

# **Surefire Way to Boost EPO, VO2max, and Endurance**

Without drugs, blood doping, or banned substances



What You'll Learn in This Special Report:

- Why traditional blood doping is a thing of the past
- How a scientific breakthrough has uncovered a way to boost EPO naturally
- The supplement that elite athletes are turning to as a natural way to skyrocket performance in endurance events

PRESENTED BY:  
**EPO-BOOST®**

July 24th, 2007: *Tour de France* rider Alexander Vinokourov tests positive for blood doping and is suspended from professional cycling.

October 13th 2008: *New York Rangers* prospect Alexei Cherepanov dies during a hockey game –it's later revealed that he's been blood doping for months.

January 1st 2009: *The World Anti Doping Agency* announces stricter regulations against EPO use in sporting events.



# ***Surefire Way to Boost EPO, VO2max, and Endurance***

The writing is on the wall: the era of blood doping is rapidly coming to a close. Despite efforts by elite athletes to develop creative ways to increase red blood cells (RBC), new and improved testing is catching up fast.

In fact, recent history is suggesting that new tests are actually one step ahead of cheating athletes – making blood doping a riskier proposition than ever before.

The risk from blood doping isn't confined to a

disqualification from your event or a suspension in your sport. The current approach that most athletes use to boost red blood cell count (RBC) – using a synthetic version of the hormone erythropoietin (EPO) – is a serious health hazard.

In clinical research, synthetic EPO (also known as recombinant EPO) has been shown to dangerously increase the risk of infection, liver failure, kidney failure, and in certain unfortunate cases, sudden death.

For your career and your health, blood doping isn't worth it.

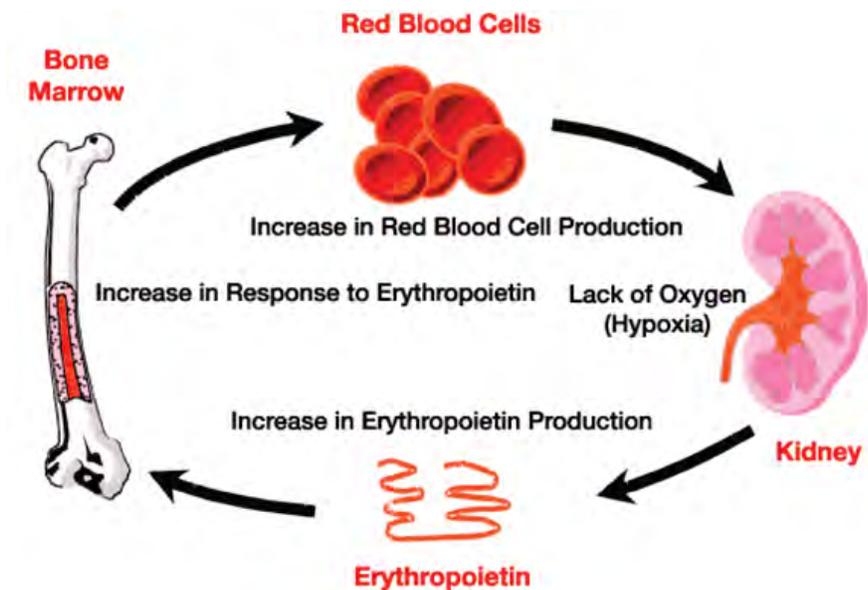
## ***Why use EPO?***

It's clear why some endurance athletes work hard to beat the system and inject themselves with synthetic EPO: because it substantially improves performance. To understand why using EPO is so effective at boosting performance, it's important to understand how a muscle functions during an endurance event.

After about 20 seconds of intense exercise, the energy that your muscles use to contract shift from using mostly carbohydrates to utilizing mostly fat. Unlike carbohydrates – which your muscles can burn off without needing oxygen – your muscles desperately require oxygen in order to use fats.

**No oxygen = no fat burn = no energy for your working muscles.**

The weak link in this chain is your oxygen carrying cells – your red blood cells. All things being equal, if you have more



red blood cells than the guy peddling next to you, you'll be able to work harder and for longer.

This is why EPO boosts athletic performance.

**Blood doping before EPO**

When athletes first realized that having more red blood cells on board could help them win events, they quickly started using blood transfusions to increase RBC counts. This involved extracting blood from the athlete, letting his body replenish the lost RBCs, and then giving the athlete a transfusion of his own stored blood right before his event.

