“TESTOSTERONE. PLAIN AND SIMPLY—IT’S THE HOLY GRAIL FOR MEN.

IT’S RESPONSIBLE FOR MUSCLE MASS, STRENGTH, SEXUAL DRIVE, AND CONFIDENCE.

HERE, IN THIS VERY BOOK, I GIVE YOU A FOOLPROOF, INTEGRATED PLAN, USING ONLY THE MOST RECENT SCIENTIFICALLY PROVEN BREAKTHROUGHS, TO TURN YOURS UP NATURALLY!”

Stephen Adelé, CEO, iSatori Technologies
reason we’re so darn interested
what I plan to

I’m excited you’ve taken the time to read this Special Report. Why? Because, let’s face it: Testosterone is the Holy Grail for men.

Testosterone is the male hormone that, to varying degrees, regulates your height, facial hair, bone density, mood, sexual functioning, and a host of other important male characteristics. But in truth, the real reason we’re so damn interested in testosterone is because it’s primarily responsible for making you a stronger, more muscular, confident guy. Testosterone is what makes a guy a man’s man, so to speak. It’s what gives you that uncompromising dominance in your workouts— that pleasurable spark in the bedroom—that walk of confidence in your workplace— that undeniable sensation that you’re on top of the world.

Unfortunately, your body’s production of testosterone starts to drop off somewhere in your mid to late 20’s. While the exact date is still up for scientific debate, this much isn’t—if you’re nearing your 30’s or are well into your 40’s, you’re almost certainly on the downturn. And without some form of intervention—at least to reduce your natural levels—there’s a good chance you’ll continue to slide down that dreadful curve for the remainder of your life. And what a damn shame, considering you’re likely to lose your mojo—or your “manhood”—along the way too!

So, here’s exactly what I plan to uncover in this Special Report:

PART I
• What exactly is testosterone (or “T”)?
• How is T responsible for our manliness?
• How do we know if we’re deficient?
• What can we do to restore and MAXIMIZE natural T levels?

PART II
• Are there any outdated ways to boost T I should be leery of?

PART III
• Which are the most effective, safest yet legal alternatives to prohormones?

PART IV
• What should I eat to elevate T levels?
• How should I train to maximize T and build new muscle mass?

In my humble opinion, these are all questions any man over 25 should want to have answered. And if you’re ready to invest some of your precious time in reading this Special Report, I plan to provide clear-cut answers to each and every one of them. In fact, I’ve uncovered the latest scientific facts and some recent surprising data, to bring you the most accurate, up-to-date, scientifically correct information on testosterone and how to blast yours through the roof! Within this in-depth special report, I’m going to fill you in on some new research that has never been published in any fitness magazines or physique development books before today! And you know what? As a serious athlete and devoted weight trainer who’s over 30 myself, I consider this information to be some of the most exciting (and useful) I have ever discovered (or reported on)!

See, what I’m about to share with you is that new, breakthrough scientific theories offer strong evidence it is absolutely, positively possible to naturally and significantly restore, elevate, and even maximize your body’s testosterone levels using a precise combination of diet, training, novel supplementation, and lifestyle factors to create explosive gains in strength, increased muscle mass, and turn your sexual performance into overdrive!

Are you ready? Great.

Then turn the page, and let’s get started...

© Copyright 2005-2007 by iSatori Technologies, LLC. Golden, CO USA. Printed in the U.S.A.

NOTICE: Before you begin following the instructions contained in this Special Report—The Testosterone Solution Plan—you should consult with your primary physician to ensure that you are in good health. iSatori, and the author, always promote an integrated approach to physique development, which consists of diet, exercise, and scientifically proven supplements. For best results, follow the enclosed instructions as closely as possible, and do not exceed the recommended dosages of the supplements suggested in this guide. If you have a prostate disorder, you should not use this supplement without prior consent from your doctor. If your doctor has any questions, you can have him or her call us at 1-303-215-9174. This manual is intended for information purposes only and is not meant to substitute for nor provide any type of medical advice. No liability is assumed by iSatori Technologies, LLC, or the authors of this manual for any information contained herein. © Copyright 2003-2007 by iSatori Technologies, LLC, Golden, CO USA. Printed in the U.S.A.
**Testosterone... to “be a man”**

(For simplicity sake, as we go forward in this report, I will refer to testosterone as just “T.”) Without a doubt, for over 60 years now, T has proven its role in the lab as a primary aid in sexual function and overall body composition (i.e., muscle and fat distribution). The fact is, T is the single most important hormone in the male body, as it plays a key role in keeping men physically and psychologically healthy.

What you may not know, though, is that besides T’s primary roles, which include maintaining sexual drive and sperm production, increasing muscle mass, improving mood and energy levels, stimulating development of the penis and testes, facial hair growth, deepening of the voice, etc… T has also been shown in numerous studies to play an important role in oxygen use, immune system maintenance, blood sugar balance, cholesterol regulation, and, overall neurological functioning.

To say T is merely a “sex hormone” is quite inaccurate. As you can clearly see, its role is much more important than simply sexual function. (This dependable pattern throughout the day is called the “circadian rhythm.”) (See diagram 1.1 on the following page to gain a better understanding of T production.)

