



PRODUCT DATA SHEET

TECHNOLOGICALLY ADVANCED MUSCLE AMPLIFIER†

MaxxTOR™

Powerful mTOR Signaling Activator†



Size: 105 Capsules | Serving Size: Five (5) Capsules | Servings Per Container: 21

MaxxTOR™ is a truly revolutionary and innovative new product from Max Muscle Sports Nutrition that contains the key patented ingredient proven to significantly increase muscle protein synthesis, muscle size, strength and power while at the same time decrease body fat.†

MaxxTOR™ is driven by Mediator® Phosphatidic Acid (PA), one of the most powerful molecular activators of the mammalian target of rapamycin (mTOR) signaling pathway. The protein enzyme kinase mTOR is the master regulator of the signaling network that controls skeletal muscle growth (muscular hypertrophy). Research studies have shown that an elevation in PA activates mTOR signaling that is induced by mechanical muscle activation (e.g., weightlifting). The proposed mechanism is that PA binds and activates signaling pathways controlling protein synthesis involving phosphorylation of the target enzymes Akt/mTOR (rapamycin), a protein kinase and the sequential stimulation of p70 ribosomal S6 kinase (p70 S6K) through enhanced translation of specific mRNAs. The Akt/mTOR pathway in muscle is upregulated during the hypertrophy (increase in muscle size) phase.†

A recent double-blind research study conducted by Dr. Jacob Wilson and his research team at The University of Tampa using Mediator® Phosphatidic Acid with resistance training produced the following dramatic results:

- Subjects gained 5.3 lbs. of lean muscle mass and produced a 200% increase in lean muscle mass than subjects who worked out intensely alone!*
- Subjects lost 2.9 lbs. of fat mass and allowed subjects to lose 260% more fat mass than subjects who worked out intensely alone!*
- Subjects gained 47% in bench press strength!*
- Subjects gained 68% more cross sectional area in their rectus femoris (large quadriceps muscles) vs. placebo subjects*

The MaxxTOR™ formula developed by the Research & Development Team at Max Muscle Sports Nutrition has combined Mediator® Phosphatidic Acid with other key synergistic ingredients including L-Leucine, Beta-Hydroxy-Beta-Methylbutyrate (HMB) and Vitamin D3 to deliver the most powerful mTOR Signaling Activator ever developed.† MaxxTOR™ is the ONLY formula that combines these key ingredients in the correct, efficacious amounts.

Leucine is an essential branched-chain amino acid and possesses the most marked anabolic effect compared to any amino acid on triggering protein synthesis, muscle cell growth and decreasing the rate of protein breakdown (degradation) in muscles. Leucine initiates the signaling of mTOR through upregulation of gene transcription and translation. Additionally, leucine has a sparing effect on muscle glycogen and decreases lactic acid production. Beta-Hydroxy-Beta-Methylbutyrate (HMB) is a metabolite of leucine. It has been shown in numerous research studies that HMB, in conjunction with resistance training, increases protein synthesis, strength gains and lean body mass. HMB supports the integrity of muscle fibers and protects important contractile proteins in addition to enhancing recovery by attenuating exercise induced muscle damage in both trained and untrained individuals. 1,25(OH) Vitamin D3 has been shown to play an important role on muscle mass and function. 1,25(OH) Vitamin D3 enhances the stimulating effect of leucine and insulin on protein synthesis. 1,25(OH) Vitamin D3 sensitizes the Akt/mTOR-dependent pathway to the stimulating effect of leucine.

Leave it to Max Muscle Sports Nutrition to lead the industry with the newest, most innovative and scientifically validated muscle building evolution product in the world!

*Based on results from an 8 week research study using Mediator® Phosphatidic Acid and resistance training conducted by Dr. Jacob Wilson at The University of Tampa, Tampa FL.

