

FLEX6 COMPLEX : Essential Bodybuilding Formula for Athletes of All Ages

We call Flex6 Complex from Anovite the essential formula for athletes and bodybuilders. Flex6 combines six of the most important natural performance and muscle-building agents known today—including insulinlike growth factor-1-rich colostrum, diindolylmethane, methoxy-isoflavone, 7 isopropoxyisoflavon, creatine and ZMA—all in one affordable formula. It's the essential formula for bodybuilders and other athletes of all ages—and that's the key point: all ages.

Young bodybuilders—even around age twenty—are already experiencing a decline in the body's production of all-important insulinlike growth factor-1 (IGF-1) and other related growth factors. These declining levels of growth factors in young bodybuilders—especially IGF-1—reduce their ability to add on new and larger muscle and thus impair achieving the ultimate in physical performance. Even young bodybuilders, in other words, are experiencing IGF-1 declines. Colostrum

In addition, due to contamination of consumer products and foods with estrogen-like chemicals that are used in the manufacture of plastics and pesticides, the young bodybuilder's exposure to feminizing estrogens is now pervasive. These estrogenic exposures cause endocrinological mayhem in the male body, stimulating estrogenic effects and declining levels of free testosterone, detriments to achieving desirable masculinizing benefits from resistance exercise and sports. For this reason,

Insulinlike Growth Factors Key to Bodybuilders over Age 30

Did we mention **Flex6 Complex** is a bodybuilding formula for all ages? For all of the benefits to young bodybuilders, the benefits to mature men and women are even more phenomenal.

If you're 35 to 40, although you're feeling fit as ever, you have probably begun losing skeletal muscle, the tissue that provides your strength and mobility, notes science writer Janet Raloff in an August 10, 1996 report posted on the *Science News* online website. "Slow, inexorable muscle wasting occurs even in healthy individuals who engage in regular aerobic exercise, but it usually goes unnoticed for decades. In fact, the body hides its loss by subtly padding affected areas with extra fat."

Maintaining your weight perfectly over time does not mean muscle isn't vanishing, notes Steven B. Heymsfield of St. Luke's-Roosevelt Hospital Center in New York.

By comparing people of different ages but similar builds, researchers are now seeking to determine at what age muscle loss begins. Essentially, they have found, if you're over thirty, you're losing muscle.

"The data we have clearly show a decline from the thirties onward," researcher Ronenn Roubenoff of Tufts University told *Science News*. "Though men tend to start with more muscle, they appear to lose about the same percentage as women over time." By the time men and women reach their seventies, they've lost 20 percent of their skeletal muscle. Live long enough and your flesh will vanish completely!

The cause of our lost musculature can be traced directly back to declining IGF-1 levels, notes endocrinologist Clifford J. Rosen of the Maine Center for Osteoporosis Research

READERS TELL US...

Eric Brock, of Las Vegas, Nevada, knows firsthand about the benefits of **Flex6 Complex**. Here's a letter from Brock that we recently received.



Dear Doctors' Prescription for Healthy Living:

I am a health and fitness consultant and have always been able to workout on a regular basis. However, in January, I was involved in an auto accident that left me with serious injuries. I was unable to get to the gym for five months. During that time, I lost 41 pounds—largely muscle weight. When I was able to exercise again, I began using a new product called **Flex6 Complex** to help me rebuild the muscle I had lost. But as soon as I began, I was involved in another similar accident (rear ended both times). Again, I was unable to exercise. However, this time, with **Flex6 Complex** my weight stayed stable during the recovery and when I started exercising again, I was able to put on all the weight I had lost and more in a two-month period of time—and while I was recuperating. This is truly amazing!

—Sincerely, Eric Brock

already is one of nature's most concentrated sources of insulinlike growth factors. But the colostrum contained in **Flex6 Complex** is filtered and processed to supply even higher levels of IGF-1 and other insulinlike growth factors. Combined with the other key nutrients in **Flex6 Complex**, this alone makes the formula a bodybuilding essential.

diindolylmethane (DIM), found in cruciferous vegetables such as broccoli and cauliflower, is extremely important. Health experts note that DIM counters the effects of environmental estrogens and helps young athletes to maintain healthy free testosterone levels and restore normal estrogen-testosterone balances.

and Education at St. Joseph Hospital in Bangor. Experimental studies show that our muscles repair themselves easily when they are young but with age, repair processes proceed slowly and incompletely. A key to the problem appears to be loss of signaling pathways that are nurtured by adequate levels of IGF-1.