**More Undisputed Scientific Facts about Testosterone**

You may not be a research scientist, a doctor, or even know all that much about androgens and hormones, but I think you’ll appreciate the fact that I want to support the positive attributes of T with an overwhelming amount of scientific data to prove, without a shred of doubt, T is every bit as important as I say it is for men. So here’s what the latest science has to say about T:

- In 1999, at Southern Cross University School of Exercise and Science and Sports Management in Lismore, Australia, researchers determined that of 21 weight-training subjects, the group given T therapy showed improvements in lean-tissue mass, arm girth, and thigh circumference. Further, abdominal skin-fold tests revealed significant decreases in bodyfat in the T group.

- **Diagram 1.1—Testosterone Production**

  The hypothalamus controls hormone production in the pituitary gland by means of gonadotrophin-releasing hormone (GnRH). The hormone tells the pituitary gland to make luteinizing hormone (LH) and follicle-stimulating hormone (FSH). While FSH acts on the tubules in the testes to produce sperm, LH orders the testes (via the Leydig cell) to begin producing testosterone (T). If the testes begin to produce too much T, the body sends a signal to the pituitary, which causes the testes to make more testosterone. If the testes begin to produce too little T, the body sends the opposite signal to the pituitary to make less LH. This, in turn, slows the production of T—resulting in suboptimal levels of T.

- In a study in 2000, researchers at the Charles Drew University of Medicine and Science in Los Angeles combined T supplementation with strength training in HIV positive men. Despite losing bodyweight, during the 34-month study, those given T, even if they didn’t touch a dumbbell, added more than five pounds of muscle to their frames.

- In 1996, in a clinical trial involving 43 men, two groups were given weekly T, and two groups were administered a placebo. Those who didn’t exercise, yet were given T, still made considerable gains in muscular size and strength. However, the group that combined exercise with their T gained an impressive 13 lbs of solid muscle and increased their maximum bench press by an average of 48 lbs after only 10 weeks of T use.

- Several studies have concluded that subjects who are given T don’t tend to fatigue as quickly during their workouts—noting that muscle fibers somehow had better neuromuscular efficiencies—allowing them to work out harder, longer.

- **“To say T is merely a ‘sex hormone’ is quite inaccurate.”**

- **At the prestigious Harbor-UCLA Research and Education Institute, a study of 227 closely monitored men given T measured significant strength, muscle mass, and bone-density gains. Above all, the men also showed a distinct improvement in their overall behavior and mood elevation, as well as improved sexual function.**

- **In five foreign studies, three studies had solidly confirmed substantial improvements in heart-health indicators (e.g., decreased total cholesterol, decreased “bad” LDL cholesterol, and higher “good” HDL cholesterol). One study concluded that T improved cardiac blood flow by 17% in men with coronary heart disease. And another study of 50 subjects using T for four to eight weeks discovered clinically significant improvements in their hearts’ oxygen supplies.**

- **“...about 20 million American men suffer from ‘low testosterone syndrome’...”**

  A recent study, involving a whopping 1,522 participants, conducted at the University of Massachusetts Medical School, clearly showed a marked loss of sexual function in the presence of declining levels of T. Subjects who dosed daily with T for eight weeks presented an increase in sexual function (“as measured by spontaneous erections) and found these men also had a prolonged, increased state of arousal—e.g., more thoughts about sex, summarized as a general heightened state of sexual “awareness.”

Now, if this scientific data isn’t enough to prove to you how vitally important T is to a man’s mojo,
How Do Testosterone Levels Diminish?

Like I mentioned earlier, starting somewhere after we turn 21, our production of T starts to decline. From our mid to late 20’s and on through our 30’s, 40’s, and 50’s, T slowly declines—until it’s virtually nonexistent by the time we’re in our 60’s or 70’s—causing about 20 million American men to suffer from “low testosterone syndrome” or, as it’s now being called by the medical community—“andropause.” Andropause (also called “male menopause”) is just as it sounds: it’s the men’s equivalent to menopause, only it starts at a much earlier age.

Not only does the amount of T produced decline with age, the morning spike of T is typically not found any longer; thus, you’ll experience less frequent or less pronounced erections.

See, once you hit the mid-20’s, the pituitary gland starts to produce less LH, which decreases T production. (Remember, LH, or luteinizing hormone, is responsible for prompting the body to produce more T.) Plus, as we age, men typically increase SHBG (sex hormone-binding globulin), which can cause a reduction in the amount of freely circulating T available to the body.

Unfortunately, this natural decrease in T is accompanied by a gradual and undesirable decline in sex drive, overall mood changes, inability to concentrate, a drop in energy levels, increased body-fat (especially on the belly), and decreased muscle mass and strength. As you can plainly see, low levels of T are no laughing matter!

Andropause and low levels of testosterone affect millions of men across America. With that in mind, I’d suggest if you’d like to explore the possibilities of whether or not you might be suffering from andropause and/or low levels of T further, you take a moment to take our test on the next page and find out…(go ahead, I’ll wait!)

Quiz adapted from “Androgen Deficiency in Aging Men Questionnaire,” John Morley, M.D., Saint Louis University School of Medicine, 1997.
PART II: Remedies for Low Testosterone

Are There Remedies for Low Testosterone Levels?

The good news is, if we choose to harness the power of recent scientific breakthroughs, we can naturally boost our bodies’ own production of T and needn’t look at synthetic forms of T (not that we were considering it anyway) to gain more “mojo.”

