

IRON

POWER

BUILDING MUSCLE...BURNING FAT



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company *Ironpower*

ADD 51 LBS TO A 300 LB MAXIMUM BENCH PRESS...

The following is a sneak preview of information from my soon to be released Winning Edge manual for personal trainers and bodybuilders....

Dramatic Improvements in Power and Endurance with Less Perceived Effort

Dr Ian Stewart and his colleagues at the Tasmanian Institute of Technology did a study of highly trained cyclists, giving them 3.6 grams of sodium phosphate a day or a placebo, for three days before a maximum effort on the ergometre bicycle. Results showed that phosphate loading **reduced lactic acid accumulation, increased 2,3 - DPG production during exercise (puts more oxygen in blood), increased VO2 max by 11%, and increased time to exhaustion by 20%** (Stewart I, McNaughton L Res Quart 1990;61:80-84). One of the most recent and best studies (KREIDER RB, et al Int J Sports Nutr 1992;2:20-47) which tested both anaerobic and endurance exercise gave trained cyclists 4 grams of sodium phosphate per day or a placebo for 3 days prior to a maximal exercise test and a 40km time trial on the ergometre bicycle. During the anaerobic phosphate trials, **the maximal power output increased by 17%**. As Dr Michael Colgin points out in his excellent book Optimum Sports Nutrition, that's the equivalent to **adding 51 lbs to a 300 lb maximum bench press!** During the aerobic phosphate trials, **time for the 40km ride was reduced by 3.5 minutes. That's big.**

INCREASED MUSCLE POWER

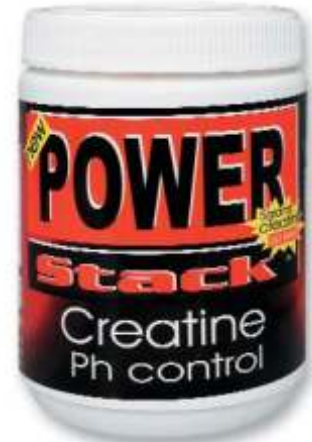
If you want to add more muscle bulk or to be stronger, faster, or increase recovery between bouts of exercise, take 5 grams of creatine per day in combination with the phosphate, and a protein rich diet. Uptake of creatine is increased after training, so this is the best time to take it. If creatine isn't taken after training, then it should be taken with around **60 grams of glucose or sucrose, since this causes an insulin spike** which also increases the uptake. Combining sodium bicarbonate and phosphate salts, such as potassium and sodium phosphate (but not calcium phosphate...has been found to reduce physical performance), with creatine monohydrate increases the lactic acid buffering capacities of the creatine (one of the pathways through which creatine increases performance), and act as performance enhancing boosters in their own right.

BOOSTING PERFORMANCE

Research has indicated that phosphate salts can boost performance in track athletes in events ranging in distance from the 100 metre sprint to the 26 mile marathon. To be effective over this wide range, the phosphate salts would have to have the potential to **improve energy production in all three human energy systems - the ATP-CP, lactic acid, and oxygen systems** - which they do and are therefore great for bodybuilders.

Dr Robert Cade and his group at the Department of Medicine of the University of Florida in 1984 ran a well controlled study (double blind, placebo, crossover design). Ten highly trained distance runners consumed either 1 gram of sodium phosphate four times daily or a placebo for three days. They then ran them on a treadmill to exhaustion. During the phosphate loading trial, lactic acid levels were lower, **2,3 -DPG levels were higher, VO2 max increased by 6-12%, and subjects ran 3-9 minutes longer** (Cade R, et al Med Sci Sports Exer 1984;16:263-268).

The regimen practised by the researchers at the University of Florida has proved to be successful with no adverse effects in the subjects being reported. The dosage was 1 gram of sodium phosphate 4 times per day mix with water or fruit juice (e.g. at breakfast, lunch, tea and supper) for 3-4 days prior to competition. The last dose may be 2 to 3 hours prior to training or physical event.



If you don't have the time to make your own stack, Ironpower has saved you the effort by stacking it for you ...in an amount comparable to that used for the successful university test (4 Powerstack per day), whilst providing a 20 gram 'protected' and 'spiked' loading dose of creatine, plus bicarbonated salts. The creatine is protected by the alkaline salt from the destroying effects of unchecked stomach acid. Around **30% of the population receives no effects from creatine!** Could it be that some of these people have such high stomach acidity that the creatine is being broken down into useless creatinin before it even leaves the stomach. If you have high stomach acidity, you will do well trying our Powerstack, and its 'ph protected' creatine. I have so much faith in the effectiveness of this formula that it comes with a 12 month money back guarantee.

Ironpower's complete range of muscle building and fat burning products can be viewed and purchased online at www.ironpower.com.au or call (049) 800 3184 for more information.

WITH · RICHARD · HARGREAVES

NATURALLY

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