

STRENGTH

Discover Untapped Skeletal Muscle Support*

Strength stands as an extraordinary nutritional supplement, forged with meticulous precision to offer unparalleled support for the intricate processes of muscle protein synthesis, strength gains derived from resistance training, unwavering stamina and endurance, and the intricate intricacies of body composition and lipid metabolism. This avant-garde creation masterfully captures the synergistic essence of an amalgamation of potent ingredients, namely **Epicatechin**, **myHMB**[®], **PurpleForce**[®] **Purple Tea**, **Senactiv**[®], and **AstraGin**[®]. Together, these exceptional components harmonize to unleash your untapped reservoirs of potential within the vast domain of fitness and physical performance.



DEMOGRAPHIC & CLINICAL APPLICATIONS

MEN & WOMEN



PATIENTS REQUIRING

- Muscle Growth & Strength Gains
- Muscle Recovery Support
- Improved Workout Endurance/Stamina
- Reduced Muscle Soreness as a Result of Regular Exercise
- Lean Muscle Mass Support from Caloric Restriction or Aging



BENEFITS



Muscle Protein Synthesis & Muscle Recovery



Strength Gains



Stamina & Endurance



Body Composition



Lipid Metabolism



Enhanced Blood Flow

DIRECTIONS:

Take 3 capsules daily with water or as directed by your healthcare practitioner.

SUPPLEMENT FACTS

Serving Size: 3 Capsules | Servings Per Container: 30

	Amount Per Serving	%DV
Calcium (from Calcium β -Hydroxy β -Methylbutyrate Monohydrate)	240 mg	18%
myHMB [®] (β -Hydroxy β -Methylbutyrate) (from Calcium β -Hydroxy β -Methylbutyrate Monohydrate)	2,000 mg	*
Epicatechin (Green Tea Leaf Extract)	400 mg	*
PurpleForce [®] Purple Tea (Camellia Sinensis) Leaf Extract (3% GHG [®])	100 mg	*
AstraGin [®] (Astragalus membranaceus and Panax notoginseng) Root Extracts	50 mg	*
Senactiv [®] [Panax notoginseng (root) and Rosa roxburghii (fruit)] extracts (Astragalus membranaceus and Panax notoginseng) Root Extracts	50 mg	*

* Daily Value Not Established

Other Ingredients: Rice Powder, Microcrystalline Cellulose, Vegetable Capsule (Hypromellose)





INGREDIENTS

Epicatechin

Epicatechin, found in dark chocolate, green tea, and certain fruits, belongs to the catechin family of flavonoids. It has garnered attention for its potential to promote muscle growth, enhance exercise performance, and support overall health.^{1,2}

One of the ways epicatechin works is by inhibiting myostatin, a protein that limits muscle growth.³ By blocking myostatin, epicatechin can potentially increase muscle protein synthesis, leading to muscle growth. Additionally, epicatechin enhances the production of nitric oxide, which improves blood flow and nutrient delivery to the muscles. This increased circulation may further support muscle growth and exercise performance. Another beneficial mechanism of epicatechin is its ability to stimulate mitochondrial biogenesis, resulting in the production of new mitochondria. This, in turn, enhances endurance, energy production, and overall muscle function. Epicatechin has been shown to promote muscle protein synthesis, increasing muscle growth and strength. Epicatechin has also been associated with increased muscle fiber size, contributing to muscle hypertrophy and improved muscle density. Improved blood flow and nitric oxide production facilitated by epicatechin can enhance exercise performance, including endurance, strength, and power output.¹



myHMB® contains β -Hydroxy β -Methylbutyrate (HMB), a metabolite of the essential amino acid leucine. It has gained popularity for its potential benefits in muscle recovery, strength, and exercise performance.^{4,5} myHMB® consists of pure β -Hydroxy β -Methylbutyrate (HMB), a naturally occurring compound found in small amounts in certain foods. HMB is produced during the breakdown of leucine, an essential amino acid.

