

Ultimate Nutrition

IsoMass Xtreme Gainer

No longer is it necessary to buy all your supplements separate. Ultimate Nutrition is pleased to introduce our all-in-one protein supplement; IsoMass to “hard gainers” everywhere. IsoMass is the future of weight gainers. With a scientifically formulated carbohydrate to protein ratio of 16:13, IsoMass is designed for you to gain serious muscle mass without the added fat deposits.

A protein blend consisting of multiple sources of protein is superior to any single-protein source, including whey, for sustained time-release nutritional support. A more complete source of protein means you’ll enjoy faster lean muscle gains and quicker recovery after workouts. Time-Release means continuous protein nourishment of your muscles throughout the day and also before bedtime when your body works it’s hardest to recover.

IsoMass Xtreme Gainer, in addition to other nutritious meals and exercise, provide the body with all the protein and calories needed for optimal muscle growth. The delicious shakes are packed with more than just amino acids. Carbohydrates provide the body with the much-needed material to restore muscle glycogen that has been used up during exercise. They also promote recovery and growth to aid in gaining muscle mass. Added fiber delays the digestion of the carbohydrates, which helps prevent dreaded insulin spikes.

Creatine, when taken before and after a workout, helps transport water, carbohydrates and amino acids into muscles to increase energy, aid in recovery and increase muscle growth. One of the most notable of those amino acids is glutamine. Glutamine is highly in demand throughout the body. It plays a very important role in protein metabolism, and enhances recovery and growth. When supplemented, it may help body builders reduce muscle deterioration that occurs from glutamine depletion in muscle cells.

This formula also contains EFA rich oils, also known as healthy fats. These fats help to preserve muscle mass and immune function during intense training, and encourage the body to use stored fats as energy. Medium Chain Triglycerides offer a great energy source used as fuel by the body, as muscles prefer to use them. CLA is best known as an effective ingredient for reducing body fat and increasing lean muscle mass.

For the human body to perform at its maximum potential, it must be fed a vast and complex array of vital nutrients. IsoMass Xtreme Gainer includes a full-spectrum of vitamins that provide the essentials to promote good health. This formulation is rich in antioxidants, vitamins, and trace minerals, which are required for optimal body function. It also provides enhanced support for the immune system and cardiovascular system by supplying a wide range of antioxidants.

IsoMass is formulated with a precise blend of time release proteins, complex carbohydrates, 7 types of creatine for muscle growth, 4 types of glutamine for muscle recovery, a complete vitamin premix for added mind/body functions, a healthy blend of 6 essential fatty acids to improve mind and body, a blend of 4 nitric oxide precursors to enhance vasodilation, a creatine precursor complex to increase the body's natural production of creatine, and an enzyme complex to increase absorption. All this can be found in an old-fashioned milk shake taste in any of our gourmet flavors.

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FREQUENTLY ASKED QUESTIONS:

1. What is Glycogen?

Carbohydrates are body's most readily available source of nutrient energy. During digestion carbohydrates are converted into glucose, which is used as an immediate source of "fuel." Glucose that is not directly used to provide energy is transported to the liver and muscle, where it is converted to glycogen. Thus, glycogen is the stored energy, which the body taps into when energy demands are placed on it. It should be noted that the glycogen storage capacity of liver and muscle is rather limited. Consequently, if carbohydrates are consumed in excess of what the body needs could be stored as fat in the adipose tissue.

2. Can enzymes be taken with other nutritional supplements?

Yes, enzymes are proteins that are naturally produced in the body. As such, they do not interfere with any other nutritional supplements and may actually enhance the effectiveness of other nutrients.

3. Do athletes really need vitamin supplements?

Nutrients are vital for healthy functioning organs, skin and eyesight, strong bones, nervous system and general well-being. Long-term deficiencies can cause poor health. Demanding work schedules, exercise and some lifestyle habits can also be punishing on the body and increase the need for vitamins and minerals. A balanced diet may not always deliver the needed vitamins and minerals due to some food production, as well as farming and processing methods. Of course foods contain a broad range of micro & macronutrients, so it is always important to consume healthy foods, and fresh fruits and vegetables. However, scientific studies have proven that a good diet may no longer be good enough for optimum health and disease prevention. The world-leading Journal of the American Medical Association (vol 287, no 23, 19 June 2002) recently published an article recommending "all adults take one multivitamin daily". This recommendation comes after the assessment of over 30 years of clinical studies from around the world.