Any new body builder, or any bodybuilder for whom cost is a factor will get more bang for the buck from using Flex6 Complex. In fact, whether or not finances are a concern, Flex6 Complex, from Anovite Inc. should be the first product bodybuilders take every day.

Here are two major reasons why: First, our muscles’ insatiable need for insulin-like growth factor-1 (which starts declining at age 19) and, second, our exposure to too many environmental xenoestrogens.

If you want muscle instead of fat and you are over the age of 20, you’re probably going to need some help from insulin-like growth factor-1 (also known as IGF-1).

Indeed, one of the prime causes of striking loss of muscle and strength as we age is a diminished supply of circulating IGF-1, notes a researcher from the Department of Anatomy and Human Biology, University of Western Australia in a recent issue of the journal Biogerontology. Muscle regeneration is not significantly impaired with age. Instead, as we age our muscles atrophy due to death of the special types of muscle fibers called fast type 2B myofibers.

The death of such muscle fibers is “due to the combined effects of many age-related changes,” especially suboptimal nutrition (including lack of vitamin D); decreased hormone levels (e.g. growth hormone, testosterone), reduced physical activity; and use of medical drugs such as corticosteroids, dexamethasone, and cyclosporin. All of these influences, combined, lead to reduced IGF-1 signaling.

Muscles Cry Out for IGF-1

Our aging bodies truly need IGF-1 if we are to maintain youthful muscle mass. Insulin-like growth factor-1 is a small peptide with a more potent growth effect than any known compound—including all steroids. It acts as a second messenger for growth hormone, carrying out growth hormone effects. Both growth hormone and its mediator, IGF-1 may actually help treat the blueprint of aging, keeping the cells in as healthy a state as possible. While both growth hormone and IGF-1 are essential to our health, IGF-1 takes the work of growth hormone one step further and facilitates the transport of nucleic acids into the actual nucleus of the cell where the DNA resides, giving it the raw materials needed to repair damage and initiate healthy cell division.

Clearly, based on experimental research, if we can restore the body’s levels of IGF-1 to more youthful times, the body will respond. In the September 1998 issue of the American Journal of Physiology, researchers reported increasing IGF-1 levels to more youthful times “resulted in an increased skeletal muscle mass (10-22%) and a 56% increase in IGF-1 stimulated rates of protein synthesis.” They concluded that no matter what our chronological age, we can always respond in a healthful manner to youthful levels of IGF-1 and this “may have valuable physiological consequences.”

There are many ways to increase IGF-1 levels to more youthful times. Perhaps the best approach is a combination of exercise and supplementation. In this case, scientists at Anovite, Inc. have utilized a method to isolate those fractions of organic bovinecolostrum that are rich in insulin-like growth factor-1. In a base of whole first milking colostrum, this specially filtered IGF-1 rich colostrum is now found in Flex6 Complex from Anovite. The difference it can make is a remarkable improvement in your appearance.

The Xenoestrogen Dilemma

The second reason why we think Flex6 Complex is so important has to do with modern man’s overwhelming exposure to xenoestrogenic compounds. Due to the pervasive exposure of men and women to environmental xenoestrogens—synthetic chemicals that mimic the female hormone estrogen—most of us today, including males, are experiencing estrogen dominance. These chemicals are ubiquitous in the environment and are found in plastics such as those that line canned foods, the plastic water bottles we drink from, as well as on our foods in the guise of widely used pesticides such as methoxychlor and dicofol. Xenoestrogens are even found in men’s skin care products. It is almost impossible today for men to escape from exposure to xenoestrogens. This can have profound influences on male health. For example, testicular cancer, prostate enlargement and reproductive difficulties are both on the rise and associated with xenoestrogen exposures. The problem is even more confounding for bodybuilders who need the influence of testos-
safe and effective estrogen-man-
DIM supplements provides the first
vegetables. Note experts, the use of
indoles are found in all cruciferous
properties. DIM and other plant
plant indole with health-promoting
M.D., in
terone, note authors Michael A.
sex hormones, estrogen and testos-
beneficial shift in the balance of the
health-promoting effects arise from a
relatives has shown that many of its
plementary DIM and its plant indole
agement system for men and women.

