

LEANFX

3rd Generation Leaning Agent

Cortisol – What is it and Why Can it be a Determent to Your Success?

Cortisol is the body's primary stress hormone, and is produced and released by the adrenal glands. Cortisol assists the body in dealing with every day stresses, and is released during emotionally and physically strenuous situations.

Cortisol isn't bad, despite popular belief. Remember that saying "Everything in moderation"? Cortisol regulates and supports cardiovascular, immunologic, homeostatic, and metabolic functions that are essential for your body to function properly. However, elevated levels of Cortisol, due to stress at work, family, in-laws, high intensity training, and so on, will eventually slow your body's metabolism. Production of fat burning hormones from the thyroid gland begins to decline. Your metabolism slows, and fat storage increases. Not good!

Chronic elevation of Cortisol results in hyperglycemia at the expense of skeletal muscle, and that's bad! Chronic Cortisol excess may also contribute to losses in bone density, higher blood pressure, and increases in body fat and appetite. Furthermore, the immune system becomes depressed, both thyroid functioning and the metabolism slow down, and mental performance is hindered. Worst of all, our very effort to build a stronger, leaner, and faster body dramatically elevates Cortisol! How is an athlete supposed to succeed when genetic responses are set against them?

17b-triol™ (Androst-5-ene-3b,7b,17b-triol) – The King of Cortisol Control!

17b-triol™, the King of Cortisol control, is a metabolite of DHEA and is at least 100 times more active than its DHEA precursor metabolites! 17b-triol™ provides superior Cortisol modulation to prevent the metabolism from coming to a grinding halt, resulting in decreased body fat, increased muscle preservation, and ultimately, superior athletic recompositioning effects.

17b-triol™ also up-regulates immune response against infections, and fights against stress-induced suppression of the immune system. An athlete's body is under constant physical stress. Susceptibility to infection increases when Cortisol levels are chronically elevated. Combine that with the accumulation of bacteria that coat the weights, machines, and tread mills you use to sculpt your physique, and the opportunity for increased illness escalates.

17b-triol™, however, boosts immune response by increasing lymphocytes, commonly known as white blood cells, including Natural Killer cells, T Cells, and B Cells⁽¹⁾. The less time you spend being sick, the more time you can spend powering through those fat incinerating cardio sessions and blasting through high intensity workouts.

Beta-Sitosterol (Stigmasterol-5-ene-3b-ol)

Beta-sitosterol is the primary phytosterol found in most plant species and is structurally similar to the cholesterol made in our bodies. Of primary interest is beta-sitosterol's ability to normalize the ratio between catabolic stress hormones like Cortisol and anabolic/anti-catabolic muscle building hormones like DHEA.

This normalization allows for enhanced nitrogen retention and increased protein synthesis to occur inside the muscle cell, resulting in superior lean mass retention, and the ability to build muscle under strenuous circumstances. This balance further enhances T3 and T4 thyroid hormone production to keep the metabolism burning body fat. Superior anabolic/catabolic hormone ratios also enhance immunologic functioning, which strengthens the immune response⁽²⁾.

Furthermore, beta-sitosterol is healthy in a number of related cases. For example, beta-sitosterol has proven to lower total blood and LDL cholesterol values, and has mild anti-estrogenic effects^(3,4,5). Beta-sitosterol is also promising for those with an enlarged prostate, known as Benign Prostatic Hyperplasia. While beta-sitosterol has shown no effect on decreasing the size of the prostate, it has shown the ability to decrease associated symptoms such as the volume of flow and frequency of urination⁽⁶⁾. Some evidence even suggests that it may be a useful treatment for male pattern baldness (androgenic alopecia), likely due to its 5-alpha-reductase inhibiting properties⁽⁷⁾.

Cat's Claw Root Bark (Standardized to 1.5% Indoleamines)

Intense exercise coupled with a low calorie diet can leave you feeling drained and moody. Nothing kills progress faster than being in a bad mood! Cat's Claw is a tropical, wood-like vine with claw-shaped thorns. Rich in compounds known as indoleamines, they behave in a similar fashion to serotonin (5-hydroxytryptamine), a neurotransmitter in the body that modulates such diverse functions as energy balance, mood, appetite, and metabolism.

Indoleamines act as serotonin receptor agonists, binding to the serotonin receptor sub-family called 5-HT₂⁽⁸⁾. In short, this interaction makes you feel good⁽⁹⁾. It makes you feel really good, and it makes you feel awake! Cat's Claw also aids in curbing destructive hunger cravings^(10,11), and is rich in beta-sitosterol, thus contributing to the enhanced DHEA to Cortisol ratio⁽¹²⁾, and ultimately greater fat loss and lean muscle retention!

