

NITABOL

The Night Time Anabolic/Anticatabolic/Fat-Burning Solution For both Men and Women



NitAbol, the nighttime nutrition solution, uses a combination of GHboost (to increase growth hormone and IGF-I levels), along with TestoBoost (to increase levels of testosterone), and Myosin Protein, to provide a nighttime anabolic, anti-catabolic, fat burning effect that lets you grow muscles and burn bodyfat while you sleep.

NitAbol involves 3 formulations targeted to increase muscle mass and decrease body fat while you sleep. NitAbol counters the nighttime postabsorptive catabolic effects, increases recovery, fat burning and protein synthesis. Each of the formulations below can also be used on their own depending on your needs.

- **TestoBoost** – Increases Testosterone Levels naturally without the use and side effects of steroids and prohormones.
- **GHboost** – Naturally increases growth hormone and IGF-I to above physiological levels.
- **Myosin Protein**– Provides long lasting nighttime protein nutrition that increases protein synthesis, decreases muscle breakdown, and promotes body fat loss all night long.

For more information on the effects of sleep on metabolism and nighttime nutrition see the two articles in the articles section - **Grow While You Sleep - Nighttime Nutrition** and **Sleep is Anabolic**.

NitAbol

The Complete Night Time Anabolic/ Anticatabolic/Fat-Burning Combo For Men and Women

**INCREASE MUSCLE MASS AND
DECREASE BODYFAT WHILE YOU SLEEP!**

Basics Behind NitAbol – The Night Time Stack Sleep dynamics are different from when you are awake. In the postabsorptive phase (two to four hours after you fall asleep, there is increased muscle catabolism that is counter productive.

The goal behind NitAbol is to counter the nighttime postabsorptive catabolic effects, increase recovery, fat burning and protein synthesis.

NitAbol Works by:

1. Minimizing the postabsorptive phase by modulating nutrient absorption and effects.
2. Increasing the use of fatty acids and decreasing the use of muscle protein (and thus decreasing muscle breakdown) for gluconeogenesis and oxidation as fuel.
3. Manipulating the anabolic and catabolic hormones to maximize protein synthesis and minimize protein breakdown during sleep.
4. Increasing cell hydration (volumizing) and as such stimulating protein synthesis.
5. Enhancing the immune system and providing anti-inflammatory effects. .
6. Increasing muscle, central nervous system and systemic recovery during sleep.
7. Controlling the Proinflammatory Cytokines including IL-1beta, IL-6, TNF-alpha, which produce a hypercatabolic state leading to net efflux of essential amino acids from skeletal muscle.

Hormonal Manipulation with the Use of NitAbol

- Testosterone – increase
- Cortisol – decrease
- Growth Hormone – increase
- IGF-I – increase
- Insulin – increase sensitivity
- Thyroid – optimize

Three Products that make up NitAbol are:

- **TestoBoost**
- **GHboost**
- **Myosin Protein Complex**

GHboost

GHboost is formulated to increase muscle mass and decrease bodyfat by increasing the body's natural production of growth hormone (GH) and insulin-like growth factor-I (IGF-I). Because of its effective dual action, it's an advanced growth hormone stimulating product that has been clinically proven to increase GH and IGF-I levels, often well above physiological levels (in one clinical study using GHboost for a six week period, GH levels were increased from 0.2 to 7.4 – the normal range was from 0 to 4). The increase in both GH and IGF-I greatly enhances muscle development, strength, and size while decreasing bodyfat.

When used before bed it will increase the natural growth hormone spike associated with the first deep sleep cycle of the night (usually within 2 hours of going to sleep) and enhance the long term increase in insulin-like growth factor I (IGF-I). The combination increase of both hormones increases protein synthesis, decreases muscle catabolism, and increases the use of bodyfat as the main energy source all night long.

Directions: Five tablets before bed.

TestoBoost

TestoBoost maximizes your anabolic potential by physiologically elevating your natural testosterone levels. Not only does TestoBoost contain natural ingredients that increase testosterone formation, it also has ingredients that decrease any potential side effects from conversion of testosterone to estrogens and dihydrotestosterone. By boosting testosterone, TestoBoost has beneficial effects on increasing muscle mass, decreasing bodyfat, and on fertility and impotence.

TestoBoost is all natural and elevates serum testosterone levels without using any prohormones, compounds with potentially serious side effects and very little effects on testosterone levels.

Used at night TestoBoost adds to the anabolic and anticatabolic effects of GHboost to further increase protein synthesis, decrease muscle catabolism, enhance recovery and burn off bodyfat while you sleep.

Directions: Four tablets before bed. For women: one to two tablets before bed.

Myosin Protein

Myosin Protein is the most advanced synergistic blend of the highest quality protein powders, peptides and amino acids on the market today, bar none. It contains the perfect amino acid mix to maximize protein synthesis, decrease muscle breakdown and enhance athletic performance.

Since Myosin Protein was engineered to increase protein synthesis with fast and intermittent spikes of blood amino acids, and to decrease protein/muscle breakdown with a sustained low-level increase in blood amino acids, it's ideal as a nighttime protein.

Directions: Two to four scoops before bed.

4 Scoops of Myosin Protein Complex contains 60 grams of mixed proteins and 8 grams of glutamine peptides - a total of 68 grams of protein/peptides/amino acids.

Ingredients in Myosin Protein

Macronutrients

Combination of Proteins

- Whey – fast protein – increase GH spike, Increase insulin.
- Casein – slow protein – delay postabsorptive phase.
- Milk Protein Isolate/Colostrum.
- Glutamine Peptides
- Other proteins – egg, soy – provide proteins that are absorbed at different times,, which along with the other proteins and glutamine peptides help to keep amino acids available all throughout the time you're sleeping.

Peptides and Amino Acids

Glutamine Peptides Provide:

- Glutamine
- Proline
- Branched Chain Amino Acids.
- Phenylalanine
- Serine
- Glutamate
- Glycine.
- Arginine.
- Tyrosine
- Threonine
- Asparagine/Aspartate
- Alanine
- Histidine
- Methionine
- Ornithine.
- Cysteine

Micronutrients

Vitamins and Minerals

- Zinc – enhances testosterone synthesis.
- Calcium & Magnesium.
- Potassium – volumizing.
- Sodium – volumizing.
- Vitamins A, E – anticatabolic & antioxidant.
- Vitamin A – increases insulin sensitivity.
- Vitamin C – anticortisol and antioxidant.

Carbohydrates Less than 2 grams per serving as carbs are counterproductive since they will decrease GH and IGF-I secretion, and decrease the use of body fat as night time fuel.

Other Ingredients in TestoBoost and GHboost

Modify IGF-1, GH, Insulin, Testosterone, Cortisol, Thyroid, Glucagon, etc.

Enhance Immune System – decrease catabolic effects.

NitAbol Also Controls the Proinflammatory Cytokines Including IL-1beta, IL-6, TNF-alpha

The proinflammatory cytokines produce a hypercatabolic state—net efflux of essential amino acids from skeletal muscle.

Ingredients in NitAbol that combat this include:

- Glutamine.
- Ornithine.
- Vitamin A and Vitamin E.
- Whey, casein, soy proteins
- Milk Isolates
- Colostrum