HMB exerts its effects through several mechanisms. It stimulates protein synthesis, supporting muscle growth, repair, and maintenance. HMB also reduces muscle protein breakdown, preserving lean muscle mass during intense exercise, caloric restriction, or muscle-damaging conditions. Additionally, HMB possesses anti-inflammatory properties, which can help reduce exercise-induced muscle damage and promote recovery. HMB supplementation accelerates recovery from intense exercise, reduces muscle soreness, and promotes repair and adaptation. HMB may also enhance muscle strength and power, particularly in individuals engaged in resistance training or high-intensity activities. It has shown promise in preventing muscle loss during caloric restriction, aging, or situations where muscle breakdown may occur.⁶

PurpleForce® | GHG®

PurpleForce® Purple Tea is derived from a unique cultivar of *Camellia sinensis* known as purple tea. It contains bioactive compounds that contribute to potential health benefits. PurpleForce® Purple Tea is made from the leaves of a specially cultivated purple tea plant (*Camellia sinensis*). It contains anthocyanins, catechins (including epicatechin), flavonoids, and other polyphenols.

Mechanistically, PurpleForce® Purple Tea improves antioxidant activity, thanks to its high levels of anthocyanins and catechins. These antioxidants help combat oxidative stress and reduce exercise-induced free radicals, aiding in muscle recovery and reducing muscle damage. The bioactive compounds in purple tea can mitigate exercise-induced muscle soreness. Additionally, purple tea enhances nitric oxide production, improving blood flow and nutrient delivery to the muscles, which may support muscle growth and performance.⁷

PurpleForce® Purple Tea aids in post-exercise recovery by leveraging its antioxidant to reduce muscle soreness and support muscle repair. Purple tea's catechins, including epicatechin, may increase muscle protein synthesis, promoting muscle growth and strength. It may also enhance exercise performance, including endurance, strength, and power output, through improved blood flow and nutrient delivery. Moreover, the high antioxidant content of purple tea contributes to overall health, supporting immune function and cardiovascular health.⁸



SENACTIV

Senactiv[®] is another ingredient that further supports muscle growth and recovery. It contains a proprietary blend of bioactive compounds designed to enhance mitochondrial function, reduce oxidative stress, and optimize cellular energy production. It includes bioactive compounds such as Panax notoginseng and Rosa roxburghii.

Senactiv[®]'s mechanisms of action involve stimulating the production of new mitochondria, which enhances cellular energy production and muscle function. It also possesses antioxidant properties, reducing oxidative stress, combating free radicals, and minimizing exercise-induced muscle damage. Additionally, Senactiv[®] may support nitric oxide production, which improves blood flow, nutrient delivery, and oxygenation to muscles, further supporting muscle growth and recovery.^{9,10}

Senactiv[®] supports mitochondrial function and reduces oxidative stress, aiding in faster muscle recovery and reducing exercise-induced muscle damage. Improved mitochondrial function enhances cellular energy production, improving muscle performance, endurance, and physical capacity. Senactiv[®]'s antioxidant activity reduces oxidative stress, and inflammation, and promotes optimal muscle recovery. Its potential enhancement of nitric oxide production improves blood flow, nutrient delivery, and oxygenation to muscles, supporting muscle growth and recovery.¹¹



AstraGin[®] is a proprietary blend of natural ingredients developed to enhance nutrient absorption and improve overall bioavailability. It maximizes the benefits of various nutrients, including amino acids, vitamins, and minerals. AstraGin[®] contains extracts of Astragalus membranaceus and Panax notoginseng.

AstraGin[®] exerts its effects through multiple mechanisms. It upregulates the expression and activity of specific nutrient transporters in the intestines, enhancing the absorption of amino acids, vitamins, and minerals. AstraGin[®] also supports the integrity of tight junctions, which maintain a barrier between intestinal cells, preventing the leakage of nutrients and toxins.¹²

The potential benefits of AstraGin[®] include improved absorption of amino acids, vitamins, and minerals, optimizing their utilization by the body. AstraGin[®] enhances the bioavailability of various compounds, ensuring a higher percentage of ingested nutrients reach the systemic circulation. It also facilitates the synergistic effects of different nutrients, potentially improving their overall efficacy. Additionally, AstraGin[®] maintains the integrity of the intestinal barrier, supporting gut health and reducing the risk of intestinal permeability.¹³



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