Not only did the blood doping via transfusion approach prove dangerous, but easy to test for. In the late 80's, scientists discovered a way to mass produce EPO.

Although the mass production of EPO was intended for patients with impaired renal



function, athletes quickly took advantage of this discovery to enhance performance.

### **How synthetic EPO works**

EPO is a natural hormone that your kidneys make to stimulate the production of new red blood cells from the bone marrow. Normally, your kidneys make just enough EPO so that your RBC count remains normal. However, some people aren't able to make the EPO they need so they require a synthetic form of EPO, rhEPO (recombinant human EPO).

When a healthy person, like an athlete, takes rhEPO his RBC count increases above normal levels. Clinical research has shown that athletes taking rhEPO significantly boost their RBC count, VO2max and endurance capacity. In other words, rhEPO is a wonder drug for endurance that athletes can use to dramatically improve performance.

### **More EPO = More RBCs = More Endurance**

But as we noted, because of the large doses of rhEPO

used, negative side effects, like high blood pressure and blood clotting, often occur.

### **Natural Ways to Boost EPO**

As you may have guessed, scientists and athletic trainers have worked hard to find methods that naturally increase the body's own EPO production. To date, there have only been a few effective ways to increase EPO naturally: High Altitude Training and Hypoxia Tents/Chambers.

#### **High Altitude Training:**

During the 1967 Olympic Games at Mexico City, a peculiar thing happened: almost every single athlete in the games competed at a sub-par level.

It wasn't long before people realized that these sluggish performances were due to the fact that the games in Mexico City were taking place over 7,000 feet above sea level – a zone with very low levels of oxygen.

Since then, the practice of training at high altitudes has become popular with all sorts of athletes. That's because one of the first ways that your





body acclimates to high altitude workouts is to increase EPO levels. It's a natural adaptation mechanism for the lower amount of oxygen that the high altitude air has to offer.

Over the years, this technique has been further refined. If you want to get the benefits of high altitude training, it seems that it's best to live at high altitude and train at normal altitude.

This is known as the “live high, train low” principle. Due to the lower oxygen levels, you can't train nearly as hard when high above sea level, forcing you to take your training down a notch

– obviously something you don't want to do with an intense competition approaching.

But if you live at an elevated altitude and come down to train, you can get the best of both worlds: a boost in natural EPO, RBC count, and of course, performance.

### **Hypoxic (low-oxygen)**

**Chambers:** The downside of high altitude training is that it's not exactly practical. If you live in a low flat place like, say, Kansas, it's not realistic for you to find a mountainous place to live. That's why hypoxia chambers were invented. In essence, they simulate the

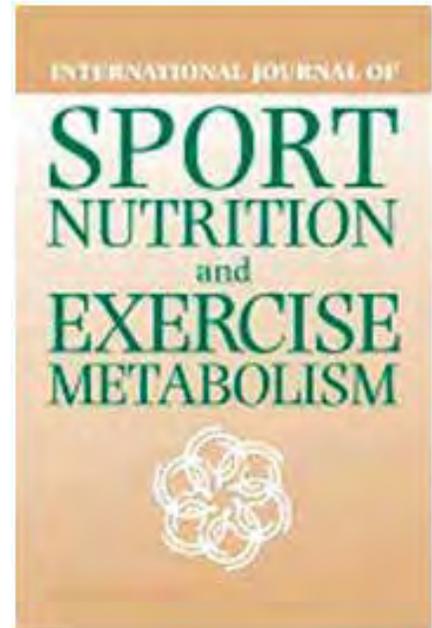
high altitude environment by lowering oxygen levels in the chamber. With hypoxic chambers, you can choose to train in an oxygen rich environment while sleeping in a low-oxygen chamber.

A hypoxia chamber allows you to follow the “live high, train low” principle without having to buy a house on a mountain.

## ***The Future of Natural EPO Boosting: EPO-BOOST®***

For years, living and training in a low oxygen environment was the only natural way to increase EPO production. That all changed with a landmark study done by Dr. Whitehead and his colleagues at the Department of Health and Human Performance at Northwestern State University.