Fortunately, what I’m about to share with you, for the first time ever, is those scientific theories that offer strong evidence it is absolutely, positively possible to naturally restore and significantly elevate your body’s own T levels by using a precise combination of diet, training, novel supplementation, and lifestyle factors.

Hey, I told you this was going to be exciting!

Testosterone-Boosting Alternatives Worth Taking a Serious Look At...

The safest, fastest, most surefire way to lose bodyfat, gain muscle mass, restore your body to its natural athletic shape, and reinforce your vital essence as a man... is to tap into your body’s own natural supply of T, not to supplement your diet with unproven T precursors and potentially harmful prohormones:

See, your system is very good at self-regulating. Sure, you can spur your body into “thinking” it’s getting more T, but within the boundaries set by nature, your body will smarten up and subsequently stop producing its own natural supply of T. Clearly, this is not what you want to have happen! That’s why I propose we concentrate on the fact be optimized!

Factors That Positively Influence T Levels, Naturally

Here’s a brief overview of the four most potent factors that can positively influence and support our bodies’ natural ability to ramp up levels of T—with no sudden hair loss, no acne outbreaks, and no health risks (which, by the way, are normally associated with anabolic steroids and many outdated prohormones):

DIET

Recent scientific evidence suggests a diet consisting of 40% carbohydrates, 40% fat, and 20% protein can produce substantial elevations in T levels.

Believe it or not, recent evidence supports the theory that the most crucial part of your diet is your fat intake.

Diets low in fat and protein (or in overall calories) have been shown, repeatedly, to dramatically lower levels of T. Conversely, one 1987 study showed that free T levels—the part that’s readily available for use in building muscle—dropped some 21% in those subjects who followed a low-fat diet.

Realizing you need protein to build muscle, your intake should remain at about one gram of protein per pound of bodyweight but no more than 20% of your daily caloric intake. You can figure this out by first converting your protein requirements into calories, and from there, you should be able to determine your daily carb and fat requirements. (For instance, a 200-lb man would eat 200 grams or 800 calories from protein per day (200 x 4 cal = 800); therefore, to achieve 40% ratios, his carbs and fats would equal to 1,600 calories each (1,600/4 cal/carb = 400 grams of carbs and 1,600/9 cal/fat = 178 grams of fat), for a total of 4,000 calories per day).

Granted, at least 50% of this fat (or 89 grams) should come in the form of healthy “good” fats, like flax oil, almond butter, and fish oils, which have been shown to produce higher levels of T, longer nitrogen retention, increases in readily available energy, and improved overall mood.

TRAINING

Recent scientific evidence suggests a weight-training regimen that consists of high repetitions (10) combined with a high number of sets (10) and a limited amount of rest in between sets has produced the most measurable increases in T for men!

The creation of new muscle starts with muscle damage. Lifting and lowering weights creates microscopic tears in your muscles and starts this process of muscle growth... but from there, it’s up to you and your body’s sufficient levels of T to promote increased protein synthesis and thus make the original structure stronger and bigger.

It’s been proven that a single workout can create a prolonged muscle-building “anabolic environment” (increased T as well as improved protein synthesis turnover) in the targeted cells that can last anywhere from 24 to 48 hours—even longer if you’ve significantly damaged the muscle cells. (That is, by using more than those chrome salt and pepper shakers for weight training, of course!)

The most advanced training method to prime your body for the “perfect” anabolic environment can be achieved by following the guidelines of a recently published scientific study found in the Journal of Applied Physiology, which revealed a particular workout resulted in a 67% elevation in T and an astonishing 25-fold increase in growth hormone (GH, another effective muscle-building hormone). To maximize the body’s natural hormonal response, the study used a 10-set, 10-repetition (with 60 to 70% of one-rep maximum) single exercise lifting schedule with three-minute rest intervals. Although this type of training isn’t necessarily anything new, the research has finally proven what I suspected all along... a mind-boggling boost of natural T. So, I’ve decided to coin it “Maximum Hormonal Response Training” (MHRT), because it does just that!

SUPPLEMENTS

Since the recent ban of prohormones, the science of testosterone-boosting supplements is forging ahead at a rapid pace! I’ve investigated new findings at great depths to bring you the most favorable, promising compounds. Supplements that are not only relatively safe but that may support your body’s own natural production of T, without the side effects of prohormones or anabolic steroids.

An Update on Past Natural Testosterone Supplements

Let’s take a quick look at some of the past, more popular nutritional supplements touted to help support T levels. You’ll notice that while many of them quickly became extremely popular in bodybuilding circles in the 1990’s, most of them are already “old news” and have been proven to be literally worthless or even outright dangerous.

DHEA

This is the granddaddy of all prohormone supplements. Naturally produced in the body by the adrenal glands, DHEA (or dehydroepiandrosterone) originally gained immense popularity when data was first released that it might help the aging population turn back the clock by replacing the body’s own supply of DHEA and was only two steps up the metabolic

“...most [pro-hormones] are already ‘old news’ and have been proven to be literally worthless or even outright dangerous.”

Since the recent ban of pro-

...
pathway from testosterone. Once news got out that the supplement also helped reverse the dwindling testosterone levels present (or absent in this case) in older men… voila! DHEA “hit the charts” with bodybuilders and athletes trying to gain that “extra edge” with a testosterone-boosting supplement.