Enter Flex6 Complex, a foundation supplement for bodybuilders whose
synergetic formula also provides diin-
dolylmethane, or DIM for short, a
plant indole with health-promoting
properties. DIM and other plant
indoles are found in all cruciferous
vegetables. Note experts, the use of
DIM supplements provides the first
safe and effective estrogen-man-
agement system for men and women.

Recently, regular use of supple-
mentary DIM and its plant indole
relatives has shown that many of its
health-promoting effects arise from a
beneficial shift in the balance of the
sex hormones, estrogen and testo-
terone, note authors Michael A.
Zeligs, M.D., and A. Scott Connelly,
M.D., in All About DIM (Avery 2000).

Activates Testosterone
DIM also helps to eliminate “bad”
estrogen from the male body by pro-
moting its conversion into the “good”
metabolites, note Drs. Zeligs and
Connelly. These metabolites have a
knack for freeing up testosterone by
bumping it off the testosterone-bind-
ing proteins circulating in the blood-
stream. The end result is a healthier balance of testosterone to
estrogen and more “free” testos-
terone circulating in the body.

This provides hormonal signals for
muscles to grow by adding more of the
structural proteins needed for
size, strength, and movement. This
metabolic state, favoring muscle
growth, is called anabolism.

Stronger muscles have a greater
capacity to burn fat and maintain a
youthful, lean body composition,
which helps enhance testosterone
activity and thereby supports the
desired muscle growth. In scientific
studies, high levels of testosterone
and low levels of estrogen have been
linked to lean body mass, an efficient
fat-burning metabolism, and low
abdominal obesity. Other benefits
from testosterone are improved
mood, more interest in sex, and
better physical conditioning.

In summary, the whole function
of DIM is to deal with the estrogen-
testerone ratio. “Improving estro-
gen metabolism with DIM results in
direct and indirect support for more
efficient weight training and muscle
growth,” note Zeligs and Connelly.

Additional Anabolic Boosters
Flex6 Complex, with DIM and IGF-1-
rich colostrum also provides meth-
yoxisoflavone and 7 isopropoxyiso-
flavone, as well as creatine
monohydrate and ZMA

Methoxyisoflavone is a potent,
legal anabolic compound first devel-
oped by a Hungarian pharmaceutical
company to combat wasting condi-
tions associated with cancer and
AIDS. Methoxyisoflavone dramatically
reduces cortisol levels while signif-
ically increasing protein utilization,
synthesis, and nitrogen retention.

Also known as ipriflavone, 7
isopropoxyisoflavone was first devel-
oped in the 1970s by a European
company looking for nutrient parti-
tioning agents that could help shuttle
vital muscle building nutrients away
from adipose (fat) tissue and toward
protein (muscle) tissue. It is also
considered an anti-estrogenic compound,
aiding the body by reducing exposure
to more toxic estrogenic compounds.

This compound significantly increases
protein synthesis and nitrogen reten-
tion while preventing muscle break-
down and greatly enhancing recovery,
all without negative effects on the
body’s endocrine system.

Meanwhile, creatine is a premiere
nutrient to improve high intensity ex-
ercise performance. Creatine, supplied
in generous amounts in Flex6 Complex
is critical to bodybuilding success.

REFERENCES
Grounds, M.D. “Reasons for the degeneration of ageing
skeletal muscle: a central role for IGF-1 signalling.”

The Doctors’ Prescription
We are all dealing with our estrogen-dominant environment. Most of us are experiencing decreasing circulating levels of IGF-1.
Flex6 Complex addresses these two key issues.

Our message to bodybuilders is that Flex6 Complex may not be the only preferred nutritional supplement but its composition
certainly makes it a foundation supplement, one that almost all bodybuilders today will find necessary in order to maximize their
other nutritional supplements. For bodybuilders concerned with the high cost of assorted nutritional supplements, Flex6 Complex,
rich with IGF-1 in a base of whole first milking colostrum, DIM, methoxyisoflavone, 7 isopropoxyisoflavone and creatine
monohydrate, represents an all-around, cost-effective bodybuilding supplement that should be the first choice of all bodybuilders
from beginners to competitive professionals.

Dosage—The usual dosage for Flex6 Complex is three capsules, twice daily, taken on an empty stomach with water.

Compliments Of: