

## FLEXMAX<sup>®</sup>

### CLINICAL APPLICATIONS

- Aids in muscle growth and recovery
- Reduces inflammation
- May help promote strength and muscle function
- May help support cardiovascular function

**Epicatechin** has been studied to positively affect skeletal muscle growth by inhibiting myostatin and enhancing follistatin.

**Body Protective Compound** is a partial sequence of body protection compounds (BPC) found in human gastric juice. It has been researched to see if it can accelerate the healing of a variety of wounds, including tendon-to-bone healing and healing of damaged ligaments.

## STRENGTH



## DISCUSSION

The flavanol **epicatechin** is used in the treatment of sarcopenia (muscle wasting), the body's tendency to shed muscles as we age or reduce activity. Research into the effects of epicatechin measured changes in protein levels of molecular growth modulators to explore its effects on muscle mass and found that epicatechin reduces myostatin (a marker that reduces muscle growth), thus allowing for maximal muscle development. By inhibiting myostatin, a protein that controls (and limits) the amount of muscle mass you can gain, epicatechin can improve muscle strength and maintain healthy muscle tissue.

In response to tendon and ligament injuries, **Body Protective Compound** supports healing by increasing type 1 collagen in these tissues. Body Protective compound is cytoprotective and thus helps maintain the mucosal lining of the GI tract. As an anti-inflammatory, it supports the protection and healing of inflamed intestinal tissues. It may also play a role in tissue damage repair by increasing blood flow to damaged tissues. BPC-157 is stable in human gastric juice and has no reported toxicity.

## NUTRITION FACTS

<b>SUPPLEMENT FACTS</b>	
<b>Serving Size: 2 Capsules</b>	
<b>Servings Per Container: 30</b>	
Amount Per Serving	%DV
<b>FlexMax<sup>®</sup> Proprietary Recovery Blend</b>	*
Epicatechin	400 mg
Body Protective Compound	800 mcg

\*Daily Value Not Established

**OTHER INGREDIENTS:** Vegetable capsules, Rice Hulls, Rice Flour

**DIRECTIONS:** Take 2 capsules daily or as needed. Do not exceed more than 2 capsules in a 24h period.

**DISCLAIMER:** Please be aware that this product carries potential risks, as is the case with all chemical compounds. Before handling the product, it is important to thoroughly Research and understand it's associated risks. If you are uncertain about how to properly handle the product, it's misuse could result in adverse reactions. Additionally, it is essential to keep this product out of the reach of children, as it is not for human consumption, nor medical, veterinary, or household use, research peptides are not FDA approved for human consumption.

## REFERENCE

1. Sikiric P, Seiwerth R, et al. Brain-gut Axis and Pentadecapeptide BPC 157: Theoretical and Practical Implications. *Curr Neuropharmacol.* 2016;14(8):857-865. doi: 10.2174/1570159x13666160502153022
2. Change CH, Tsai WC, Lin MS, Hsu YH, Pang JH. The promoting effect of pentadecapeptide BPC 157 on tendon healing involves tendon outgrowth, cell survival, and cell migration. *J Appl Physiol* (1985). 2011;110(3):774-780. doi: 10.1152/jappphysiol.00945.2010
3. Gwyer D, Wragg NM, Wilson SL. Gastric pentadecapeptide body protection compound BPC 157 and its role in accelerating musculoskeletal soft tissue healing. *Cell Tissue Res.* 2019;377(2):153-159. doi: 10.1007/s0041-019-03016-8
4. Mafi F, Biglari S, Ghardashi Afousi A, Gaeini AA. Improvement in Skeletal Muscle Strength and Plasma Levels of Follistatin and Myostatin Induced by an 8-Week Resistance Training and Epicatechin Supplementation in Sarcopenic Older Adults. *J aging Phys Act.* 2019;27(3):384-391. doi:10.1123/japa.2017-0389
5. Gutierrez-Salmeán G, Ciaraldi TP, Nogueira L, et al. Effects of (-)-epicatechin on molecular modulators of skeletal muscle growth and differentiation. *J Nutr Biochem.* 2014;25(1):91-94. doi:10.1016/j.jnutbio.2013.09.007