Unfortunately, as with many supplements, people jumped the gun instead of waiting for the scientific data needed to prove its effectiveness with appropriate users first. Some of the drawbacks with DHEA surfaced shortly thereafter.

First, because the supplement was originally tested on men over 50 years old, instead of young athletes and weight trainers (whose T levels might already be sufficient), it lacked any real relevance. The second fault of DHEA was that it required the use of very high, costly doses—ranging from 1,600 mg per day.

Unfortunately, DHEA was also found to easily convert to estrogen and dihydrotestosterone (DHT), which happen to cause some very undesirable side effects. For instance, excess estrogen can cause water retention, gynecomasia, and, in severe cases, even certain forms of cancer. And elevated DHT may lead to enlargement of the prostate gland as well as male pattern baldness.

For these reasons, DHEA’s popularity quickly diminished in muscle-building supplement circles.

**“Andro”**

Next came the prohormone androstenedione (or “andro”)—the supposed “East German Secret Weapon.” Well, as nice as the story was, and despite baseball slugger Mark McGuire’s national endorsement of the supplement, the use of andro fizzled in popularity after only about two years. And for good reason,…

Remember how DHEA was said to be only two steps away from converting to T in the body? Well, andro is only one step away. *Lo and behold, it must be better…* cried the supplement marketers. The problem? The marketers for andro used the same faulty assumptions as did those for DHEA… only this time, it was a poorly designed study performed in 1962, which measured increased levels of T in a few women (yes! women).

See, the study showed a 300% peak increase in blood levels of T within 60 minutes after orally taking andro. Sounds great, doesn’t it? Consider this, however—since woman already have lower levels of T (much lower, thanks to genetic design), it would not take much to produce a 300% increase. (For instance, if a woman had 5 ng/dl and her levels jumped to 15, that would be a 300% increase; unfortunately, for us guys, who have anywhere from 300 to 1,000 ng/dl of freely circulating T in our bodies, an increase of 10 or even 20 ng/dl is not going to grow a single hair on your chest, let alone help you pack on any muscle mass!) Despite their lack of concrete evidence, unscrupulous supplement manufacturers marched forward with andro, touting it as a suitable alternative to steroids (based solely on the mis-representation of the study I just mentioned).

Unlike DHEA, however, andro was met with skepticism from consumers along with the scientific community for its inability to substantiate its claims to elevate T levels. Plus, as consumers soon realized, andro did not produce any measurable results in muscle mass or strength, and it came with a whole host of unwanted side effects.

*Pro-Steroids (Methyl or Ether-Based)*

Considered the third generation of T-boosting hormones, these substances are actually not classified by many as prohormones, simply because prohormones have to convert into T in the body (being one, two, or three steps away), whereas these compounds, known as pro-steroids, are already orally active (meaning your body doesn’t need to break them down and convert them into T, like prohormones). This new breed of hormone was appropriately labeled as 1-testosterone (or 1-T for short).

I’m not going to go into all of the scientific jargon that describes the chemical differences between 1-T and an “old-school” prohormone, like andro. Let’s just say this new “designer steroid,” 1-T, did more than push the scientific envelope.

Back up a few years, you’d see that pro-steroids were invented by a super clever organic chemist by the name of Patrick Arnold. (He also owns his own supplement company, by the way, called Ergopharm.) His next generation pro-steroid concoction, 1-T (or, by his company’s trade name: 1-AD) suddenly came into a class of its own, setting itself apart from the outdated andro-type supplements for one reason: it worked! Within months of its entrance onto the market, bodybuilders from here to Russia were snatching it up just as quickly as Patrick and his company could make it. Soon after, the “copy-cat” 1-T products appeared.

Suddenly, it seemed as though literally every man who was eager to raise his T levels and put on serious muscle mass was heading to the supplement stores just to try the new super-hormone 1-T. And, as often happens with an overnight sensation in the supplement industry, companies skipped over a few critical steps to meet the new demand.

Now, I certainly don’t agree with the FDA banning supplements. However, I do err on the side of caution when it comes to safety. My belief is, and will always be, that no matter what: *safety comes first.* Above all else—sales and profits included.

However, as of January 20, 2005, the final law about this very subject, concluding the year-long search into prohormones/pro-steroids, was enacted. It reads: “H.R. 3866, the Anabolic Steroid Control Act of 2004, passed overwhelmingly in the U.S. House of Representatives.” There’s no stopping the government interference now—it’s time to say goodbye to pro-steroids and this class of prohormone supplements, forever.
Supplements That May Positively Influence T Levels, Naturally and Legally

The science of testosterone-boosting supplements is forging ahead at a rapid pace! I’ve investigated the new findings at great depths to bring you only the most promising compounds. Supplements that are not only relatively safe but that may support your body’s own natural production of T, without the side effects with prohormones or anabolic steroids. (PLEASE notice I said “may,” as some of these substances have yet to be proven in humans, and I’ll point those out when appropriate.) You might want to note, however, one particular supplement, which I will discuss in a second, has been shown in a recent study to produce nearly twice the elevation of T than those in the control group experienced.

• **Eurycoma longifolia** (better known by its patented form, LongJax™).

Animal studies have shown significant effects of *Eurycoma longifolia* on sexual behavior and increases in T—one showing an up to 170% increase in T! Another plus is, because Eurycoma isn’t a prohormone, it won’t suppress your natural production of T; instead it boosts it.

