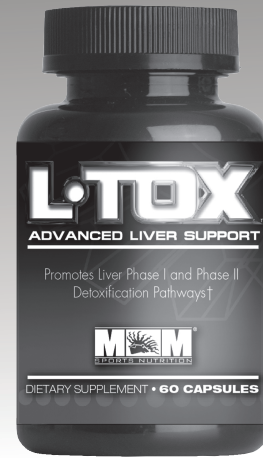




## Product Data Sheet

# L•TOX™

## ADVANCED LIVER SUPPORT†



**Size:** 60 Capsules  
**Serving Size:** Two (2) Capsules  
**Servings Per Container:** 30

Max Muscle Sports Nutrition (MMSN), is pleased to introduce **L•TOX** for adults to help sustain maximum liver detoxification and protective factors. **L•TOX** contains the 20 specific and highly concentrated herbs and nutraceuticals to modulate the two main detoxification enzyme systems in the liver, known as the Phase I and Phase II pathways. **L•TOX** also contains important liver antioxidants and nutrients to nourish the liver for optimal function.†

The liver is the largest internal organ in the body and comprises about 2% of the total body weight. Most of us do not give much thought to the importance of the liver, but is one of the hardest working organs in the body and plays a major role in metabolism performing thousands of chemical reactions per day. These include the synthesis of enzyme necessary for metabolic reactions, the synthesis, processing and storing of nutrients (e.g., proteins, carbohydrates and fats) and hundreds of other metabolic reactions. The liver is also the main organ in the body that metabolizes and eliminates toxins. Examples are bacterial endotoxins, drugs, alcohol, environmental toxins (pollutants, pesticides, contaminants) and other harmful chemicals. The body then eliminates these metabolic end-products through the urine and feces/stools.

The liver has two major detoxifications pathways named the Phase I and Phase II detoxification systems. The Phase I detoxification system is composed mainly of cytochrome P450 (CYP450) supergene family of enzymes and is generally the first line of enzymatic defense against foreign compounds to inactivate them. The Phase II system, called the conjugation pathway, follows the Phase I system and functions to transform compounds into water-soluble compounds to be excreted. If these two pathways are not supportive and working properly, reactive toxins causes damage to proteins, DNA, RNA and other cell organelles.

**L•TOX** contains specific herbs and nutrients that supports both Phase I and Phase II detoxification systems for optimal function.

**Supports Phase I (CYP450 Enzymes):** Vitamin C, Thiamin, Vitamin B6, Folic Acid, Vitamin B12, Pantothenic Acid, Green Tea (EGCG) Extract, Phosphatidylcholine (PC) and Magnesium. Phosphatidylcholine is the most abundant phospholipid in the body and concentrated in the liver and brain. Phosphatidylcholine is absolutely essential for the normal and healthy function of the liver, detoxifying drugs, alcohol and other waste materials.

**Supports Phase II (Conjugation Pathways):** Cysteine, Glycine, Glutamine in conjugation with glutathione. Glutathione is an important and powerful intracellular (within the cells)

(cont'd on p.2)

### KEY FEATURES

- Promotes Liver Phase I and Phase II Detoxification Systems.†
- Provides Nutrients For Balanced Detoxification.†
- Antioxidant Protection.†
- Advanced and Comprehensive Formula.

### KEY MESSAGES

- Contains 20 key and highly concentrated herbs and nutraceuticals necessary to support optimal liver detoxification and protective factors.†
- Contains specific herbs and nutrients that promotes optimal functioning of the two main detoxifications systems of the liver, the Phase I and Phase II pathways.†
- Provides nutrients that supports Phase I (CYP450 Enzymes) including, Vitamin C, Thiamin, Vitamin B6, Folic Acid, Vitamin B12, Pantothenic Acid, Green Tea (EGCG) Extract, Phosphatidylcholine (PC) and Magnesium.†
- Phosphatidylcholine is absolutely essential for the normal and healthy function of the liver, detoxifying drugs, alcohol and other toxic materials.†
- Provides highly concentrated herbal extracts to support the Phase II (Conjugation Pathways) including, Milk Thistle (80% silymarin), Turmeric (97% curcuminoids), Artichoke (5% cynarin), Green Tea (45% EGCG), and BroccoPlus™ (3,000 ppm sulforaphane and 6% glucosinolates).†
- Provides nutrients that stimulate glutathione synthesis including, Alpha Lipoic Acid, N-Acetyl Cysteine, Methionine, Taurine, Cysteine, Glutamine and Glycine.†
- Complete and comprehensive formula.

