogen and preserve skeletal muscle mass in patients suffering from burns, trauma, sepsis, cancer and other catabolic conditions. L-Glutamine is anti-catabolic and is considered a powerful anabolic amino acid.

BCAA's: L-Leucine, L-Isoleucine and L-Valine

L-Leucine, L-Isoleucine and L-Valine (BCAA's) are metabolized directly inside muscle tissue and are a source of metabolic energy, in the form of Adenosine Triphosphate (ATP). BCAA's are critical for two of the most desired results in sports performance: energy production for muscular work and anabolic processes within muscle cells. L-Leucine stimulates the release and activation of growth hormone and insulin, and thus exerts direct anabolic effects. BCAA's dramatically increase protein synthesis and decrease protein breakdown in muscles.

Taurine and L-Alanine

Taurine is the second highest concentration free amino acid found in muscle tissue. Taurine is an important constituent of muscle tissue fiber and is powerful in offsetting muscle tissue turnover and breakdown. L-Alanine is crucial for maintaining blood glucose levels.

OKG - L-Ornithine Alpha Ketoglutarate

Numerous clinical and laboratory trials of supplementary OKG have demonstrated anabolic effects: increased nitrogen retention and increased lean body mass in patients recovering from burns, trauma, or other conditions associated with abnormal muscle catabolism. OKG accomplishes nitrogen retention in three ways: (1) enhances insulin with glucagon production within 60 minutes (2) enhances GH release and (3) reduces catabolism of amino acids, stabilizing pools of branched chain amino acids. OKG has also been observed to dramatically increase the blood levels of insulin-like growth factor 1 -- one of the most important anabolic hormones.

Chromium Picolinate

Chromium Picolinate enhances muscle building and fat loss by improving the efficiency of the important anti-catabolic hormone insulin. It stimulates amino acid uptake, accelerates muscle tissue protein synthesis and prevents muscle protein breakdown.