In a recent study reported in the 2007 *Journal of Natural Medicines*, 30 men participating in a 24-hour mountain biking race were divided into two groups. One group (15) received Eurycoma, and the other group (15) received a placebo. The researchers measured basal cortisol levels and 16.4% higher**

- **Eurycoma** notice an immediate, definite increase in T. Another plus is, because Eurycoma is a potent stimulator of T levels and sexual arousal and vigor, which really isn’t all that bad if you think about it!

Currently, there have been no negative side effects reported from the use of Eurycoma. For optimal results, I’d follow the most compelling research and use 300 to 400 mg of Eurycoma twice per day for at least four weeks. (I’d stick to the patented form, LongJax™, since you can trust its purity and potency.)

• **TESTOFEN™** (Trigonella Foenum Graecum, Syn. *Punica granatum*), **Best-Known Secret!**

Testofen is a not-so-well-known herb… but it’s become quite an underground sensation for many European bodybuilders. It contains a variety of powerful anabolic compounds, among them Protodioscin and Steroidal Saponins.

Unlike other natural testosterone-boosting herbs, Testofen contains a host of active compounds in addition to Protodioscin and Saponins—all responsible for significantly boosting Testosterone levels, muscle mass, and libido.

Research suggests the majority of these saponins exist as saponin glycosides. Fenugreek is a set of potent saponin glycosides unique to Testofen that have been specially extracted and standardized to yield the highest potency and purity for maximal benefit. Now, since Testofen is the only natural substance that produces these unique Fenugreks, what’s interesting is Testofen “acts” more like Testosterone by binding to the Testosterone receptor sites and creating more Testosterone. And as a result, it amplifies the androgenic and anabolic activity in the body. Equally important, though, it does this without shutting off the body’s own natural production of T.

In a recent randomized, placebo-controlled clinical trial with 60 men, Testofen nearly doubled (+98%) users’ Testosterone. In yet another study, Testofen was compared to a “real” anabolic steroid, and it faired exceptionally well—comparable in muscle mass gains after only 14 days of use, with a fraction of the amount of Testosterone produced in the body by the “real” deal.

It’s for these reasons, Testofen is one of bodybuilding’s best-kept secrets because, as confirmed by multiple research studies, it demonstrates strong androgenic and anabolic properties to boost libido and increase muscle mass. For best results, I’d suggest following the latest research and using 100 to 200 mg once daily for at least four weeks.

• **Tribulus Terrestris** (Tribulus or the active compounds, saponins and protodioscin).

Surprisingly, this herbal extract was originally discovered and researched in Bulgaria (the home of many of today’s Olympic Powerlifters, I might add!). Even though it’s been lopped into the same boat as prohormones, let me just clear the air—it’s absolutely, positively not a hormone. In fact, tribulus works with your body—not to inhibit it—but to help support its natural ability to produce T and restore it to within “normal” ranges.

By the way, if you decide to give tribulus a try, I’d suggest you stick with the latest research and use 250 mg of tribulus, taken twice a day (for a total of 500 mg a day), for at least four to eight weeks (and use a form that is as close to 60% saponins as possible).

• **Zinc/Magnesium** (Zinc Aspartate, Magnesium-Aspartate, or by its trademark name ZMA™)

Despite the controversy surrounding Victor Conte, his company Balco Labs, and the mounds of bad press about his creation of “designer steroids,” his other creation, ZMA, a zinc/magnesium combination, is still a sound mineral supplement for supporting male hormones and improving overall strength.

Supported by two studies, one called “Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength,” from the Exercise and Sports Science Laboratory in Washington… this trademarked combination has proven its worth in the lab and in the real world.

It’s become apparent for some time now that consistent resistance training causes a depletion of vital minerals in the muscle cells. One such critical mineral is zinc. Zinc has also been shown to play an important role in the body’s ability to get a restful sleep. (It sounds too good to be true, doesn’t it?)

Well, just remember, you heard it here first!

“…it appears Eurycoma is a potent stimulator of T levels and sexual arousal and vigor, which really isn’t all that bad if you think about it.”

“…tribulus works with your body—not to inhibit it—but to help support its natural ability to produce T and restore it to within ‘normal’ ranges.”

Free T is what you want increased, not Total!
night's sleep. When you are able to get a sound night's sleep, your body releases many more hormones, namely T and growth hormone—two very powerful anabolic hormones for building muscle mass. In fact, a larger percentage of T secreted daily in men occurs during sleep, and levels peak during the early morning. As you can see, a good night's sleep is vitally important for increasing T levels, and thus supplementing with zinc can help replace not only the “depleted” zinc from weight training but supply the body with adequate amounts for a restful night's sleep... so your T levels can continually stay on the rise (pardon the pun.)

ZMA* has been shown in recent studies to raise free and total T levels by over 30%, compared to the placebo, which rose only 10%. What's more, zinc and magnesium supplementation have both been reported to significantly reduce levels of the catabolic (muscle-wasting) "stress" hormone, cortisol, by 59% and 25% respectively.

Because zinc and magnesium deficiencies are both commonly found in the general public and are even more prevalent in intensely trained athletes and weight trainers, this combination has become popular. I suppose it's also safe to say that because zinc and magnesium is merely a harmless mineral combination and not a prohormone, it's becoming more and more widely used by competitive athletes—including college, professional, and Olympian. And with great success!

