

MHP'S UNSTOPPABLE STACK

HYPER CRUSH™ and DARK MATTER®

IFBB pro Victor Martinez is a legend in the industry and a favorite among bodybuilding fans. When the Dominican Dominator speaks, people listen. When pressed for the key that has helped get Victor through his grueling workouts through the years and fueled his longevity in the sport, besides lots of clean food and good sleep, Victor was quick to single out MHP's revolutionary post-workout Dark Matter®.

"Many guys do not understand the important of post-workout supplementation," Victor explained. "People always think about taking pre-workout but they neglect a post-workout. That's a big mistake. Through the years I have learned the importance of proper post-workout recovery and I have used Dark Matter® throughout my career."

Victor explained that the harder you work out, the more important post-workout supplementation is. "So it makes the most sense, for the best gains, to stack a pre-workout with a post-workout," he continued. "Otherwise, you are not getting the full benefit of your intense training and you will in fact fall victim to overtraining and may get diminished results. My stack of choice is Hyper Crush™ and Dark Matter® from MHP. The new Hyper Crush™ has intensified my workouts and Dark Matter's post-workout recovery has been a key to my growth, recovery and longevity."

STACK KEEPS VICTOR 'UNSTOPPABLE'

"When it comes to pre-workout you need more than just stimulants. Sure, stimulants are going to get you amped up, but a true pre-workout should optimize your output and workout performance. To stimulate muscle growth you need to push your muscles to their limits, and then give them the proper nutrients to rebuild and recuperate."

Let's take a look at the science behind the pre-workout and post-workout stack that makes Victor Martinez unstoppable.



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HYPER CRUSH™

"This is what allows me to crush muscle fatigue and push myself harder in the gym," Victor says. "Hyper Crush™ is my go-to pre-workout. Even when I'm feeling burned out, Hyper Crush™ keeps me going in the gym."

CRUSH MUSCLE FATIGUE

Exercise causes a variety of physiologic and metabolic changes that can in turn reduce exercise tolerance and workout performance. To date, pre-workout supplements primarily focused on energy, power and pumps, which are all important, but they do not address the causes of muscle fatigue. So while most pre-workouts improve perceived energy and intensity with stimulants, they don't delay muscle fatigue. So what happens? You hit the wall and burn out! That's not the best way to make quality gains. Maybe it's time you upgraded your pre-workout to something that will really get the job done.

Hyper Crush™ crushes fatigue, shatters the wall and extinguishes muscle burnout. Hyper Crush™ introduces a revolutionary advancement in pre-workout supplementation that allows you to push beyond your normal workout performance limits.

INCREASE TRAINING VOLUME AND POWER

One of the biggest culprits responsible for muscle fatigue is exercise-induced ammonia levels, or hyperammonemia. Exercise through the breaking down of protein causes elevations in ammonia, which can have a negative effect on performance and cause fatigue. Hyper Crush™ is formulated with alpha-ketoglutarate (AKG), which has been clinically studied to lower exercise-induced hyperammonemia and increase training volume, maximum power output and total muscle performance.

AKG's effects on lowering ammonia blood levels have been shown to help delay muscle fatigue and increase training volume. Researchers in the *Journal of the International Society of Sports Nutrition* noted that with alpha-ketoglutarate supplementation, "subjects could bear a higher training volume and reach a higher power output and peak muscle torque, accompanied by a better stress-recovery state."

Regarding the subjects who supplemented with AKG, the researchers concluded: "We found that their training volume, maximum power output and maximum muscle torque, as well as their performance, were all significantly increased."

ENERGY, PUMPS AND MUSCLE POWER TO TRAIN HARDER

Hyper Crush™ is formulated with efficacious doses of ingredients to provide the energy,



pumps and muscle power like most other pre-workouts— but it will also enable you to fight muscle fatigue so you can train harder. Hyper Crush™ delivers this enhanced pre-workout benefit by packing potent levels of clinically researched ingredients that include:

- Creatine, betaine and beta-alanine for strength, power and muscle endurance.
- N-acetylcysteine (NAC), a powerful antioxidant that has broad health benefits. NAC serves as a precursor to and increases glutathione— a key antioxidant that provides protection against free radicals and toxins in the body for optimal energy and better workouts.
- Calcium lactate as a buffering agent to optimize pH. Calcium lactate has been shown to increase blood pH and fortify bicarbonate levels; additionally, lactate ingestion has been shown in research to increase time to exhaustion in short, high-intensity workouts. This is most advantageous for muscle endurance.
- Caffeine, L-theanine, N-acetyl tyrosine and Huperzine for energy and mental focus.

Other nitric oxide-boosting ingredients include citrulline, citrulline malate, arginine and norvaline. Increased nitric oxide will enhance muscle pumps, as increased nitric oxide can speed recovery by increasing blood flow to muscles, providing them with more nutrients for greater growth.