Your assurance of quality®

1641 S. Sinclair Street • Anaheim, California 92806 • 714.456.0700 • 714.456.0727 fax

[www.maxmuscle.com](http://www.maxmuscle.com)



**Size:** 60 Capsules  
**Serving Size:** Two (2) Capsules  
**Servings Per Container:** 30

## Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

Amount Per Serving		%Daily Value*
Vitamin C	200 mg	333%
Thiamin	7.5 mg	500%
Vitamin B6 (pyridoxine hydrochloride)	5 mg	250%
Folic Acid	50 mcg	12%
Vitamin B12 (cyanocobalamin)	25 mcg	417%
Pantothenic Acid (calcium pantothenate)	10 mg	100%
Magnesium (oxide)	100 mg	25%

**L•TOX PROPRIETARY BLEND** 1,000 mg \*\*

Milk Thistle (*Silybum marianum*) fruit, extract (std to contain 80% silymarin), Turmeric (*Curcuma longa*) extract (std to contain 97% curcuminoids), Artichoke (*Cynara scolymus*) leaf, extract (std to contain 5% cynarin), Green Tea Extract (*Camellia sinensis*) leaf, extract (std to contain 45% EGCG), BroccoPlus™ Broccoli Sprout extract (std to contain 3,000 ppm sulforaphane, and 6% glucosinolates), Alpha Lipoic Acid, N-Acetyl Cysteine, Phosphatidylcholine, L-Methionine, L-Taurine, L-Cysteine, L-Glutamine

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

\*\*Daily Values not established.

**Directions:** As a dietary supplement take two (2) capsules daily with a meal or as directed by a healthcare professional. L•TOX is safe to take daily without any need to cycle the product.

**Does not contain:** Yeast, corn, wheat, soy, gluten, milk, salt, sugar, starch, preservatives or artificial color.

**ALLERGY INFORMATION:** Manufactured in a facility that processes milk, soy and egg proteins, peanuts, other tree nuts and wheat.

BroccoPlus™ is a trademark of Cyvex Nutrition, Inc.

**WARNING:** If pregnant or nursing or taking medications, consult a licensed healthcare practitioner prior to use.

KEEP OUT OF REACH OF CHILDREN.

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

(cont'd from p.1)

### TARGET MARKET

**Primary:** Individuals taking pro-hormones, regularly consumes alcohol, users of OTC and prescription drugs or anyone exposed to environmental toxins and pollutants.

**Secondary:** Individuals looking for a complete and comprehensive formula to promote optimal liver function.

### RECOMMENDED STACK

- Max Cleanse & Lean
- Max Green Synergy
- Max Glutamine
- Eliminator

(cont'd from p.2)

antioxidant. Alpha Lipoic Acid (ALA) is added to work synergistically with Vitamin C and glutathione precursors. Additionally, N-Acetyl-L-Cysteine (NAC) along with Glycine and Methionine help to stimulate glutathione synthesis. Silymarin flavonoids found in the Milk Thistle Extract prevents the depletion of glutathione and has been shown to increase liver glutathione levels up to 35%. BroccoPlus™ Broccoli Sprout extract (std to contain 3,000 ppm sulforaphane and 6% glucosinolates). BroccoPlus, highly concentrated broccoli extract are inducers of Phase II detoxification. Turmeric (*Curcuma longa*) Extract is also a very powerful Phase II activator.

L•TOX is designed to provide maximum support for the major detoxifications systems in the liver along with nourishing factors. L•TOX is an important dietary supplement for anyone taking pro-hormones, consumes alcohol, uses OTC and prescription drugs or exposed to environmental toxins.†

### Key References

1. Liska DJ. The detoxification enzyme system. *Altern Med Rev* 1998;3:187-98.
2. Fahey JW, Zhang Y, Talalay P, et al. An exceptionally rich source of inducers of enzymes that protect against chemical carcinogens. *Proc Natl Acad Sci* 1997;94:10367-372.
3. Guler G, Turkozer Z, Tomruk A, Seyhan N. The protective effects of N-acetyl-L-cysteine and epigallocatechin-3-gallate on electric field-induced hepatic oxidative stress. *Int J Radiat Biol* 2008;84:669-80.
4. Lee MS, Park JY, Freake H, Kwun IS, Kim Y. Green tea catechin enhances cholesterol 7 alpha-hydroxylase gene expression in HepG2 cells. *Br J Nutr* 2008;99:1182-5.
5. Chen D, Milacic V, Chen MS, et al. Tea polyphenols, their biological effects and potential molecular targets. *Histol Histopathol* 2008;23:487-96.
6. Gebhardt R. Antioxidative and protective properties of extracts from leaves of the artichoke (*Cynara scolymus* L.) against hydroperoxide-induced stress in cultured rat hepatocytes. *Toxicol Appl Pharmacol* 1997;144:279-86.
7. Saller R, Brignoli R, Melzer J, Meier R. An updated systematic review with meta-analysis for the clinical evidence of silymarin. *Forsch Komplementmed* 2008;15:9-20.
8. Maheshwari RK, Singh AK, Gaddipati J, Srimal RC. Multiple biological activities of curcumin: a short review. *Life Sci* 2006;78:2081-7.
9. Shishodia S, Singh T, Chaturvedi MM. Modulation of transcription factors by curcumin. *Adv Exp Med Biol* 2007;595:127-48.
10. Li Z, Vance DE. Phosphatidylcholine and choline homeostasis. *J Lipid Res* 2008;49:1187-94.
11. Duenschede F, Erbes K, Kircher A, et al. Protection from hepatic ischemia/reperfusion injury and improvement of liver regeneration by alpha-lipoic acid. *Shock* 2007;27:644-51.

To report a serious adverse event, contact:  
**Max Muscle Sports Nutrition**  
**1641 S. Sinclair St. Anaheim, CA 92806**  
**www.maxmuscle.com**



† 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.