ZMA is the trademarked formation of zinc and magnesium (from BALCO labs), and contains 30 mg of zinc and 450 mg of magnesium, plus 10.5 mg of Vitamin B6. If you were to use the simple forms of zinc and magnesium, in these same amounts, for your natural T-boosting supplement choices, I don’t see any reason it wouldn’t produce the same results. If you prefer to use zinc and magnesium, I’d suggest you stick to the research and take these exact amounts, nightly before bedtime, for at least four weeks. However, because it’s a vitamin/mineral combination, you can use it for as long as you feel you need to.

This is hot off the research press!!

• P-450™ Hesperetin ([S]-2,3-dihydro-5,7-dihydroxy-2-(3-hydroxy-4-methoxyphenyl)-4-H-1-benzo-pyran-4-one)

Hesperetin is an interesting citrus bioflavonoid found primarily in oranges and lemons. The antioxidant properties of hesperetin are fairly well established, and more recent studies have indicated hesperetin may also have anti-inflammationary, anti-allergic, hypolipidemic (reduces total cholesterol, including LDL), vasoprotective, and anti-carcinogenic actions. But a newly discovered, added benefit of this substance may be even more profound for weight trainers since hesperetin appears to be a potent anti-aromatase.

See, aromatase is the enzyme that is involved in the process through which hormones in the body are converted to estrogen. As an anti-aromatase, hesperetin reduces the formation of estrogen in the body. This is important because the conversion of testosterone to estrogen is thought to increase as we age (at least in males), and because increases in estrogen are linked to a female breast-like appearance or testicular retention, and in extreme cases, even gynecomastia (a "female breast-like" appearance) or testicular cancer.

What’s interesting is that no one has used this powerful anti-estrogen compound—until recently that is. Probably because hesperetin was virtually unknown until recent research indicated its potential positive effects for inhibiting estrogen and because it takes an immense amount of resources to learn how to extract such a compound from its natural source. Recently, however, hesperetin has been trademarked under the name P-450 and is now being made available to consumers under that name. If you’d like to use P-450™ (hesperetin) as a potent estrogen inhibitor, I’d stick to the most recent research and consume 200 mg at least once daily. And since it’s a natural compound and it doesn’t “shutdown” your body’s natural production of T, you can use it for as long as you’d like.

IMPORTANT ANNOUNCEMENT:

In 2005, the research team at iSatori undertook the task of formulating a supplement that could meet the fierce objectives we set for it, which were:

(i) to contain the specific scientific amounts of effective ingredients to be potent; (ii) be extremely safe; (iii) introduce a novel new ingredient to the testosterone world (which we did in forging a way to produce hesperetin [P-450™] estrogen inhibitor); (iv) the ability to suppress any possible conversion of testosterone to estrogen (e.g., anti-aromatization); and (v) a delivery system which creates an immediate release of the nutrients into the system for T-enhancing benefits when you want them.

Well, without sounding like I’m tooting our own horn, we did it. We managed to engineer what we believe was the most potent, safest, most novel, fast-acting, most effective testosterone-boosting supplement formula ever.

Then, just recently, our research team decided to make ISA-TEST even better. They took the original ISA-TEST formula and blew it away with the addition of a brand new ingredient, Testofen®, so it’s 2X stronger than the original formula. What’s more, they improved the delivery system, so it works 200% faster, so you’ll “feel” the amazing results after the first dose!

The new ISA-TEST™ is now available at some supplement retailers nationwide. So, if you’d like to be the very first to take it on a “test-drive,” limited supplies are now being made available. I’d suggest you rush into your local supplement retailer and pick up a bottle (or two) of the New & Improved ISA-TEST today! If they don’t carry it, tell your retailer to call our distributor at 1-800-447-4795. Outside the United States, call 1-203-219-3174, or you can visit us on the web at www.iSatoriTech.com for a list of authorized ISA-TEST retailers.

Can’t wait? Call iSatori (the manufacturer of ISA-TEST) direct at 1-866-688-7679 (ask for Dept. #2352) or visit www.iSatoriTech.com/ISA-TEST.

As with all iSatori supplements, the quality and purity of our new maximum strength testosterone formula is guaranteed, and so is your satisfaction.* This gives you the opportunity to try our supplements without any risk whatsoever.

It doesn’t get any fairer than that, does it?

*30-day refund policy for direct order only. Does not differ and are subject to their own refund policy.

Summary of Novel T-Boosting Supplements

To be perfectly frank, not even the most powerful natural T-boosting supplements are going to help you pack on 25 to 50 lbs of rock-hard muscle (...and if anyone tells you this, they’re outright lying). However, as the evidence shows, if you are following a disciplined training and nutrition program, these supplements can offer an "extra edge" to produce even more T—something that might help you train a little harder, recover a little faster, feel a little better, and possibly even gain more muscle and strength, faster.

IMPORTANT ANNOUNCEMENT:

In 2005, the research team at iSatori undertook the task of formulating a supplement that could meet the fierce objectives we set for it, which were:

(i) to contain the specific scientific amounts of effective ingredients to be potent; (ii) be extremely safe; (iii) introduce a novel new ingredient to the testosterone world (which we did in forging a way to produce hesperetin [P-450™] estrogen inhibitor); (iv) the ability to suppress any possible conversion of testosterone to estrogen (e.g., anti-aromatization); and (v) a delivery system which creates an immediate release of the nutrients into the system for T-enhancing benefits when you want them.

