

ENJOY THIS FREE ISSUE!

MUSCLE & BODY

**GET
RIPPED
FOR
SUMMER**

- ▶ 10 WAYS TO SHRED FAT
- ▶ EXPERT TIPS ON AB TRAINING

**BECOMING
SUPERMAN**

Tom Seabourne's
Endurance Secrets

A Sneak
Peek at Mark
Wahlberg's
new film:
"Pain & Gain"

MONSTER

**STACKS
TO GET YOU
JACKED!**

Potent
Supplement
Combos
for Every Goal

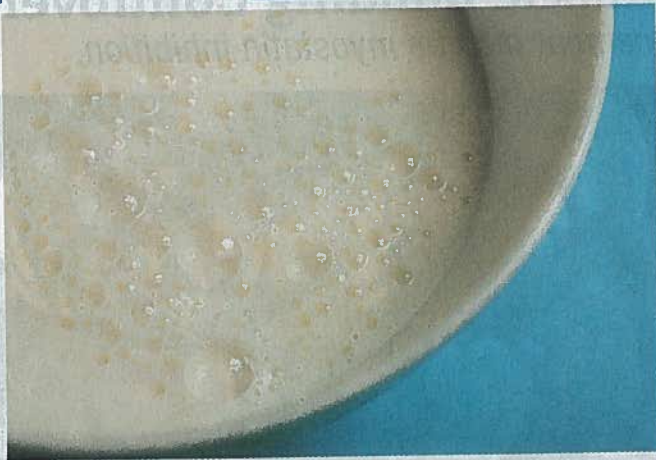
**LESS PAIN,
MORE GAIN**
HOW TO CONTROL
INFLAMMATION

[Rising UFC Star]

Ryan Bader

**TAKES YOU TO
FIGHT SCHOOL**

POWER
MMA AND FITNESS



[Protein Timing: Let's Get It Right, Folks!]

When is the best time to drink a protein shake? Also, how much protein can someone use at one time?

A) Athletes normally drink a protein shake two or three times a day (first thing in the morning, right after a workout and before bed), in addition to three high-protein whole-food meals per day. Studies suggest that consuming protein with carbs immediately postworkout is the most effective. The combination of protein and carbs creates a unique anabolic environment that supports optimal muscle growth and recovery.

At the University of Texas at Galveston, researchers found that a carb/protein drink was 38% more effective than a protein shake alone in stimulating protein synthesis postexercise.

The amount of protein that can be utilized at one time is determined by one's metabolic rate, body weight, level of activity, timing of protein ingestion and the digestive system itself. Most males consume an average of 30 g of protein per meal, either in powder, RTD or whole-food form. This is a target number; the amount you can assimilate at one sitting depends on how much muscle you have, your

metabolism and how well your digestive system works.

One way to help ensure you're getting the most out of your protein, carbs, vitamins and minerals is by keeping your digestive system in order. Taking probiotics helps maintain your digestive track and supports your immune health. They replenish friendly bacteria cultures, keeping your gut in balance and working properly, thereby improving the absorption of vital protein, vitamins, minerals and macronutrients.

[Oligonol: A New Super Fat Burner?]

People are saying oligonol is a big deal. Do you know what it is and how it works?

A) Oligonol is a natural superfood ingredient that will soon be found in many sports-nutrition products. Clinical research suggests that oligonol, derived from the lychee fruit, improves overall body composition, muscle recovery, visceral fat loss, blood flow and fitness stamina, even without exercise.

Oligonol is the world's first superfruit delivering a proprietary, state-of-the-art, optimal, bioavailable dose of polyphenol, and it has been researched by more than 20 institutes, such as the University of Texas

Health Science Center at Houston and University of California, Davis. Bioavailability and absorption of the polyphenol is three to four times greater than other polyphenol supplements. Oligonol also contains five to 10 times more low-molecular-size polyphenols than other polyphenol products, and can be dissolved in water.

The most difficult body fat to lose is visceral fat, especially in the core area. In a human clinical study, subjects taking oligonol for 10 weeks decreased abdominal circumference and visceral fat by an average of 13% over the placebo group. Some subjects lost up to two inches from their waist circumference and also showed improvement in insulin resistance, without increased exercise or dietary changes. According to a gene-expression study, this dramatic fat reduction is due to an accelerated metabolism. This means that oligonol helps the body utilize its own fat as an energy source, so that glucose usage may be saved for increased muscle endurance.

Oligonol also supports increased nitric-oxide levels, while improving blood flow and increasing body temperature. It has been found to activate eNOS by regulating phosphorylation and inhibiting NADPH oxidase. Phosphorylation turns protein enzymes on and off, thereby altering and improving their function and activity.

This process increases protein utilization, blood flow, vasodilation and body temperature. When oligonol was tested on humans, it increased blood flow to outer extremities significantly and elevated body

temperature for 120 minutes or more, even without exercise.

This is significant for the average weight trainer looking to get in shape. Body temperature naturally increases with certain types of exercise, depending on time and intensity. A typical weight-training workout slightly elevates body temperature, but it returns to normal within 10–20 minutes after exercise. Simply put, weight training does not always generate enough heat to warrant a major cooling response from the body. That changes with oligonol, which helps keep blood flowing more effectively and for longer, allowing the body to maintain a higher thermogenic process long after the workout, helping to increase fat burning. Plus, the increased nitric-oxide production provides enhanced energy and blood flow for greater muscle growth.

Polyphenols are powerful antioxidants that are proven to reduce oxidative stress, a natural reaction during exercise that causes the body to limit oxygen utilization, which causes fatigue and limits muscle endurance. By helping to limit oxidative stress in the muscle, oligonol allows you to train longer and harder, while speeding recovery.



Lychee