In this study, the scientists took 24 athletic men and gave them either a placebo (sugar pill) or a high dose of the natural herb *Echinacea purpurea*. When the researchers looked at whether or not the *Echinacea* influenced EPO levels, they were astounded.



The all-natural herb (usually used for colds) increased EPO production over 90% compared to the placebo group. These effects were similar to what one would see with high altitude training. Not only that, but the herb also improved the athletes' oxygen carrying capacity (VO<sub>2</sub>max) and their running economy (oxygen use efficiency). Best of all, none of the participants of the study dropped out because of side effects - the supplement was extremely well tolerated. In other words, it provided all the benefits of rhEPO use but without the risk of a tainted

drug test or a nasty side effect.

After these breakthrough results were published in the *Journal of Sports Nutrition and Exercise Metabolism*, Biomedical Research Laboratories saw the potential for supplements as a safe and natural way to increase EPO.

Similar to the 1967 Olympics in Mexico, this study created a fundamental shift in the way athletes looked at augmenting EPO production. Only a single problem remained. The amount of Echinacea you

find at your local supplement store isn't nearly enough to have any real world effect. Also, it turns out that Echinacea is just one piece of the supplement-EPO puzzle.

Cutting edge research from University science labs around the world are finding that a handful of other nutrients also have the ability to quickly and dramatically increase EPO production and endurance.

**Echinacea Purpurea:** It's settled: you don't have to resort to unethical means to increase your EPO anymore. Echinacea is an herb that

stimulates your immune system and your kidneys to make more EPO. In the long run, this results in more red blood cells...and peak performance.

### ***EPO - Red Blood Cell Nutrients***

To help your body produce more red blood cells, it needs the raw materials to make them. That's why it's critical to take a specific mix of vitamins and minerals that ensure additional EPO results in extra RBCs.

Here's how certain vitamins and minerals can bolster red blood cell production:

**Vitamin B-6 (Pyridoxine):** A red blood cell is useless without hemoglobin. That's because hemoglobin is the part of a red blood cell that oxygen attaches to. Research published in the Journal of Biological Chemistry discovered that vitamin B6 is essential for hemoglobin to form. In other words, if you don't get enough vitamin B6, your red blood cells can't carry the oxygen you need.

**B-12 and Folic Acid:** If you're deficient in either vitamin B12 or folic acid,

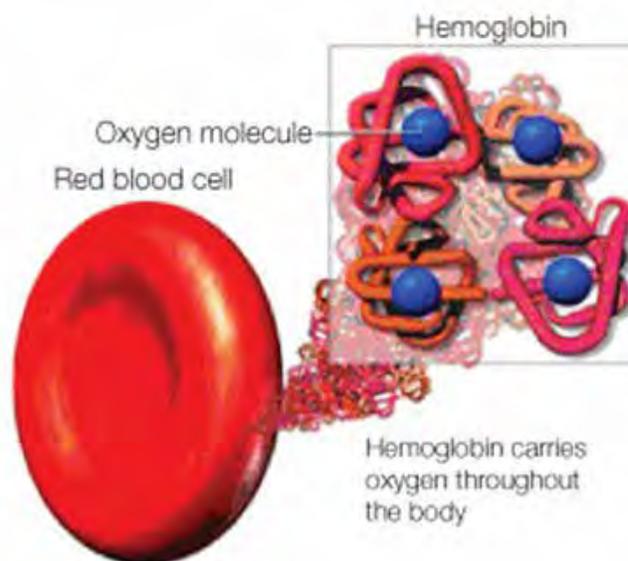


new red blood cells are "born" misshapen and malfunctioning. This can actually make oxygen transport worse than before.

That's why you need to get supplemental doses of both B12 and Folic Acid. If you do, your new red blood cells become the hard-working

oxygen carriers they are supposed to be.

**Vitamin B-3:** Here's another vitamin that your body needs in order to pump out new, healthy red blood cells. A daily dose of Vitamin B-3 helps your body produce new red blood cells at a faster clip.





**Boron:** Boron might not get a lot of press, but it's emerging as a mineral that can help athletes of all kinds. Its beneficial effects stem from the fact that boron can naturally help your body make more red blood cells than it could without extra Boron.

**Inositol:** You may be making more red blood cells, but it doesn't mean that they'll last. In fact, the lifespan of red blood cells is about 90 days.

By taking inositol you'll be creating stronger red blood cells – making them work longer for you.

