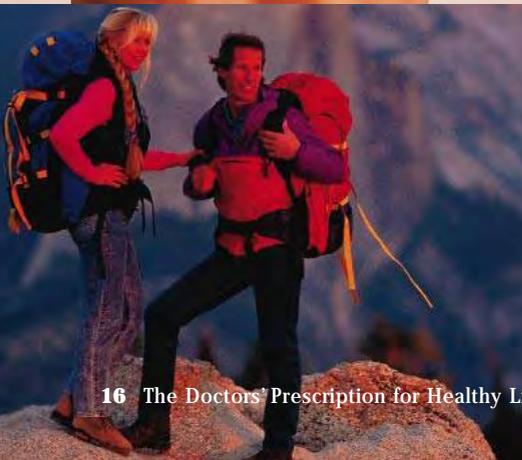


FLEX6 COMPLEX More Androgenic Than Steroids— The Ultimate Supplement for Bodybuilders & Athletes

Throughout the world, sports athletes and bodybuilders of all ages—from 20 to 50-plus—are seeking the most powerful dietary supplements to improve their performance. Certainly, IGF-1-rich colostrum must be considered one of the most important training supplements today to enhance exercise performance.



Two newly published studies not only validate the use of colostrum as an essential performance aid for intensively training athletes, including weightlifters and bodybuilders but also make a strong case for use of specially designed **Flex6 Complex** from Anovite. This formula contains a breakthrough, super concentrated insulinlike growth factor-1 (IGF-1) rich colostrum, in addition to the hottest, top performing, high quality bodybuilding ingredients available including: **methoxyisoflavone**, **7-isopropoxyisoflavone**, **diindolylmethane (DIM)** and patented **SKW creatine** that makes it an essential athletic performance formula.

IGF-1-rich Colostrum Improves Athletic Performance

Bovine colostrum contains not only nutrients such as proteins, carbohydrates, fat, vitamins, and minerals, but also bioactive components such as growth factors and antimicrobial elements. Colostrum is a major source of IGF-1, which orchestrates the super-family of natural proteins and the balance of the over 87 different growth factors found in the body that directly influence muscle cell proliferation. IGF-1, along with growth hormone, helps repair our cellular DNA. It also stimulates glucose transport in muscles for a more efficient use of available “fuel.” Colostrum is a major source of IGF-1. Although normal milk contains only around 10 micrograms per liter (µg/l), the concentration of IGF-1 in bovine colostrum ranges from 200 to 2,000 µg/l—and, in **Flex6 Complex**, this amount has been increased several fold more.

Understanding Importance of IGF-1

The reason that the super concentrated IGF-1 colostrum in **Flex6 Complex** is important to bodybuilders and athletes is that after around age 19, most men

and women find their production of IGF-1 decreases. Yet, IGF-1 is the key signaling hormone that promotes muscle repair and growth and tissue regeneration. IGF-1 is responsible for maintaining an optimal proportion of healthy lean muscle mass to adipose tissue. It aids recovery and improves performance. Thus, finding effective, safe methods of inducing increased circulating levels of IGF-1 is considered to be critical to athletic performance and building and maintaining a high degree of musculature (while lowering total overall fat percentages). And colostrum seems to be one of the very best methods of delivering IGF-1 to the body's tissues, as recent studies indicate. In the case of Anovite's **Flex6 Complex**, not only is it super rich in IGF-1, its casein content shields the IGF-1 so that it may be shepherded intact through the treacherous digestive processes of the stomach into the bloodstream.

Colostrum Improves Athletic Performance

In a recent study, published in the August 2002 issue of the *Journal of Applied Physiology*, researchers from the Department of Biology of Physical Activity, Jyväskylä, Finland, examined the effect of bovine colostrum supplementation on the absorption of orally administered IGF-1. Adult male and female athletes were randomly assigned in a double-blind fashion to either an experimental or a control group. Each consumed either 20 grams daily of IGF-1-rich colostrum (like **Flex6 Complex**) or placebo during a two-week training period.

According to the researchers, after bovine colostrum supplementation, “significant increases” were noticed in serum IGF-1 levels compared with the placebo group. It was concluded that long-term supplementation with bovine colostrum increases serum IGF-1 concentrations in athletes during training.

In the second study, 42 competitive cyclists were randomly divided into three groups and required to consume either 20 grams of colostrum and 40 grams of whey protein concentrate, 60 grams of pure colostrum, or placebo. Subjects were required to maintain their regular training and keep a food and training diary over the study period.

