

ProArgi-9+ Athletes

(Legacy Magazine 2010)

ProArgi-9+ is legal for use in Olympic Games, IFBB world body building competitions, WPF power lifting events, fitness pageants, NFL events, NBA events, the Ironman competition, and any other sporting event.

Reprinted from Legacy Magazine Winter 2010... The L-Arginine amino acid promotes muscle growth and increases protein synthesis at the crucial moments after strenuous exercise. A new buzz in the bodybuilding and athletic world is the supplement L-Arginine. Already popular among Synergy associates for its cardiovascular benefits, L-Arginine is making headlines as a safe builder of protein and nitric oxide for enhanced athletic performance.

In contrast to the many dangerous or questionable bodybuilding and athlete focused supplements on the market, L-Arginine is fast proving itself as one of the good guys, especially since it is a natural supplement that offers many benefits, not only to athletes, but to people seeking many additional health benefits. L-Arginine is an amino acid, which is the building block for protein. Protein is a key element of exercise as it • supports muscle growth • increases muscle strength and mass • improves recovery • increases protein synthesis at the crucial moments after strenuous exercise. In addition to its protein benefits, there are three other main reasons athletes choose to take L-arginine. The first involves L-Arginine's role as a precursor for nitric oxide production, which promotes optimal blood circulation. This increases its popularity with athletes as good blood circulation ensures the speedy distribution of nutrients to the muscles. One of the hottest trends in sports nutrition in the last five years has been L-Arginine products marketed for increasing vascularity (vein visibility) and blood flow, resulting in what is referred to as the "pump." The second reason athletes use L-Arginine is its role in creatine synthesis which helps supply energy to the muscle. Along with the amino acids methionine and glycine, L-Arginine is a component in one of

the best known sports nutrition ingredients. The third main reason is for its ability to increase growth hormone production. Among other functions, growth hormone has anabolic effects in the muscle which can help maintain or increase lean body mass, while decreasing fat mass. What's more, L-Arginine builds the immune system and speeds up the repair and recovery of injuries, controls free radicals, supports healthy cholesterol, and aids in fat metabolism. Synergy's L-Arginine supplement, ProArgi-9+ is a powerful, powder-based supplement that has been used by many athletes to safely and legally improve their performance. The supplement is used and promoted by famous world-class athletes who have used it during their careers and in their competition events.

Benefits of ProArgi-9+ for Athletes • Enhances lean muscle mass and stimulates muscle mitochondria. • Increases peak oxygen volume by up to 8% after one week, and exercise capacity and resistance by 12%. • Increases energy levels by combining with Glycine and L-Methionine to form the body's own creatine supply, for muscle contraction and expansion and production of ATP (cellular energy). • ProArgi-9+ aids in body fat reduction. • Lasts 24/36 hours in the body where as other L-Arginine products are quick releasing which only produces short bursts of energy where as ProArgi-9+ sustains energy throughout the day. • Is an adaptogen -increases the body's resistance to trauma, such as strenuous exercise. • Boosts hormone secretion by increasing hypothalamic response. Collagen and elastin depend on L-Arginine for proper synthesis. • Key to efficient muscle metabolism, due to its role in Nitrogen transport, storage and elimination. • Helps prevent muscle breakdown. • ProArgi-9+ helps to regulate salt in the body. • L-Arginine is the precursor to Nitric Oxide, which improves blood flow, limits muscle fatigue and increases endurance. • Increases nutrient transfer and oxygen transfer to the muscles. • ProArgi-9+ Improves bone density. • Improves insulin production, making for more efficient glucose metabolism. • Boosts the immune system. • Acts a scavenger for free radical production (carbohydrate oxidation) during exercise. • Rejuvenates the body's own natural production of Human Growth

hormone. Higher levels of HG after exercise boost recovery rates after training.

Human Growth Hormone (HGH) for Athletes For many years global attention has been fixed on enhancing athletes' performance by boosting Human Growth hormone. It is considered to be the single most anabolic substance, in acquiring the Edge that sets the athlete apart. This practice is known as doping. It is banned by every facet of the sporting industry. However, it is entirely legal and safe to boost the body's own production of HGH via the pituitary gland. The use of L-Arginine supplementation, in ProArgi-9 Plus, is a perfectly legal and safe way to boost HGH and athletes need have no fear of screening for banned substances, as per International Doping Control Regulations. By the age of 23, the pituitary gland has already begun to slow down its production of HGH, so this may be of particular interest to athletes over 25 years of age. Increased Nitric Oxide production stimulates the anti-ageing mechanisms, with relation to HGH secretion. This pituitary glands early ability to secrete hormones, like testosterone and HGH for optimal performance, can be re-ignited by L-Arginine's ability to cross the blood brain barrier during Delta sleep.

Dosage of ProArgi-9 Plus for Athletes There are only two times in the day when HGH is produced in the body, during intense exercise and during deep sleep. Athletes should take two servings at bedtime and an optional 1-2 servings 30 minutes prior to intense exercise on an empty stomach.

Frequently Asked Questions about ProArgi-9+

Why is ProArgi-9+ better than other L-Arginine products? ProArgi-9+ has the highest form of Pharmaceutical grade L-Arginine on the market. The formulation that is put together is the most potent formula available. It has been proven to enhance every system of the body through improved blood flow. The net result of improved blood flow is better oxygen and nutrient transfer to every cell of the body as well as better elimination of toxins. Other L-Arginine products are quick releasing which means they only produce quick

bursts of energy. ProArgi-9+ sustains energy throughout the day because it lasts 24-36 hours in the body.

Is ProArgi-9+ accepted for use by athletes by the Olympic Committee?

Yes. Athletes using ProArgi-9+ is used and promoted by famous world-class athletes who have used it during their careers and in their competition events. ProArgi-9+ is legal for use in Olympic games, IFBB world body building competitions, FA Premier League, WPF power lifting events, NFL and NBA events and many other top professional events.

Does ProArgi-9+ contain any hormones? No. Hormones can only be prescribed safely by a physician. The human body produces its own growth hormone naturally. The hypothalamus regulates the release of growth hormones as well as thyroid stimulating hormone, Luteinizing hormone (LH) and Follicle stimulating hormone (FSH). The anterior pituitary makes trophic hormones which activate endocrine system glands. Growth hormone is a trophic hormone, and as such can be promoted by administration of a natural Homeostatic HGH protocol.

Can ProArgi-9+ or other L-Arginine products be mixed with protein drinks? No. Other amino acids may not be ingested simultaneously with ProArgi-9+ and that includes protein and amino acid supplements and foods or drinks containing protein and/or amino acids. The reason for this is that other amino acids compete with L-Arginine and can render the formula inert. Other amino acid supplements, foods or drinks should be ingested two hours before or after taking ProArgi-9+. So remember, athletes that take their protein shakes with their arginine supplements are wasting their time and money.