#### **Iron Availability Complex**

In reality, oxygen doesn't bind directly to the red blood cell – it binds to the iron in hemoglobin in the red blood cell. Therefore, you need several sources of dietary iron to make functioning red blood cells.



**Iron:** Proper iron intake ensures that red blood cells properly carry oxygen around the body. It's been shown in over 4,000 research studies that iron deficiency impairs oxygen transport and athletic performance. In fact, iron isn't an ingredient that's merely optimal for enhancing endurance – it's absolutely necessary.

**Dandelion and Yellow Dock:** To get even more iron, it's important to take these natural botanical extracts from two of the most iron-dense plants known to man: dandelion and yellow dock.

These two herbs ensure that your body gets enough iron for its brand new red blood cells.

**Vitamin C, Vitamin B3, and Nickel:** It's one thing to take extra iron, but absorbing it from the gut is something else altogether.

Believe it or not, but your body only absorbs about 10% of the iron that you eat. That is, unless you supplement with vitamin C, vitamin B3 and Nickel – a trio of nutrients that help your body absorb more of the iron that you consume.

## **Anti - Inflammatory Complex**

After a particularly tough workout or event (aren't they all?), your body has taken a big hit. Its muscles are worn and torn, your energy reserves are depleted, and your joints are flaring up from stress and strain.

Your body has one, and one way only, of dealing with all of this: inflammation. Although inflammation is essential for recovery in small doses—unchecked inflammation makes recovering a real challenge. If you've ever had a period of time where your training suffered and it took you forever to bounce back, it's likely that inflammation was the culprit.

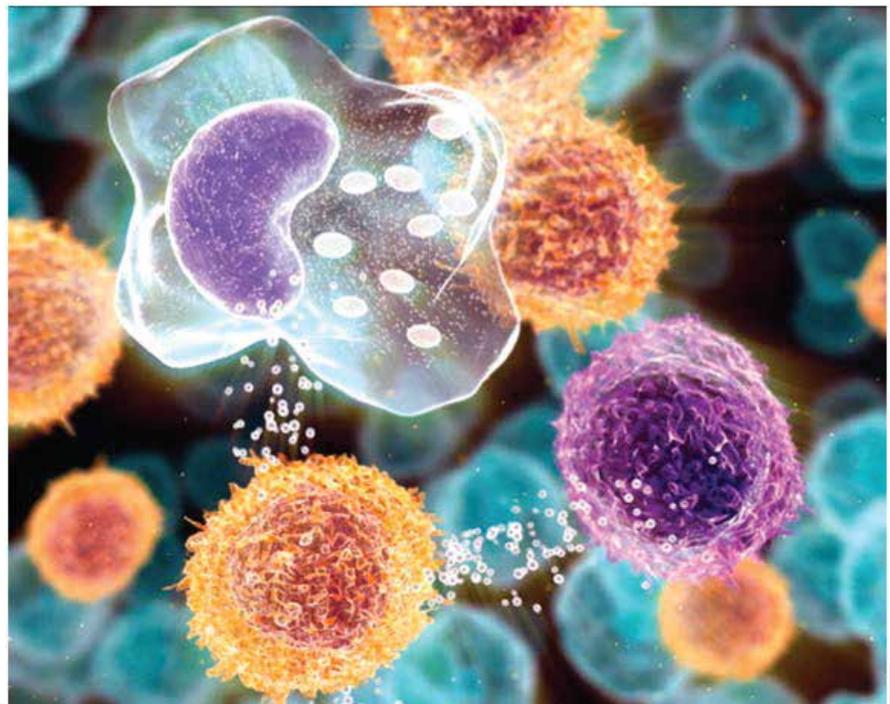
Worse yet, unchecked inflammation makes your body more prone to oxidation – a harmful process shown to get in the way of new muscle growth and adaptation to training. Not only that, but inflammation and oxidation can be roadblocks to new red blood cell development – causing a vicious cycle that puts the brakes on your progress.

Luckily, there are a handful of nutrients that are able to combat exercise-induced oxidation and inflammation; allowing you to get back on your feet and increase your EPO production.

**Alpha Lipoic Acid:** Let's be honest, there are thousands of antioxidants out there. The thing is, the vast majority haven't been tested on athletes. This can't be said for Alpha Lipoic Acid (ALA).

