

IRON

POWER

BUILDING MUSCLE...BURNING FAT



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Losing Fat and Building Muscle... Simultaneously

To build an exceptional physique requires careful attention to not only training and exercise, but also diet and supplements. When fat loss is the number one goal, diet and supplements become even more important.

To help you get in the shape of your life, Ironpower has designed a carbohydrate free whey protein shake containing Citrus Aurantium and Kola Nut. Known as SynStack, the whey protein shake has as active ingredients Caffeine and Synephrine contained within their natural sources of Kola Nut and Citrus Aurantium.

Ephedrine's Legal Cousin – Synephrine

A legal chemical cousin to the super fat burning drug, Ephedrine (which is illegal in Australia) is Synephrine. This alkaloid, which is naturally occurring in the fruit Citrus Aurantium, has recently entered the weight/fat loss arena. Citrus Aurantium has been used safely for hundreds of years as an ingredient in marmalade. Synephrine works in a similar way to Ephedrine in burning body fat, without the unwanted jitteriness associated with Ephedrine. In a nutshell, **Synephrine causes fat to be released from its stores, enhances the burning of fat, and preserves muscle typically lost while dieting, without stimulating the central nervous system.**

Many cell surfaces, especially muscle and fat cell surfaces contain specific receptors known as beta-receptors. When Synephrine acts indirectly as a B-agonist (substance that triggers beta receptors,) it causes the activation of specific beta receptor sites, a sequence of processes are

activated that can both induce the breakdown and use of stored fat for energy production and increase muscle metabolism

This muscle metabolism may result in additional muscle growth. This fat is then available to be burned for energy during training. This combination of functions makes Synephrine a valuable stand alone fat loss tool. However, by stacking it with Caffeine and Protein, you have a stack comparable in effectiveness to the legendary ECA stack. SynStack's formula is based on this fact.

Synephrine, although in the same family of alkaloids as Ephedrine, does not have the wiring effects that Ephedrine does. This makes Synephrine a safer alternative to Ephedrine. However, the Caffeine contained within the stack is stimulating, giving you an extra boost throughout your day and before that hard workout.

The active ingredient of Kola Nut is naturally occurring caffeine, which increases lipolysis by increasing blood adrenalin levels, and adrenaline is a potent internal lipolytic hormone ¹.

SynStack's base is whey protein concentrate. The herb Stevia Rebaudia provides natural sweetness without the excess calories or glycemic spike associated with sugar or aspartame. By keeping insulin levels stable, fat burning is maximised.

In the last 10 years it has been shown that whey protein may possess special properties not seen in other proteins. In one study, a whey protein diet appeared to enhance the liver and heart glutathione (arguably the most important water soluble antioxidant) and increase longevity². It has also been shown to enhance the immune system³ and lower blood cholesterol⁴.

Faster Recovery After Training.

Whey protein is considered to be the best supplemental form of protein for athletes because of its high bioavailability and solubility and its high percentage content of Branched Chain Amino Acids (25%). A must time for SynStack is immediately after training to take



Caffeine + Synephrine = Super Fat Burner

advantage of that window of opportunity that exists for speedy repair and recovery.

Burn Fat Faster

Aside from its renowned effectiveness, the delicious flavours in Ironpower's SynStack are even more exceptional. There are four flavours to choose from including rich chocolate, creamy vanilla, caramel or strawberry. You may find it hard to believe that something which tastes so good could be so effective.

SynStack comes complete with the *Super Fat Burner Diet* included FREE. This ketogenic diet, which is simple and easy to follow, has been proven in Real Life University to strip fat fast while maintaining muscle tissue. To get your free copy of the *Super Fat Burner Diet* or for more information visit www.ironpower.com.au.tt or call (049) 800 3184. SynStack is available in health food shops, gyms and online at www.ironpower.com.au.tt

References:

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NATURALLY

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