

No Other Formula Can Match Muscularity When It Comes to Burning Fat and Sparing Lean Muscle Mass While Dieting

Do you want the best supplement you can take to retain lean muscle mass while you are on a fat loss exercise and nutrition plan? Then allow us to introduce you to **Muscularity**.

Muscularity's three main ingredients are the essential amino acids Leucine, Isoleucine and Valine in their free form. Together, this trio of amino acids form what is scientifically referred to as the branched chain amino acids (BCAAs); roughly one-third of the total muscle protein pool. These BCAAs are absolutely essential to all muscle building reactions and energy producing processes and they're the primary amino acids oxidized in your muscles during exercise and catabolic stress.

BCAAs Have Been Known As a Basic of Muscle Building Supplementation For Years, But Their Effect on Fat Loss Has Only Recently Been Discovered.

The sheer volume of studies on BCAA use is far too huge for discussion here (contact us if you want more information, we'll be glad to send you a list of references); however here's what is most important for you to know. Whether you consume BCAAs before, during, or after exercise, they support muscle protein synthesis (GROWTH), and decrease protein catabolism (BREAKDOWN), or put simply, the BCAAs in **Muscularity** decrease the amount of tissue breakdown after weight training and cardio and help you build additional lean muscle tissue.

Recent research revealed that BCAAs not only preserve lean muscle while dieting but they also increase the amount of fat you'll lose. During a moderate to high protein, lower carbohydrate diet, the increased intake of BCAAs was shown to have positive effects on muscle protein synthesis, insulin sensitivity, and sparing of glucose use, effectively leading to more fat loss and a greater sparing of lean tissue.

Speeds Muscle Recovery

BCAAs are the primary amino acids combined with oxygen in your muscle during exercise and catabolic stress. Their value during endurance exercise may be even more important, contributing to greater than 40% of glucose production during sustained resistance exercise. This also indicates there is a very strong link to their value in improving your cardio activity as well. You see, BCAAs supply fuel for your muscles without tapping into your limited muscle glycogen supplies. As your diet becomes even stricter, your workouts become more intense, and your mind can become more sluggish and tired. **Muscularity** supplementation can prevent this – in fact, research has shown that BCAAs actually enhance your mood and mental function.

Spare Muscle Mass

One of **Muscularity**'s best uses is as a muscle-sparer. Taking **Muscularity** before, during, or just after training gives you the three amino acids that you most need to prevent muscle breakdown and increase your potential for muscular growth. Remember, that the BCAAs contained in **Muscularity** account for nearly one-third the amino content of your muscles. Doesn't it make sense to supply your body with the material it uses most? It's worth noting that the research has also shown the importance



of increased vitamin B6 (pyridoxine) availability when using a BCAA-containing supplement; B6 derives the essential co-factor, pyridoxal-5-phosphate, used to facilitate BCAA reactions, the transfer of an amine group from one molecule to another, (i.e. transamination). **Muscularity** contains 10mg of vitamin B6 per serving to maximize its muscle building and muscle sparing effects.

Suspends Excess Storage of Fat

The BCAAs have been shown to improve your body's use of insulin to deliver more nutrients to the muscles rather than to fat storage. Improved insulin sensitivity in general improves body composition – more glucose is used by the muscles and consequently fat storage is reduced. In addition, **Muscularity** contains chromium and zinc picolinate, two cofactors that further help your muscles use blood sugar more efficiently. This combination of BCAAs and the cofactors in **Muscularity** also may increase gluconeogenesis which converts stored body fat to glycogen - and who among us doesn't want to burn excess fat for energy? Nothing could be more effective when it comes to burning fat and building muscle.

Let's take a look at a summary of the benefits you can expect from Supplementation with Muscularity

- Improve exercise recovery
- Increase muscular endurance
- Increase energy and provide a mental boost
- Increase protein synthesis
- Increase muscle hypertrophy (growth)
- Increased ability to be anti-catabolic (reduce muscle breakdown)
- Improves insulin sensitivity
- Increase gluconeogenesis

WARNING: Muscularity is not a "take one today, see gains tomorrow" supplement!

In fact, we recently completed a sixteen-week contest countdown program with sixty bodybuilding and figure competitors. It seemed like everyone stuck with the basics. They used at least one of our Beverly protein powders, the Mass peptide bonded amino acids, and Ultra 40 liver extract, for the first eight to ten weeks. Then, at just about six weeks out, (when everyone's training, cardio, and diet were at a peak), **Muscularity** became one of their most important supplements for the final six weeks leading up to their show.

Most of the figure competitors substituted two **Muscularity** capsules in place of three Mass at each meal. Those following the strictest regimes also took 3-6 capsules before and after their morning cardio sessions along with one or two Energy Reserve tablets. The bodybuilding competitors added 3-4 **Muscularity** capsules to their Mass and Ultra 40 intake at each meal. They added **Muscularity** primarily to improve their insulin response to each food meal, decrease catabolism, and improve recovery while cutting their body fat to lower than it had ever been.

A Guarantee That Muscularity Will Work As Hard As You Do

As potent as Muscularity is, we aren't going to hype it up by promising you instant dramatic gains... but we will guarantee you this: take it on a regular basis and you will see definite, unquestionable increases in your muscularity over time. So if you're looking for a formula that will match your commitment to being your best, try Muscularity. We guarantee great results!

Look What's Inside Muscularity

Supplement Facts:

Container Size: 180 Capsules
 Serving Size: 6 Capsules
 Servings Per Container: 30

Amount Per Serving:

BCAAs:

L-Leucine	2500mg
L-Isoleucine	835mg
L-Valine	835mg

CoFactors to assist in amino acid uptake:

Vitamin B6 (Pyridoxine HCL)	10mg
Vitamin B12 (as Cyanocobalamin)	15mcg
Biotin	100mcg
Zinc (Picolinate)	10mg
Chromium (Picolinate)	200mcg

Suggested Use for Maximum Muscularity:

Bodyweight: 100-150 lbs take 2 capsules with each meal

Bodyweight: 150-200 lbs take 3 capsules with each meal

Bodyweight: 200 lbs+ take 4 capsules with each meal.

"We've tried to make this Guide all inclusive, but know that every one of your questions may not have been answered. If you have a question we have not covered in this guide, please call us at: 1-800-781-3475 or email bevnut@aol.com for a personalized response."