A clinical research study published in *The Journal of Physiological Sciences* found that ALA was able to plummet oxidation and

inflammation in athletes under intense training conditions. ALA does double duty for your body by fighting both inflammation and oxidation. So you'll be doing your performance a huge favor by including ALA in your supplement regimen.





**Choline:** Choline is an amazing antioxidant. Not only does it fight oxidative damage, but according to a study out of the University of Lisbon, it actually improves blood flow and nitric oxide (NO) production. In case you didn't know, nitric oxide is one of the most important chemicals in your body for improving muscle contraction and increasing blood flow to muscles.

**PABA:** Along with its trademark antioxidant

properties, PABA is able to make blood vessels more fluid – helping blood (and oxygen) travel to your fatigued muscles.

Although this cutting edge research is astounding, until very recently, it wasn't the least bit practical. That's why the team at Biomedical Research Laboratories came together to design a supplement for endurance athletes to help them naturally and safely boost EPO.

**Lutein:** Lutein has been studied in an astounding 1,000 published research articles. That's because lutein is one of the most powerful antioxidants known to man. In study after study, lutein has effectively fought oxidation and inflammation all over the body.

**Lycopene:** Like lutein, lycopene has been intensely researched. Lycopene, found in tomatoes, fights oxidation through a number of different pathways. This makes it a preferred antioxidant for elite athletes.



# **Introducing EPO-BOOST®:** **The World's First Natural** **EPO Stimulator**

*For the first time, years of clinical research has been put into an easy to use formula that endurance athletes can use to improve their endurance. **EPO-BOOST™** is a scientifically formulated, patent pending supplement created with one goal in mind: to help endurance athletes to train and perform at their best.*

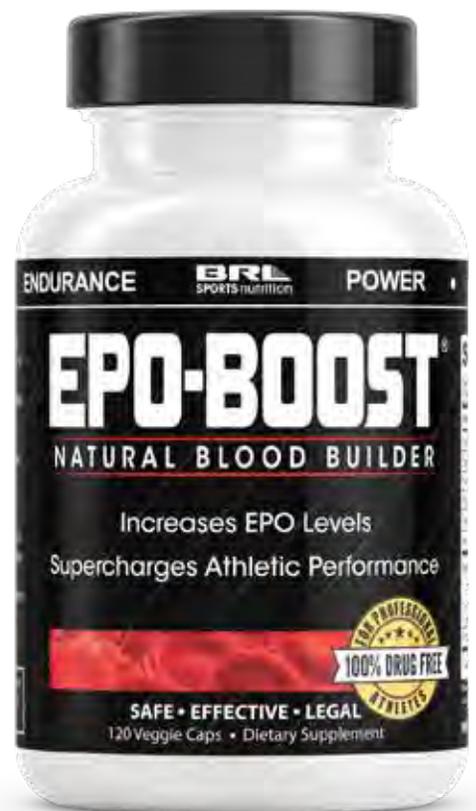
When we were formulating **EPO-BOOST™**, we made sure to include only proven nutrients for increasing EPO, red blood cells, and VO2max.

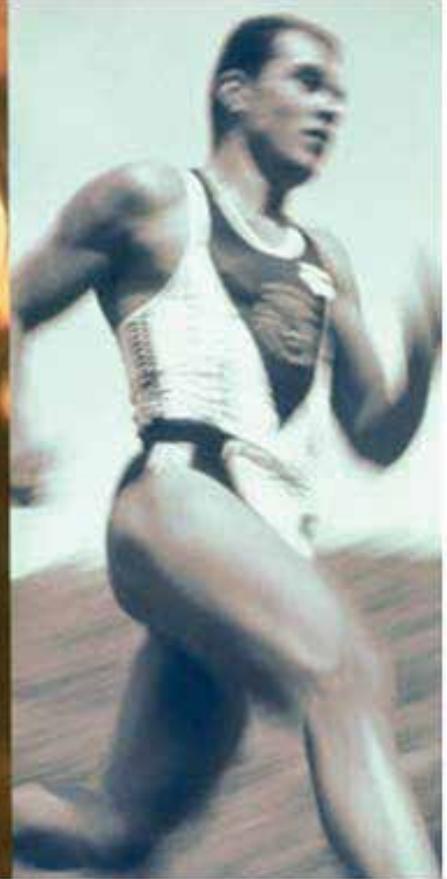
Here's what sets **EPO-BOOST™** apart from other performance enhancing supplements:

**EPO-BOOST™** is 100% Legal: Unlike rhEPO or even certain supplements from your local supplement store, **EPO-BOOST™** contains zero banned substances. The all-natural blend of vitamins, minerals, and herbs are all recognized by the International Olympic Committee and the World Anti Doping Agency as acceptable for international competition.