Well, without sounding like I’m tooting our own horn, we did it. We managed to engineer what we believe was the most potent, safest, most novel, fast-acting, most effective testosterone-boosting supplement formula ever.

Anabolic Breakthrough

Then, just recently, our research team decided to make ISA-TEST even better. They took the original ISA-TEST formula and blew it away with the addition of a brand new ingredient, Testofen®, so it’s 2X stronger than the original formula. What’s more, they improved the delivery system, so it works 200% faster, so you’ll “feel” the amazing results after the first dose!

The new ISA-TEST™ is now available at some supplement retailers nationwide. So, if you’d like to be the very first to take it on a “test-drive,” limited supplies are now being made available. I’d suggest you rush into your local supplement retailer and pick up a bottle (or two) of the New & Improved ISA-TEST today! If they don’t carry it, tell your retailer to call our distributor at 1-800-447-4795. Outside the United States, call 1-203-219-3174, or you can visit us on the web at www.iSatoriTech.com for a list of authorized ISA-TEST retailers.

Can’t wait? Call iSatori (the manufacturer of ISA-TEST) direct at 1-866-688-7679 (ask for Dept. #2352) or visit www.iSatoriTech.com/ISA-TEST.

As with all iSatori supplements, the quality and purity of our new maximum strength testosterone formula is guaranteed, and so is your satisfaction.* This gives you the opportunity to try our supplements without any risk whatsoever.

It doesn’t get any fairer than that, does it?

*30-day refund policy for direct order only. Does not differ and are subject to their own refund policy.

Summary of Novel T-Boosting Supplements

To be perfectly frank, not even the most powerful natural T-boosting supplements are going to help you pack on 25 to 50 lbs of rock-hard muscle (...and if anyone tells you this, they’re outright lying). However, as the evidence shows, if you are following a disciplined training and nutrition program, these supplements can offer an “extra edge” to produce even more T—something that might help you train a little harder, recover a little faster, feel a little better, and possibly even gain more muscle and strength, faster.
Introduction to the Testosterone Solution Nutrition Plan

Recent scientific evidence suggests that a diet consisting of 40% carbohydrates, 40% fat, and 20% protein can produce substantial elevations in T levels. Yes, that’s 40% fat! In other words, the most crucial part of your diet, if you want to increase your T levels, is your fat intake.

Make no mistake, diets low in fat and protein (or in overall calories) have been shown, time and time again, to dramatically lower levels of T. For example, one 1987 study showed that free T levels—the part that’s readily available for use in building muscle—dropped some 21% for those who followed a low-fat diet. And another study, recently published in the Journal of Applied Physiology, conclusively showed that individuals who consumed a diet containing 20% fat compared with a diet containing 40% fat had significantly lower concentrations of T. Even more startling, this same study demonstrated that those who followed a low-protein diet (less than 20% of total calories) had higher levels of T compared with those whose diets were higher in protein (over 40% of total calories). Now, I’m not talking about some vegetarian diet. Nope, I’m referring to eating meat, as in beef, chicken, and fresh fish. The truth is, in a study published in 1992, T declined an alarming 35% when the athletes followed a vegetarian diet. That’s why it’s important to stick with what works—animal proteins.

This overwhelming scientific evidence has helped shape the diet I am about to share with you...

First, it should come as no surprise that you need protein to build muscle! Your intake should remain at about one gram of protein per pound of bodyweight, but no more than 20% of your daily caloric intake. You can figure this out by first converting your protein requirements into calories, and from there, you should be able to determine your daily carbohydrate and fat requirements.

As an example, let me show you how I calculate my daily macronutrient requirements for the T-Solution Diet: I first calculate my protein, based on my bodyweight of 225 lbs. I want to consume one gram of protein for every pound of bodyweight, so I’ll need to eat 225 grams or 900 calories of protein per day (225 x 4 cal = 900). Therefore, to achieve the respective 40% carbohydrates, 40% fat, and 20% protein macronutrient requirements, I need 810 calories of carbs, 810 calories of fat, and 450 calories of protein per day (2,570 total calories).

You can substitute and prepare the macronutrient shake like Eat-Smart® (which contains whey protein, low-glycemic whole-grain carbs, vitamins, minerals, “good” fats from flax, and added fiber).

As an example, let me share how I calculate my daily macronutrient requirements for the T-Solution Diet: I first calculate my protein, based on my bodyweight of 225 lbs. I want to consume one gram of protein for every pound of bodyweight, so I’ll need to eat 225 grams or 900 calories of protein per day (225 x 4 cal = 900). Therefore, to achieve the respective 40% carbohydrates, 40% fat, and 20% protein macronutrient requirements, I need 810 calories of carbs, 810 calories of fat, and 450 calories of protein per day (2,570 total calories).

You can substitute and prepare the macronutrient shake like Eat-Smart® (which contains whey protein, low-glycemic whole-grain carbs, vitamins, minerals, “good” fats from flax, and added fiber).
Part IV: TESTOSTERONE MHRT PLAN

Introduction to The Testosterone Solution Workout Plan—MHRT Maximum Hormonal Response Training

Our strategy in weight training is to optimize the body’s anabolic environment. By releasing not only more T but also other growth-inducing hormones like human growth hormone (HGH), insulin, and insulin-like growth factor (IGF-1), which are important for helping the body repair and build new muscle tissue as well as improve overall health.