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KEY FEATURES

- **Powerful mTOR Signaling Activator†**
- **Driven by Mediator® Phosphatidic Acid**
- **Proven to Increase Lean Body Mass, Muscle Thickness and Strength†**
- **Proven to Decrease Fat Mass†**
- **Attenuates Muscle Damage and Enhances Recovery†**

KEY MESSAGES

- A truly revolutionary and innovative new product that contains the key patented ingredient proven to significantly increase muscle protein synthesis, muscle size, strength and power while at the same time decrease body fat.†
- Driven by Mediator® Phosphatidic Acid (PA), one of the most powerful molecular activators of the mammalian target of rapamycin (mTOR) signaling pathway promoting muscle growth (muscular hypertrophy).†
- Research studies have shown that an elevation in PA activates mTOR signaling that is induced by mechanical muscle activation (e.g., weightlifting) through PA binding and activation of mTOR signaling pathways.†
- The MaxxTOR™ Proprietary Blend contains Mediator® Phosphatidic Acid in addition to other key synergistic ingredients including L-Leucine, Beta-Hydroxy-Beta-Methylbutyrate (HMB) and Vitamin D3 to deliver the most powerful mTOR Signaling Activator ever developed.†
- Leucine is an essential branched-chain amino acid and possesses a powerful anabolic effects on triggering protein synthesis, muscle cell growth and decreasing the rate of protein breakdown. Leucine also has a sparing effect on muscle glycogen and decreases lactic acid production.†
- Beta-Hydroxy-Beta-Methylbutyrate (HMB) is a metabolite of leucine. It has been shown in numerous research studies that HMB, in conjunction with resistance training, increases protein synthesis, strength gains and lean body mass.†

(cont'd on p.2)

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Size: 105 Capsules | Serving Size: Five (5) Capsules | Servings Per Container: 21

Supplement Facts

Serving Size: 5 Capsules Servings Per Container: 21

Calories per Serving: 0

Calories from Fat: 0

	Amount Per Serving	% DV*
Vitamin D3 (as cholecalciferol)	1,000 IU	250%
Proprietary MaxxTOR™ Blend:	3.3 g	**
Mediator® Phosphatidic Acid (750 mg Phosphatidic Acid), L-Leucine, Beta-Hydroxy-Beta-Methylbutyrate (HMB)		

*Percent Daily Values are based on a 2000 calorie diet.

**Daily value not established.

DIRECTIONS: As a dietary supplement, take five (5) capsules one hour prior to weight bearing exercise.

OTHER INGREDIENTS: Magnesium stearate, rice powder, silicon dioxide, gelatin capsule.

CONTAINS: Soy

Manufactured in a facility that processes milk, egg, fish, crustacean shellfish, tree nuts, wheat and soybeans.

WARNING: Consult a physician before starting any diet and exercise program and before using this product. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience unexpected side effects. If pregnant, nursing or taking prescription medications, consult a licensed health care practitioner prior to use.

KEEP OUT OF REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE, SUNLIGHT AND EXCESS HEAT. ALWAYS KEEP TIGHTLY SEALED.



Mediator® PA is a registered trademark of Chemi Nutra.
Mediator® PA is protected under patents pending by Chemi Nutra.

KEY MESSAGES (cont'd from p.1)

- 1,25(OH) Vitamin D3 has been shown to play an important role on muscle mass and function. 1,25(OH) Vitamin D3 enhances the stimulating effect of leucine and insulin on protein synthesis.
- Delivered in easy-to-swallow capsules.

*Based on results from an 8 week research study using Mediator® Phosphatidic Acid and resistance training conducted by Dr. Jacob Wilson at The University of Tampa, Tampa FL.

TARGET MARKET

Primary: Serious bodybuilders and athletes wanting the most powerful mTOR signaling pathway product available containing key proven ingredients to increase lean body mass, muscle thickness and strength and to decrease fat mass.[†]

Secondary: Strength athletes looking for the most innovative product containing clinically validated doses of Mediator® Phosphatidic Acid (PA).

RECOMMENDED STACK

- 2TX
- Gluta-Matrix
- Max Creatine
- MaxPro
- FBXXX

KEY REFERENCES

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