**EPO-BOOST™** is 100% free of rhEPO - the synthetic, banned, and dangerous form of EPO.

**EPO-BOOST™** is 100% Pure: We work with top supplement manufacturers to guarantee purity. We don't allow additives or other ingredients to find their way into **EPO-BOOST™**. This ensures that when you take your test, you pass.





In fact, **EPO-BOOST®** manufacturing facilities have undergone rigorous NSF® and NNFA™ certification.

**EPO-BOOST® is 100%**

**Safe:** Many performance enhancing supplements on the market today include ingredients that haven't been tested or shown to be safe – not something you'd want to put into your body.

In sharp contrast, **EPO-BOOST®** contains nothing but all natural compounds that won't hurt your body in the long-term.

**EPO-BOOST® is 100%**

**Complete:** Do you take more

pills everyday than your grandparents? If so, you may be taking more supplements than you need. Instead of buying a hodgepodge of supplements – one containing X and the other containing Y – why not take a product that has it all?

That's what **EPO-BOOST®** brings to the table. It's got 6 essential nutrients along with a mix of herbs that make sure that, when it comes to nutrition, you're covered.

**EPO-BOOST® is 100%**

**Proven:** Our scientists have made sure that the dosage of all ingredients in **EPO-BOOST®** are backed by the

latest scientific evidence.

This way you know that the dose of **EPO-BOOST®** you're about to take is backed by science – not a hunch.

The team at Biomedical Research Laboratories understands what's hampering your performance. That's why we developed **EPO-BOOST®** - so that you can take your performance to the next level.

The patent pending formula in **EPO-BOOST®** is specifically designed with the endurance athlete in mind. Whether you're looking to ride longer, run harder, or bounce back faster, **EPO-BOOST®** is your answer.

# ***You Have Problems, We have Solutions:*** ***How EPO-BOOST® Will*** ***Make You A Better Athlete***

**Problem:** “Even though I feel great when I train, during an event my legs burn, and my lungs ache. I just can’t seem to take it up the notch I need to compete at a higher level.”

**Solution:** **EPO-BOOST®** Increases VO2max

We’ve all been there: it’s halfway through your event and you’re sucking wind. Your legs are shaking, your head is pounding, and every second seems to drag on for eons. As you see your competitors fly by you, you wonder why you can’t seem to keep up the pace.

What separates amateur and elite endurance athletes is VO2max – the capacity for taking in and processing oxygen. Remember: the amount of oxygen your body can utilize is the link in the chain that can make or break your performance. When you can take in more oxygen you can run, pedal, and pump away for longer – instantly making you a better conditioned athlete.

The ingredients in **EPO-BOOST®** have been clinically proven to increase VO2max. After using **EPO-BOOST®** for a while you’ll notice that you feel strong from start to finish – making your huffing and puffing a thing of the past.

**Problem:** “No matter how much I prepare, I can’t keep up a high level of intensity when I train.”

**Solution:** **EPO-BOOST®** Increases Running Economy

If you’re petering out during training, you can bet that you’re next event isn’t going to go so well. The reason for sub-par



training is that your running economy needs some work.

Simply put, running economy is like fuel efficiency in a car, your body's own mile per gallon rating. Because **EPO-BOOST®** naturally bolsters your red blood cell count, you change from a gas guzzler to a hybrid while getting more miles per gallon.

This translates to training that allows you to work on weaknesses and improve your endurance – without struggling.

**Problem:** “I have a really important race coming up, I don't want to wait for this stuff to kick in.”

**Solution:** **EPO-BOOST®** works in 4 weeks

Let's face it: you don't want to wait forever for a supplement to kick in. You've been working your tail off for next month's race and want to blow by the competition –but you don't want to be wondering in the back of your mind whether your new supplement has started to work.

