

# An Advanced Fat Loss Formula for Eliminating That Last Bit of Stubborn Fat

Strict dieting when maintaining an active lifestyle or a rigid training program is brutal on your body. It's something you never really get used to. Your energy levels fluctuate, your productivity can drop, and worst of all, you might be burning up muscle you want along with the fat you don't want!

There exists an extraordinary substance that burns fat, spares muscle glycogen, reduces muscle catabolism and enhances fat utilization! In fact, chances are very good that you already know at least a little about it. Thinking steroids? Sorry, that's not it. Sure, anabolic steroids can undoubtedly do all those things, but Beverly is about making sure you DON'T need steroids to reach your goals.

## Increase Your Energy, Add Muscle and Strength AND Do It While You Diet Off That Fat!

The substance we have in mind, unlike steroids, does not raise blood serum triglycerides and does not lower HDL's (the "good" cholesterol). In reality, it does just the opposite; it gives you a much healthier blood lipid profile....AND, both scientific data and reports from those who have used it suggest that this extraordinary substance has one pretty cool side-effect, (a joyful mental state) – do you

know its identity now? No? **Would you at least be interested in knowing?** Okay, we'll end the suspense! This extraordinary substance is none-other than L-Carnitine...**now DON'T STOP READING YET!!!**

## You Diet To Decrease Your Stored Body Fat – It Stops the Diet from Reducing Your Muscle

If hearing “L-Carnitine” seems like old news, or if products like “fat burners” you’ve used in the past listed L-Carnitine on the label, you might feel tempted to stop right here...especially if you didn't experience results like what's listed above...but don't stop yet. Why? For one, the scientific community has been impressed enough to fund a substantial amount of medical and scientific research centering on L-Carnitine. In fact, at our last count, three US pharmaceutical companies make prescription tablets of L-Carnitine.

More importantly though, L-Carnitine is a co-factor required for transporting fatty acids into your muscle cells' mitochondria, (where they serve as a substrate for energy production) while sparing muscle glycogen. Without enough Carnitine, your fatty acids back-up and accumulate in your blood, resulting in added deposits of fat, (usually right in places where you already have more than you want).

## In Plain English...It Helps You Burn Fat and Metabolize BCAAs

Remember that the BCAAs (branched chain amino acids) are the major amino acid component of your muscles. L-Carnitine works synergistically with BCAAs to increase their net metabolism. An increase in the amino acid content of your muscles will improve muscular hardness at the very least, and possibly add new muscle tissue, at best. L-Carnitine increases the use of fats for energy, sparing glycogen and amino acids. In other words, L-Carnitine shifts your fuel source use toward fats, so your amino acids and glycogen are free to build muscle. As if that wasn't cool enough...research shows supplementing with L-Carnitine makes you less likely to experience muscle soreness. Gotta love that!

Rachel Wade

We don't create customers;



We create members of the Beverly family!



### It Can't Work If It's Not in There!

Here are some facts that are important for you to know, especially if you've used any form of "L-Carnitine" supplement with poor results. L-Carnitine is very expensive to manufacture and is very unstable. Not only is it hard to make, it is hard to package. Therefore many products listing L-Carnitine on the label do not live up to their label claims. This can be true even if you buy it from a company that is otherwise reputable. Unless a company has complete control over the entire process, from creating the L-Carnitine to getting it to the shelf, there is no guarantee of quality or potency. So if you've tried it and felt nothing, your brand was likely bad.

### Why Try The L-Carnitine Beverly Built?

The Beverly formula of L-Carnitine is called "**Energy Reserve**" because that's what it creates for you. Remember, if fatty acids aren't utilized for energy when you're dieting, your muscle tissue becomes your body's main source of fuel. Not every natural bodybuilder needs L-Carnitine all the time, but for periods when you are trying to reduce fat, increase muscle hardness, and retain muscle size and strength, it is a magnificent helper!

### What No One Told You about L-Carnitine Supplementation

**FACT:** Research indicates the bare minimum dose to decrease muscle catabolism, while accelerating fat loss is 1000-1200 milligrams daily, divided into two doses.

**FACT:** The dosage proven most effective is 1800-3600 mg daily divided into 3-6 doses at three to six hour intervals.

**FACT:** L-Carnitine is most effective taken on an empty stomach with water at least 20-30 minutes prior to eating and again 20-30 minutes prior to training.

**Beverly Bonus:** To maximize the effect of Carnitine on the metabolism of branch-chained amino acids take 1200 mg L-Carnitine (2 Energy Reserve tablets) with a handful of BCAAs thirty minutes after training. You won't believe how quickly you'll recover!

**Beverly Bonus:** Cycle your L-Carnitine supplementation, 2 - 3 weeks on, 1 - 2 weeks off. L-Carnitine is non toxic but most people experience the maximum fat loss benefits for two or three weeks at a time due to the body's adaptation.

### Awesome Results Achieved When Energy Reserve Is Added

Using **Energy Reserve** in combination with other Beverly products can be of extreme value to you. Our examination of bodybuilders who added **Energy Reserve** to the supplements they were already taking gave these competitors excellent results. The addition of **Energy Reserve** in these cases came in the last five to six weeks of contest preparation.

From what we have seen, a daily dose of six tablets, distributed throughout the day was the most effective method at five weeks out. A typical day included two tablets upon arising, one tablet 45 minutes prior to training, two tablets with ten of Beverly International's Muscle Mass or Muscularity (BCAAs) tablets, thirty minutes after training and a final tablet before going to bed each night. We used this protocol for three weeks, took one week off, then we put **Energy Reserve** back in for the final two weeks as indicated below.

In the off season we always use four (4) Lean Out capsules per day. This is to help keep fats and cholesterol mobile in the body and to cleanse the liver. As contest time approaches, this procedure is started twelve weeks before the event, double the "Lean Out" dose to 8 per day. At six weeks out, go as high as 12 Lean Out per day and add in **Energy Reserve** as indicated above. Then in the final two weeks use the following protocol: take 2 Lean Out capsules with 1-2 **Energy Reserve** tablets and 2-3 "GH Factor" capsules 20-30 minutes prior to each meal.

### Look What's Inside Energy Reserve

#### Supplement Facts:

Container Size: 60 tablets  
Serving Size: 1 tablet  
Servings Per Container: 60

#### Amount Per 1 tablet:

Pure pharmaceutical grade L-Carnitine 600mg

### If You Want To Improve Your Muscle-To-Fat Ratio, L-Carnitine Is A Must! So Why Not Take Us Up On A Chance To Try Energy Reserve Risk Free?

*Energy Reserve, like all Beverly International products, is backed by our "No Nonsense" money-back guarantee. You always have at least 30 days to use it and see results. If you're not happy, you can just return your unused portion and we'll cheerfully give you a full refund... with no hassles or hard feelings! We know contest preparation is intense on your already busy life so, as a special offer, when you try Energy Reserve today, along with another supporting Beverly Product, we'll extend your guarantee for a full 120 days!*

### Why do we offer such a strong guarantee?

*Our business is founded on quality - bringing you the best products on the planet. Products that are pure and deliver results! When you trust us with your nutritional needs, we take that seriously...so if you aren't happy, or in the unlikely event that a Beverly product doesn't work for you, our commitment is to make it right!*