The various insulinlike growth factors (including IGF-1) “seem to be really important in controlling” cell-cell communications, says Charlotte A. Peterson of the McClellan Memorial Veterans Hospital in Little Rock, Arkansas. The aging body’s IGF response is simply less robust, she says. Peterson suggests, “that it’s production of the growth factor that may be impaired.”

In groundbreaking research reported on in the February 2001 issue of *Nature Genetics*, researchers, funded by the Muscular Dystrophy Association, created a breed of muscled, super-strong mice that resisted much of the muscle wasting that occurs during aging. They did so by stimulating their production of IGF-1 in their voluntary muscles (known technically as muscle insulinlike growth factor 1 [mIgf1]). The protein, says lead researcher Nadia Rosenthal, holds the potential to prevent the muscle decay caused by aging (and by certain muscle diseases, including some forms of muscular dystrophy).

This particular type of IGF-1 “naturally helps skeletal [voluntary] muscle to regenerate itself after injury,” says Rosenthal, a molecular geneticist at Harvard-affiliated Massachusetts General Hospital-East in Charlestown.

Boosting the production of mIgf1 appears to sustain muscle regeneration in aged mice, and supplying extra mIgf1 might have a similar effect in people, she says. And, of course, IGF-1-rich colostrum is rich in all associated insulinlike growth factors, including mIgf1.

Rosenthal confirms this line of thought. She says that muscle IGF-1 is one of many versions of the IGF-1 protein, which has long attracted interest as a potential treatment for chronic wasting diseases and in anti-aging medicine.

Rosenthal’s research shows that mice overproducing mIgf1 develop large, powerful limb and trunk muscles, and normal cardiac muscles. Also, the mice are able to recover from muscle injuries during old age, while aged mice that don’t have extra mIgf1 lose that capacity. In fact, “more appears to be better,” Rosenthal says. The team also figured out that mIgf1 promotes skeletal muscle regeneration by stimulating satellite cells, which can repair damaged muscle by replacing lost muscle cells.

All of this suggests that whether you are twenty, thirty, forty, fifty or older, if you want to avoid losing muscle, if you want to bulk up and improve your health, **Flex6 Complex** makes bodybuilding sense.

But it isn’t just the IGF-1-rich colostrum and DIM that make **Flex6 Complex** the essential bodybuilding formula. It is also the addition of patented **SKW creatine** that makes this formula so valuable. At a presentation of the 2001 meeting of the American College of Sports Medicine, one study examined the effects of creatine on hormones during a period of overtraining. It found that creatine appeared to maintain total testosterone levels (which usually decline during overtraining), while preventing an increase in uric acid levels. Nutrient partitioning agents such as **methoxyisoflavone** and **7 isopropoxyisoflavone** reduce the body’s

stress response and further enhance anabolic activities in the body.

Let’s look at methoxyisoflavone. Whether you’ve heard this anabolic compound referred to as simply “methoxy” or as 5-methyl-7-methoxyisoflavone, this nutrient is one of the most sought-after bodybuilding nutrients in many years. The Hungarian company that first patented this nutrient called it an “anabolically effective compound” and noted it had been developed to “produce significant weight gain increase,” especially lean muscle mass. Yet, unlike steroid compounds, although methoxyisoflavone is “highly anabolic,” it does not exert androgenic effects.

Most recently, researchers at the University of Delaware found that methoxyisoflavone can significantly add lean muscle mass to your physique. They looked at 14 healthy male weight trainers. Half used the supplement, half received a placebo. Two months later, the placebo group increased their body fat by 1.6 pounds. The men receiving the active agent lost some 2.9 pounds of fat and increased their lean muscle mass by 2.8 pounds.

Like methoxyisoflavone, ipriflavone also increases lean muscle mass through an anabolic effect, including increased nitrogen retention and inhibition of cortisol. Both methoxyisoflavone and ipriflavone are nutrient-partitioning agents, meaning they selectively shuttle nutrients into lean muscle mass rather than fat. ❖

Prescription for Healthy Bodybuilding

Flex6 Complex is an essential bodybuilding formula for athletes of all ages who desire to bulk up and put on muscle. It is also important, we have noted, for aging athletes who find themselves losing muscle mass. Persons with problems maintaining weight can also use **Flex6 Complex**.

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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