That's why elite endurance athletes from around the world prefer **EPO-BOOST®** – because it works fast. Sure, we can't promise overnight results like ordinary supplements. That's because **EPO-BOOST®** is no ordinary supplement. It's the only supplement on the market that naturally increases EPO and endurance.

Amazingly, it does so in only 4 weeks. Just in time for you to kick some butt in your next race.

**Problem:** “After I get out of work, I hardly have the energy to drive home, never mind go all-out on the bike.”

**Solution:** **EPO-BOOST®** Increases Endurance

Most people don't understand why it's so challenging to train after work. Because most people punch out at 5pm, jump on an elliptical trainer, and lazily “work out” while reading last year's Vogue, they see a workout as a refreshing way to top off the workday.



But we know better. We know that 99% of the people on Earth wouldn't last 5 minutes training next to you.

That's why **EPO-BOOST®** has been designed to give you the endurance you need to train – even with your busy lifestyle. So no matter whether you're wearing your loafers or your sneakers, **EPO-BOOST®** will keep your batteries charged.

**Problem:** "I always start strong and then suddenly hit the wall. It's absolutely killing my results at events."

**Solution:** **EPO-BOOST®** increases time to fatigue

It's halfway through your race and you're feeling superb. Your legs are strong and you've got the focus and concentration of a well-trained sniper. Then, before you know it...BOOM! Without warning, all that strength has been replaced by wobbly legs and labored breathing. When you hit the wall, it's because your energy reserves have been wiped out – known as time to fatigue.

This can happen because your body doesn't have enough oxygen in the early part of the race – forcing it to use up its limited carbohydrate stores. **EPO-BOOST®** makes sure that you're always getting the oxygen you need. **EPO-BOOST®** spares your energy reserves so that you won't find your endurance plummeting when you need it most.

**Problem:** "Even if I work like crazy, I can't keep up the pace I need to place at events."

**Solution:** **EPO-BOOST®** Increases VO2max

It's one thing to be faster than the guy next to you, but it's quite another to keep it up. Maybe you can "turn it on" for short bursts, but no matter how much you go all out, you always end up back at a snail's pace.

This is because your body's ability to inhale and utilize oxygen can't keep up with your intensity. That's why the endurance upgrade you get with **EPO-BOOST®** is so important. Because you'll be able to keep up your power for the entirety of the race, you'll find yourself on top – with less effort than you ever thought possible.





## **How EPO-BOOST® Fits Seamlessly Into Your Training**

If you've been training hard and eating a solid diet, you're probably wondering what's keeping you from the next level. Chances are, the difference is EPO: athletes at all levels show improved performance with EPO.

No matter how hard you train or how much you improve your diet, a safe increase in EPO will improve your performance.

Fortunately, **EPO-BOOST®** works with your current training program. That's why

elite endurance athletes from around the globe are turning to **EPO-BOOST®** to make them even better –because it makes what they're already doing even more effective. Here's why **EPO-BOOST®** works with your training program – not against it:

**No Training Changes:** It's hard enough to get your training in while maintaining a job, a home, and a social life. Fortunately, **EPO-BOOST®** doesn't require any changes to your training sessions – unless of course you count making them easier and more effective.

**No Diet Changes:** Some supplements make you change your diet for them to work. Not **EPO-BOOST®**. You can stick with what you're already eating and get the same EPO-enhancing benefits.

**Easy to take:** Because **EPO-BOOST®** comes in a convenient, easy to swallow capsule, the only change in your routine is to take **EPOBOOST®** four times per day.

No powders to mix, no shakes to blend – just open the bottle, take your pill, and you're on your way.

# Cutting Edge Endurance Research in a Bottle: **EPO-BOOST® Available Now**

*Now's your chance to join the ranks of endurance athletes that have used EPO-BOOST® and seen amazing results.*

*Don't take our word for it: take yours.*

That's right. For a very limited time, we're offering a 90-Day 100% Risk-Free trial of EPO-BOOST®.

Order your risk-free bottle of EPO-BOOST® over our secure server, try the clinically proven ingredients, and feel the results for yourself.

If you don't feel that EPO-BOOST® is the best supplement you've ever tried, simply let us know and we'll return your money. No questions asked.

What are you waiting for?

If you want your next race to be your best one yet, try EPO-BOOST®...and get the competitive edge you need!



**Order Now**

Try EPO-BOOST® risk-free for 90 days