

Reports in the press last week have indicated that the famous muscle bound actor Sylvester Stallone was caught recently with a 'personal supply' of Chinese Jintropin, a synthesized version of Human Growth Hormone. As you may know, possession of steroids in the US regularly carries a jail term and the use of Jintropin has exploded in the country since the steroid law was tightened up as it circumvents the law by not officially being a steroid. The use of growth hormone (GH) is increasingly used by more mature trainers, who want to benefit from its rejuvenating qualities. Growth hormone is a naturally occurring hormone that support the bodies ability to increase muscle growth, recovery and aids definition. After the age of around 21 years of age, it starts to decline rapidly.

The benefits of synthetic Growth hormone are said to be

- » Reduction of excess body fat, especially abdominal fat.
- » Increase muscle mass (and physical strength if combined with moderate exercise).
- » Reduce wrinkling of the skin by increased skin tightness and thickness.
- » Increase bone density and formation.
- » Strengthened immune system.

Use of artificial growth hormone is often illegal if not supplied by a doctor under a prescription and can cause serious side effects if not needed medically, such as extended organ and bone growth. It is also very expensive and can cost nearly £5000 for a 12 week course. Some people try to buy it on the black market, but as it needs to be refrigerated, it is mostly useless or a counterfeit. However, most of the benefits of artificial growth hormone are available to all through the correct use of supplementation. Lets look at each in turn.

### **Reduction of body fat.**

Take 3 capsules of [Thermobol](#) every day - 1 with breakfast, 1 with your mid-morning snack, and 1 at lunch. Research studies show that the natural herbal extracts in

#### [Thermobol](#)

- including green tea, cayenne, bitter orange, and guarana (caffeine) - give your metabolic rate a real boost. The result is that stored fat, including hard-to-lose abdominal fat, gets burned off a lot faster, than just training alone.

### **Increase bone density.**

Regular squatting and compound exercises will support your bodies bone density without the need to resort to chemical enhancements. Just make sure you perform the basic three compound exercises (Squat, Deadlift & Bench Press) in your weight training routine. Adding a good multi vitamin and mineral supplement such as [Protrient](#) will also help provide the key minerals calcium needed to support bone density.

Regular supplementation of a whey protein like Promax has also been shown to increase bone formation. Researchers examined the effects of whey protein on osteoblastic MC3T3-E1 cells. Whey protein caused dose-dependent increases in [3H]thymidine incorporation and DNA content in the cells. It also increased the total protein and hydroxyproline contents in the cells. High quality whey proteins may play an important role in bone formation by activating osteoblasts.

Promax contains Biomax™, which is a unique collection of high quality whey proteins that have been processed using cross micro filtration and hydrolysatation. All Biomax™ protein is cool temperature processed for 99% undenatured protein. The unique blend of whey proteins are high in ALA (alpha-lactalbumin) and BLG (beta-lactalbumin) whey fractions, with high amounts of GMP (glycomacropeptides) for immune boosting and IGF levels for anabolic properties. To finalise the Biomax™ blend, Glutamine peptides are added for further anabolic and recovery properties. This entire protein is then instantised (at room temperatures) using a natural lecithin formula, for the best instant mixing protein you can find, with the essential fatty acid benefits of using lecithin, as opposed to harsh chemical instantisation, that some companies use. Biomax™ protein is also high in Orotic acid, a unique anabolic component of whey.

### **Increase Muscle Mass.**

Each daily serving of Cyclone contains, numerous muscle building nutrients, including; glutamine, whey protein, HMB and 10 grams of Creatine, which is one of the most effective muscle building nutrients legally available. There is actually a lot of research to show that creating will help you build muscle more quickly. In fact, one study found Creatine users gained weight four times faster than those who trained without it. Infact there are over 100 studies to support the positive muscle building and strength enhancing effects of Creatine . That combined with glutamine and HMB , make Cyclone a unique and powerful formula, for those looking to pack on size quicker than weight training alone.

### **Strengthen the Immune System.**

A potent cocktail of anti-oxidants and [Immune Support](#) ing agents can be found in [Immune Support](#)

which contains Calcium ascorbate, Zinc, Di-methyl-glycine enzyme and Sodium Selenate. These work together to provide your body with the nutrients it needs to maintain optimum immune function during times of stress. Did you know that glutamine and whey protein have also been shown to be effective in post training recovery to boost recovery times and your immune function? It is a known fact that intense training without proper recuperation can deplete and stress the immune system, leaving you prone to colds, illness or just general over training.

With today's research proven sports nutrition ingredients and products there is no need to use illegal drugs to obtain your physique goals, (unless of course you want to be the biggest bodybuilder in the world.) A regular and effective weight training routine, extra protein and the correct supplementation will give you the kind of physique that most gym users will be proud of (and women impressed by). Perhaps next time, Mr Stallone should ask Musclebulletin for his training and supplementation advice!