Cat's Claw Root Bark is also a phenomenal joint aide⁽¹³⁾. Whether you're using Lean-FX™ with Advanced PCT™, or stacking Lean-FX™ with Hyperdrol-X2™ and Mass FX™ where BIG strength gains are inevitable, the healthy joint related benefits of Cat's Claw Root Bark will greatly aid athletes.

Cha-de Bugre (Standardized to 75% Purine Metabolites)

In the battle to lose body fat and sculpt a perfectly defined physique, an appetite left unbalanced can cause you to take three steps forward, two and half steps back, making progress so slow it's barely noticeable.

While Cha-de Bugre acts in synergy with Cat's Claw Root Bark by providing an amazing energizing and mood elevating effect, Cha-de Bugre is renowned for its ability to control the appetite. Other appetite suppressants leave people ravenous when the effects wear off. Cha-de Bugre however functions by making you feel "full" after a few small bites, thus limiting calorie intake, resulting in smaller meals, more often, keeping the metabolism charged and constantly burning fat! Total appetite annihilation only slows the metabolism, as no food is consumed for the body to burn. Proper appetite control however keeps the metabolism burning so Lean-FX™ users can progressively lose fat while nutrients are strategically repartitioned to protect and build lean muscle.

Aneurin DBE™ (Thiamine disulfide butyrate ester)

When excessive Cortisol levels rise, their effects wreck havoc not only on the body, but also on the mind. Whether you're at work, out in the field, or in the gym, having a sharp mind always produces sharp results. Excessive Cortisol levels, however, will have you thinking otherwise, as the effects of elevated Cortisol affect not only cognitive performance, but memory and quick thinking as well.

The infusion of Aneurin DBE™ into the Lean-FX™ formula is for one purpose and one purpose only: to ignite a neurological cascade of psychoactive signals that instills the mind with a profound sense of wakefulness and alertness, heightened focus, decreased anxiety, and an amazing "feel good" feeling! The secret behind Aneurin DBE™ is a powerful new analog of Vitamin B1. This is NOT the same Vitamin B1 you find in your multivitamins. Oh no, make no mistake! Aneurin DBE™ is the perfect synergist to counteract the negative effects of Cortisol on human cognitive performance.

ALCAR (Acetyl-L-Carnitine)

Next up, Lean-FX™ unleashes an ultra-potent, non-stimulating, fat incinerating powerhouse known as ALCAR. ALCAR (Acetyl-L-Carnitine) is a modified amino acid, a highly bioavailable form of L-Carnitine, that shuttles fatty acids into the cell's energy generating power plant, the mitochondria, to be turned into ATP (chemical energy for the cell). ALCAR also has powerful anti-oxidant effects on the mind and supports optimal brain function.

The powerful benefits of ALCAR don't stop there! ALCAR has been shown to upregulate glucocorticoid receptors in the hippocampus⁽¹⁴⁾. Ok, so what does that mean? As people age, glucocorticoid receptors decrease, and the body thinks that more cortisol needs to be produced to restore balance to those receptors. This is one of the primary reasons why as we age, it becomes FAR easier to gain body fat. There's simply more cortisol due to a loss of receptors as we age. ALCAR however keeps glucocorticoid receptor count high, even for people in their 20's, which signals your body that an abundance of cortisol is already present. In response, the body produces less cortisol, enhancing the synergy behind Lean-FX™!

Vitamin C (Ascorbic Acid)

Vitamin C, with its powerful anti-oxidant properties and positive effects on health, has a little known effect that can have BIG implications for those looking to redefine their physique. Vitamin C plays an important modulating roll over adrenal steroids like Cortisol. Cortisol and Vitamin C concentrations have an inverse relation to one another. When levels of Vitamin C decrease in the adrenal glands, elevated levels of Cortisol can invade the blood stream⁽¹⁵⁾. Thus, Vitamin C aids in modulation of proper plasma Cortisol levels that if left unchecked, could wreck havoc on your progress. Additionally, Vitamin C is known for supporting levels of testosterone production⁽¹⁶⁾, which is highly advantageous for anyone using Advanced PCT™, and further aids in establishing a favorable ratio between muscle building androgens and muscle wasting Cortisol.

Nano-Release Technology™

The rate of absorption is everything when it comes to generating the most effective means of body re-composition and mood enhancement. Lean-FX™ is the first leaning agent ever to incorporate the World's most cutting-edge technology available today - Nano-Release Technology™. By harnessing the power of Nano-Release Technology™, an extremely precise portion of the ingredients are ground and blasted into tiny nano particles, and are then strategically arranged into multiple time-release layers for superior absorption. When Cortisol levels are dramatically on the rise, if the ingredients are not properly absorbed to blunt the effects of Cortisol, muscle mass will be lost, and ultimately, more body fat will be gained.