After supplementation, the performance enhancement in two VO2max tests was not statistically significantly different in the colostrum groups compared to the placebo group. But when it came to the time trial, colostrum-consuming participants completed the time trial “significantly faster” compared to their pre-supplement times. The researchers concluded that bovine colostrum supplementation at 20 or 60 grams per day “provided a small but significant improvement” in time trial performance in cyclists.

In an earlier study, also from the *Journal of Applied Physiology*, the effect of colostrum supplementation on serum IGF-1 levels was studied among nine male sprinters and jumpers. Post-training increases were noted for serum IGF-1 in the groups receiving the colostrum compared with the placebo (milk whey). “It appears that a bovine colostrum supplement...may increase serum [IGF-1] concentration in athletes during strength and speed training,” note researchers.

Professor Antti Mero, of the Department of Biology of Physical Activity, University of Jyväskylä, conducted two of the three recent colostrum-IGF-1 studies. “Available studies suggest that supplemented bovine colostrum increases [IGF-1] concentrations in blood and may also have positive effects on human tissues during strenuous training,” he says. “Dietary bovine colostrum

supplements may also activate immunological defense systems against microbes on mucous membranes.”

More Benefits of Flex6 Complex

Athletes not only are seeking greater strength, energy and endurance, they also need to be able to deal with the consequences of sore and traumatized muscles—so that they can keep training regularly.

Once again, IGF-1-rich colostrum helps. As a rich source of growth factors, it helps speed up recovery from sports injuries and supports healing of damaged muscle tissues, and also normalizes inflammatory levels, reducing the need for over-the-counter and prescription painkillers.

This is a total formula for athletes and bodybuilders. It should be the first formula of choice—the foundation—for any bodybuilding or muscle-bulking program. Five of the TOP bodybuilding supplements are included in one product providing convenience, and a significant cost advantage compared to purchasing the ingredients individually. Other added ingredients provide quick and complete absorption of nutrients including enhanced protein uptake.

Methoxyisoflavone was originally developed for muscle wasting (catabolic) conditions. It is a nonhormonal way to promote increased muscle growth and strength, while helping to improve endurance, reduce body fat, lower cholesterol and improve the body’s ability to utilize oxygen. “Methoxy” enhances protein synthesis while promoting nitrogen retention—the ideal state for amino acids to help rebuild muscle tissue.

7-Isopropoxyisoflavone is an isoflavone with tremendous anabolic activity but without side effects. It

increases metabolic efficiency by transporting nutrients away from fat and using them for the building of lean muscle. “7-ISO” helps increase enzymatic activity to ensure optimal protein utilization, while increasing lipolytic activity (the body’s use of fat for fuel); it also increases calcium retention while improving calcium utilization to help maintain bone mass.

Diindolylmethane (DIM) is essential for bodybuilding. Estrogen dominance is a major problem for men, particularly bodybuilders. “Bad” estrogen is continually being absorbed from the environment, soaps and detergents and plastic food and water containers. DIM helps improve the testosterone to estrogen ratio, which “frees” bound testosterone.

Creatine helps prevent the breakdown of muscle glycogen into lactic acid. It helps the body saturate muscle tissue with water so it flushes out lactic acid and other metabolic wastes. This enables the muscle tissue to readily absorb amino acids, and speeds up recovery. ♦

References posted at www.freedompressonline.com

The Total Formula

Flex6 Complex with IGF-1-rich colostrum is an essential bodybuilding formula because it combines superior quality, specially concentrated colostrum with additional performance-enhancing agents.

Flex6 Complex supplies high quality creatine. Supplementation with creatine clearly improves athletic performance in high intensity, intermittent exercise.

Flex6 Complex also provides **diindolylmethane (DIM)**, a phytonutrient derived from cruciferous vegetables that helps the body to free bound testosterone, optimizing estrogen-testosterone ratios; **methoxyisoflavone**, which dramatically reduces cortisol levels while significantly increasing protein utilization, synthesis, and nitrogen retention; and **7 isopropoxyisoflavone**, a nutrient partitioning agent that directs vital muscle building nutrients away from adipose (fat) tissue and toward protein (muscle) tissue and is also considered an anti-estrogenic compound, aiding the male body by reducing exposure to more toxic estrogenic compounds.

Prescription for Healthy Living

Dosage—Adults should take three capsules, twice daily on an empty stomach with water before and after workouts. Dosage may be doubled for advanced usage. There are no known contraindications to use of Flex6 Complex. In addition, the ingredients in the formula are not on the banned drug lists of the International Olympic Committee or any other sports governing bodies.

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