The MaxxTOR™ Training System was developed by Max Muscle Sports Nutrition to mirror the exact protocol used by Dr. Jacob Wilson and his research team that studied Mediator® Phosphatidic Acid and resistance exercise and performance outcomes at The University of Tampa. By using the MaxxTOR™ product and following the MaxxTOR™ Training System for 8 weeks, you should expect to see the same results found from Dr. Wilson’s research study to significantly increase muscle protein synthesis, muscle size, strength and power while at the same time decreasing body fat.

Before starting the MaxxTOR™ Training System, it is suggested you have your body composition evaluated as a baseline so you can compare before and after results of lean body mass gained and fat mass lost. This can be accomplished by visiting one of our Max Muscle Sports Nutrition stores that has the professional unit (e.g., InBody230 or Futrex) for this assessment.

THE MaxxTOR™ PRODUCT

MaxxTOR™ is a truly revolutionary and innovative new product from Max Muscle Sports Nutrition designed to increase muscle mass, strength and decrease body fat. The main and key ingredient in MaxxTOR™ is Mediator® Phosphatidic Acid (PA), now shown to be one of the most powerful natural molecular activators of the mammalian target of rapamycin (mTOR) signaling pathway. The protein enzyme kinase, mTOR, is the master regulator of the signaling network that controls skeletal muscle mass growth (muscular hypertrophy). Numerous published research studies have shown that an elevation in PA activates mTOR signaling that is induced by mechanical muscle activation (e.g., weightlifting).

A recent double-blind research study conducted by Dr. Jacob Wilson and his research team at The University of Tampa using Mediator® Phosphatidic Acid with resistance training produced the following dramatic results:

- Subjects gained 5.3 lbs. of lean muscle mass and produced a 200% increase in lean muscle mass than subjects who worked out intensely alone!*
- Subjects lost 2.9 lbs. of fat mass and allowed subjects to lose 260% more fat mass than subjects who worked out intensely alone!*  
- Subjects gained 47% in bench press strength!*  
- Subjects gained 68% more cross sectional area in their rectus femoris (large quadriceps muscles) vs. placebo subjects*

The MaxxTOR™ formula developed by the Research & Development Team at Max Muscle Sports Nutrition has combined Mediator® Phosphatidic Acid with other key synergistic ingredients including L-Leucine, Beta-Hydroxy-Beta-Methylbutyrate (HMB) and Vitamin D3. MaxxTOR™ is the ONLY formula that combines these key ingredients in the correct, efficacious amounts.

*Based on results from an 8 week research study using Mediator® Phosphatidic Acid and resistance training conducted by Dr. Jacob Wilson at The University of Tampa, Tampa FL.
THE MaxxTOR™ PRODUCT

The MaxxTOR™ formula has the exact dosing of Mediator® Phosphatidic Acid per serving used in Dr. Wilson’s mTOR study. It is recommended to take five (5) capsules one hour prior to weight bearing exercise.

Below is a copy of the Supplement Facts box from the MaxxTOR™ label that shows the formula.

Supplement Facts

Serving Size: 5 Capsules
Servings Per Container: 21

Calories per Serving: 0
Calories from Fat: 0

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin D3 (as cholecalciferol)</td>
<td>1,000 IU</td>
</tr>
<tr>
<td><strong>Proprietary MaxxTOR™ Blend:</strong></td>
<td>3.3 g</td>
</tr>
<tr>
<td>Mediator® Phosphatidic Acid (750 mg Phosphatidic Acid), L-Leucine, Beta-Hydroxy-Beta-Methylbutyrate (HMB)</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2000 calorie diet.
**Daily value not established.

NEW BREAKTHROUGH!

Mediator® PA is a registered trademark of Chemi Nutra.
Mediator® PA is protected under patents pending by Chemi Nutra.
MaxxTOR™ TRAINING PROTOCOL

As previously stated, before starting the MaxxTOR™ Training System, it is suggested you have your body composition evaluated to establish a baseline so you can compare before and after results of lean body mass gained and fat mass lost. This can be accomplished by visiting one of our Max Muscle Sports Nutrition stores that has the professional unit (e.g., InBody230 or Futrex) for this assessment.

The resistance training (RT) workout program of the MaxxTOR™ Training System is identical to that used in Dr. Jacob Wilson’s study. The resistance training (RT) prescription protocol is to be conducted 3 days per week with 48-72 hours between RT sessions. Each body part is to be trained 1-2 times per week. The comprehensive outline of workouts is shown in the table below. The repetition scheme for all exercises is shown on the bottom table. Exercise days are Monday, Wednesday and Fridays and further divided into Week 1-4 and Week 4-8. The RT sessions can be done any time during the day to fit your schedule (morning, noon or evening), but stick to the Monday, Wednesday and Friday day schedules as closely as possible. If you miss a day, let’s say Monday, proceed to Wednesday as your next workout day. Follow the repetition scheme for each RT day including the Repetition and Rest guidelines for the entire 8 weeks.

After the 8 week period, have your body composition re-tested. If you are getting great results with lean body mass and fat free mass changes, feel free to continue The MaxxTOR™ Training System for as long as necessary to achieve your desired goals.
RECOMMENDED SUPPLEMENT STACK SCHEDULE

As with the time flexibility of the RT schedule, your eating and supplement schedule may also be flexible throughout the day. “Nutrient Timing” has been shown to be a very effective strategy before, during and after exercise (e.g., anabolic window) to maximize muscle growth, body composition, athletic performance and recovery. Many studies have been published on the subject to support that the timing of nutrition may be more important than the absolute composition of nutrients.

The following Max Muscle Sports Nutrition products are recommended to take with MaxxTOR™ to support Nutrient Timing for accelerated and enhanced results. Make sure to follow the directions as listed on the label of each product.

**Morning – taken daily on training and non-training days**
- Vit-Acell
- Maxpro
- Max Glutamine or GlutaMatrix
- Essential Omega or Max EFA

**Pre-MaxxTOR™ Training Workout**
- **MaxxTOR™** - Taken daily on training and non-training days. Take five (5) capsules one hour prior to weight bearing exercise no matter what time of day you train.
- FBX, FBXXX or Emerge™ - Optional pre-workout products, taken on training days.

**Intra-Workout**
- Pro BCAA – Suggested during workout product.

**Post-Workout/Recovery**
- ARM – Recommended post-workout product. To be taken within 30 minutes after your workout.
- If not using ARM, then use Max Isolate, ACM and Cx3 post-workout. To be taken within 30 minutes after your workout.
- Water

**Evening - taken daily on training and non-training days**
- 2Tx®
- ZMA
- High 5 (suggested)

Make sure to drink plenty of water throughout the day on workout and non-workout days.
KEY REFERENCES


WARNING: Consult a physician before starting any diet and exercise program and before using this product. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience unexpected side effects. If pregnant, nursing or taking prescription medications, consult a licensed health care practitioner prior to use.