References

1. LORIA RM. ANTIGLUCOCORTICOID FUNCTION OF ANDROSTENETRIOL. VIRGINIA COMMONWEALTH UNIVERSITY, MEDICAL COLLEGE OF VIRGINIA, RICHMOND 23298-0678, USA.
2. BOUIC PJ, LAMPRECHT JH. PLANT STEROLS AND STEROLINS: A REVIEW OF THEIR IMMUNE-MODULATING PROPERTIES. ALTERNATIVE MEDICINE REVIEW. 1999 JUN;4(3):170-7.
3. DE GRAAF F, DE SAUVAGE NOLTING PR, VAN DAM M, BELSEY EM, KASTELEIN JJ, HAYON PRITCHARD P, STALENHOF AE. CONSUMPTION OF TALL OIL-DERIVED PHYTOSTEROLS IN A CHOCOLATE MATRIX SIGNIFICANTLY DECREASES PLASMA TOTAL AND LOW-DENSITY LIPOPROTEIN-CHOLESTEROL LEVELS. BR J NUTR. 2002 NOV;88(5):470-88.
4. HENDRICKS WF, BRINK EJ, MEIJER GW, PRINCEN HM, NTAFOUS FY. SAFETY OF LONG-TERM CONSUMPTION OF PLANT STEROL ESTERS-ENRICHED SPREAD. EUR J CLIN NUTR. 2003 MAY;57(5):581-82.
5. JYU YH, CLAUSEN LM, ALLRED KF, ALMADA AL, HELFERICH WG. BETA-SITOSTEROL, GLUCOSIDE, AND A MIXTURE OF BETA-SITOSTEROL AND BETA-SITOSTEROL GLUCOSIDE MODULATE THE GROWTH OF ESTROGEN-RESPONSIVE BREAST CANCER CELLS IN VITRO AND IN OVARIECTOMIZED OCHRENIUM MICE. J NUTR. 2004 MAY;134(5):1145-51.
6. WILT TJ, ISHANI A, MACDONALD R, STARK G, MULROW C, LAU J. BETA-SITOSTEROLS FOR BENIGN PROSTATIC HYPERPLASIA. COCHRANE DATABASE SYST REV. 2000;(2):CD001043.
7. PRAGER N, BICKETT K, FRENCH N, MARCOWICZ G. A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED TRIAL TO DETERMINE THE EFFECTIVENESS OF BOTANICALLY DERIVED INHIBITORS OF 5-ALPHA-REDUCTASE IN THE TREATMENT OF ANDROGENIC ALPECIA. J ALTERN COMPLEMENT MED. 2002 APR;8(2):143-52.
8. JURGENSEN S, DALBO S, ANGERS P, SANTOS AR, RIBEIRO-DO-VALLE RM. INVOLVEMENT OF 5-HT2 RECEPTORS IN THE ANTIHYPERTENSIVE EFFECT OF UNCARIA TOMENTOSA. PHARMACOL BIOCHEM BEHAV. 2005 JUL;81(3):466-77.
9. ROSS JD, HERIN DV, FRANKEL PS, THOMAS ML, CUNNINGHAM KA. CHRONIC TREATMENT WITH A SEROTONIN(2) RECEPTOR (5-HT2R) AGONIST MODULATES THE BEHAVIORAL AND CELLULAR RESPONSE TO (+)-3,4-METHYLENEDIOXYMETHAMPHETAMINE [(+)-MDMA] DRUG ALCOHOL DEPEND. 2006 FEB 1;81(2):117-27. Epub 2005 JUL 28.
10. LAM DO, PRZYDZIAL MJ, RIDLEY SH, YEO GS, ROCHFORD JJ, O'RAHILLY S, HEBLER LK. SEROTONIN 5-HT2C RECEPTOR AGONIST PROMOTES HYPOPHAGIA VIA DOWNSTREAM ACTIVATION OF MELANOCORTIN-4 RECEPTORS. ENDOCRINOLOGY. 2008 MAR;148(3):1023-9. Epub 2007 NOV 26.
11. HALFORD JC, LAWTON CL, BLUNDIELE JE. THE 5-HT2 RECEPTOR AGONIST MK-212 REDUCES FOOD INTAKE AND INCREASES RESTING BUT PREVENTS THE BEHAVIOURAL SATIETY SEQUENCE. PHARMACOL BIOCHEM BEHAV. 1997 JAN;56(1):41-6.
12. SENATORE A, CATALDO A, IACCARINO FP, ELBERTI MG. PHYTOCHEMICAL AND BIOLOGICAL STUDY OF UNCARIA TOMENTOSA. BOLL SOC ITAL BIOL SPER. 1989 JUN;65(6):517-20.
13. MUR E, HARTIG F, EBL G, SCHIRMER M. RANDOMIZED DOUBLE BLIND TRIAL OF AN EXTRACT FROM THE PENTACYCLIC ALKALOID-CHEMOTYPE OF UNCARIA TOMENTOSA FOR THE TREATMENT OF RHEUMATOID ARTHRITIS. J RHEUMATOL. 2002 APR;29(4):578-81.
14. GHARAOI G, CAPRIOLI A, RAMACCI MT, ANGELUCCI L. EFFECT OF LONG-TERM ACETYL-L-CARNITINE ON STRESS-INDUCED ANALGESIA IN THE AGING RAT. EXP GERONTOLOGY. 1994 SEP;29(5):569-74.
15. ODUMOSU A. ASCORBIC ACID AND CORTISOL METABOLISM IN HYPOVITAMINOSIS OF GUINEAPIGS. INT J VITAM NUTR RES. 1982;52(2):176-85. SÖNMEZ T, TÜRK G, YÜCE A. THE EFFECT OF ASCORBIC ACID SUPPLEMENTATION ON SPERM QUALITY, LIPID PEROXIDATION AND TESTOSTERONE LEVELS OF MALE WISTAR RATS. THERIOGENOLOGY. 2005 APR 15;67(3):2653-72. Epub 2004 NOV 18.