CRUSH YOUR WORKOUTS

There are lots of pre-workouts out there, but the real unique feature of Hyper Crush™ is to fight muscle fatigue to allow athletes to train at a higher capacity. At the end of the day, that's what it's all about— to train better, get bigger and stronger. Your pre-workout could make the difference between being stuck on a plateau and taking things to a higher level for increased gains and performance. Are you up for the challenge?

Reference:

1. Liu Y, Lange R, et al. Journal of the International Society of Sports Nutrition 2012; 9:37.

HYPER CRUSH™

- Enhances energy, muscle power and pumps
- Increases exercise output
- Crushes fatigue

Push yourself harder and further than ever before!

DARK MATTER®

“What more can I say?” Victor asked. “Dark Matter® is the legendary post-workout muscle growth accelerator. You don't become a legend by making a chump-change formula; you become a legend by making something that works, and MHP has done exactly that. Post-workout supplementation has been the key growth factor for me.”

THE POST-WORKOUT 'ANABOLIC WINDOW'

While many bodybuilders focus on having the right pre-workout formula to power them through their workout, better informed bodybuilders have started to focus on something even more critical for building size—the post-workout “anabolic window.” Providing your body with the right macronutrients and micronutrients, nutrient-partitioning agents, cell volumizers and just the right amount and blend of essential amino acids is just what you need to truly set the stage for the anabolic environment. MHP's Dark Matter® helped pioneer the post-workout category and the importance of post-workout supplementation. Today Dark Matter® still remains one of the top sellers in the industry, a testament to its efficacy.

“MHP's Dark Matter® was a decade ahead of the industry,” explains Gerard Dente, CEO of MHP and MuscleMeds®. “Only recently has the industry finally begun to focus on the importance of EAAs, which were always a key factor of Dark Matter's efficiency.”

SPIKE PROTEIN SYNTHESIS 360%

One of the key components of Dark Matter® is a clinically tested essential amino acid (EAA) blend, which has been shown to spike protein synthesis 360%.¹ Additionally, Dark Matter® contains 48 grams of carbohydrates from waxy maize, maltodextrin and dextrose. This carb combo is designed to spike insulin to maximize its anabolic effects and also replenish muscle glycogen. MHP uses black rice extract standardized for anthocyanidins to increase insulin sensitivity to make better utilization of the insulin spike. Dark Matter® also contains creatine to replenish ATP stores and muscle cell volume.

FEED YOUR MUSCLES FOR SICK RESULTS

Dark Matter® is like a Pandora's box just waiting to unleash its wrath on post-workout catabolism. The top research and development experts at MHP have spent years developing and perfecting a post-workout formula so powerful and cutting edge that Dark Matter® is still light-years ahead of the competition. MHP has included the most potent ingredients in critical doses to provide your hungry muscles a

cascade of muscle-building compounds to provide you with maximum muscle growth.

WaxiMAX® is designed to spike insulin levels for two significant reasons. One is to help shuttle nutrients into ravaged muscle cells, post-workout. This will replenish depleted glycogen levels and increase cell volume— leading to greater protein synthesis, ending in more muscle growth. The other important function of the insulin spike is to shut down cortisol's muscle-wasting properties dead in their tracks. WaxiMAX is composed of a tripolymer carbohydrate blend comprised of low viscosity, high molecular weight waxy maize starch, maltoplex-18 glucose polymer and dextrose. This potent formula allows Dark Matter® to take advantage of insulin's powerful anabolic/anti-catabolic effects to pack on muscle with a vengeance.

HydroSIZE® consists of a multi-source creatine and glycerol complex, which enhances muscle volumizing and bioenergetic creatine loading into muscle tissue. This complex provides an optimal 5-gram creatine blend including creatine monohydrate, creatine pyruvate and creatine gluconate, plus glycerol. HydroSIZE® will help replenish depleted ATP levels and maximize cell volumization like never before.

ProSYNTHAGEN™ is a protein synthesis accelerator, dual-portal essential amino acid infusion that increases protein synthesis into the anabolic stratosphere. It will enter muscle cells much faster than whey protein to provide your hardworking muscles with the much-needed post-workout building blocks to repair and rebuild dense tissue. This jacks up protein synthesis through the roof, allowing you to build muscle faster than you ever thought possible.

GAIN SERIOUS SIZE

If you want to start gaining serious size, chug down some Dark Matter® after your workouts and introduce your muscles to a proven formulation for muscle growth and recovery. Dark Matter® is formulated for maximum speed, bio-effectiveness and precise nutrient timing for optimal post-workout replenishment during the “anabolic window” immediately after your workout.

Reference:

1. Am J Physiol Endocrinol Metab 283:648-657, 2002.

For more information, visit mhpstrong.com

DARK MATTER®

Enhances Post-Workout Recovery

- Triggers a 360% Increase in Muscle Protein Synthesis
- Spikes Insulin and Replenishes Glycogen
- Cell-Volumizing, Multi-Phase Creatine
- Clinically Tested Essential Amino Acid Blend
- 48 Grams of Carbs
- 6 Grams of Essential Amino Acids (EAAs)
- 5 Gram Creatine Blend