2 NEW HARDCORE CYCLES FROM



XTREME CUTTING CYCLE



For those looking for rapid fat loss without rapidly losing muscle tissue too, Anabolic Xtreme's Xtreme Cutting Cycle will give you the genetic edge in shedding pounds of excess body fat while preserving, and even gaining, lean muscle mass! By massively elevating levels of testosterone to protect and stimulate muscles to grow, diminishing fat storing and muscle wasting Cortisol levels, and accelerating the body's metabolism and crushing hunger cravings, the body's limiting genetic parameters will be over-ridden to achieve the previously unachievable. Gain more strength on a calorie-restricted diet, preserve your hard-fought-for lean muscle, and watch daily as the fat melts away!

NAME	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
LEAN-FX™	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day
STIMULANT-X™	1-3 caps/day	1-3 caps/day	1-3 caps/day	1-3 caps/day	1-3 caps/day	1-3 caps/day	1-3 caps/day	1-3 caps/day
HYPERDROL-X2™	4 caps/day	4 caps/day	4 caps/day	4 caps/day	4 caps/day	4 caps/day	4 caps/day	4 caps/day
TRISORBAGEN™	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day

THE NEW ULTIMATE MASS CYCLE

Anabolic Xtreme introduces the NEW Ultimate Mass Cycle, technologically infused with now clinically proven ingredients to deliver *800% more strength and *134% more muscle, Nano-Release Technology™ for superior absorption and results, enhanced psychological performance fueled by Aneurin DBE™, and an ultra potent dose of our most powerful, pro-anabolic agent, 6-bromodione! The original Ultimate Mass Cycle was hardcore. Now, the word "hardcore" will forever take on a whole new meaning!

So what can you expect? How does up to 15lbs in 30 days sound? How about rock hard, all-day pumps, a ravenous appetite to feed your growing muscles 24 hours a day, huge strength increases with each and every workout, aggressively elevated stamina so that you can take your training to a whole new level, lowered levels of harmful estrogen and Cortisol, and massively elevated levels of testosterone and free testosterone! Expect to achieve real mass, real fast!



For the athlete looking for an unrivaled competitive edge without having to incorporate a post cycle therapy, there is no better choice.

NAME	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
MASS FX™	4 caps/day	4 caps/day	4 caps/day	4 caps/day	4 caps/day	4 caps/day	4 caps/day	4 caps/day
Hyperdrol-X2™	4 caps/day	4 caps/day	4 caps/day	4 caps/day	4 caps/day	4 caps/day	4 caps/day	4 caps/day
LEAN-FX™	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day
Trisorbagen™	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day	3 caps/day

*Dib SP. et al. The effects of a nutritional supplement, Mass FX, on muscular strength, body composition, and blood chemistries in resistance trained adult males. Department of Biological Sciences. Exercise Biology Program. Wright State University. May 2008. Address correspondence: dib.2@wright.edu



For more information please visit our website at www.anabolicx.com.
Get your questions answered or share your excellent results on our Message Boards at forum.anabolicx.com.