The creation of new muscle starts with muscle damage. Lifting and lowering weights creates microscopic tears in your muscles and starts this process of muscle growth off nicely... but from there, it’s up to you to have sufficient T available to promote increased protein synthesis and thus make the original structure stronger and bigger.

WEEKLY EXAMPLE OF THE TESTOSTERONE MHRT PROGRAM

Day One Chest/Legs *super-set

Bench Press* (dumbbell or barbell)
- Warm-up: 1 set x 20 repetitions (20% 1-RM)
- Work sets: 9 sets x 10 repetitions (60% 1-RM)
- Tempo: 2-1-2 (bring the weight down for a count of two, hold it for one second, and push up the weight for a count of two)
- Rest: 90- to 120-second intervals

Squat* (barbell)
- Warm-up: 1 set x 20 repetitions (20% 1-RM)
- Work sets: 9 sets x 10 repetitions (60% 1-RM)
- Tempo: 3-0-1 (bring the weight down for a count of three, once the top of the legs are parallel to the floor, explode up with the weight for a count of one)
- Rest: 90- to 120-second intervals

Day Two Off (or light cardio training and/or abdominal work)

Swiss Ball Crunches
- Work sets: 4 sets x 50 repetitions (or until abs really burn)

Day Three Back/Shoulders *super-set

Dumbbell Row* (dumbbell or barbell)
- Warm-up: 1 set x 20 repetitions (20% 1-RM)
- Work sets: 9 sets x 10 repetitions (60% 1-RM)
- Tempo: 2-1-2 (bring the weight down for a count of two, hold it for one second, and push up the weight for a count of two)
- Rest: 90- to 120-second intervals

Shoulder Press
- Warm-up: 1 set x 20 repetitions (20% 1-RM)
- Work sets: 9 sets x 10 repetitions (60% 1-RM)
- Tempo: 2-1-2 (push the weight up for a count of two, hold it for a second, and let the weight down for a count of two)
- Rest: 90- to 120-second intervals

Day Four *Repeat Day Two

Swim Pool—Stationary (or treadmill, elliptical)
- Work sets: 20 to 30 minutes of “slow-and-go” cardio. (In other words, use a medium level of intensity and keep RPM around 70 and heart rate at 60% or 70% of maximum.)

Legs
- Squat* (barbell)
- Warm-up: 1 set x 20 repetitions (20% 1-RM)
- Work sets: 9 sets x 10 repetitions (60% 1-RM)
- Tempo: 3-0-1 (bring the weight down for a count of three, once the top of the legs are parallel to the floor, explode up with the weight for a count of one)
- Rest: 90- to 120-second intervals

Rest:

90- to 120-second intervals

Recumbent Bike—Stationary (or treadmill, elliptical)
- Work sets: 20 to 30 minutes of “slow-and-go” cardio. (In other words, use a medium level of intensity and keep RPM around 70 and heart rate at 60% or 70% of maximum.)

Rest:

90- to 120-second intervals
It’s been proven that a single workout can create a prolonged muscle-building “anabolic environment” effect in the targeted cells (increased T and improved protein synthesis) that can last anywhere from 24 to 48 hours—even longer if you’ve significantly damaged the muscle cells. That is, using dumbbells and barbells to perform such lifts as bench presses, squats, deadlifts, shoulder presses, and other basic, compound movements.

The most advanced training method to prime your body for the “perfect” anabolic environment can be achieved by following the guidelines of a recently published study found in the Journal of Applied Physiology, which revealed a particular workout resulted in a 67% increase in T and an astonishing 25-fold increase in growth hormone (GH, another effective hormone). To maximize your body’s natural hormonal response, the study used a 10-set, 10-repetition (with 70% of 1-rep maximum) single exercise lifting schedule, with three-minute rest intervals. We will follow a slight modification of this.

Look at the training regimen (in the diagram on page 22), and you’ll see how it’s structured such that you repeat your cycle of “Maximum Hormonal Response Training” (MHRT) each week, keeping the number of sets and repetitions at ten. To maximize the body’s ability to produce increased amounts of T, I’d suggest you follow this program for no more than 21 days (or three weeks). Then go back to your “normal” training routine (and diet) for two to three weeks, and then follow the MHRT for another cycle of 21 days. And repeat this again (for three 21-day cycles in total).

After two or three rounds of MHRT, T should be surging in your system; however, due to the increased stress this training can put on your body, it’s best not to follow MHRT more than three or four times a year, at most. Otherwise, you risk overtraining and possibly impairing your body’s ability to repair itself.

I’ve structured the weight-training program (see the chart on the previous pages) so it focuses on a collection of variables that, when set in a specific order, will elicit a specific response. These are the key program variables: (i) type of exercises and order; (ii) type of muscle actions used (e.g., eccentric [negative], concentric [positive], isometric [static]); (iii) training intensity; (iv) volume (e.g., number of exercises, sets, and total reps); (v) repetition speed/tempo; (vi) rest periods between sets and exercises; (vii) training frequency; and (viii) muscle groups trained.

You should work out with weights no more than three to four times a week. If you can’t get to the gym on the weekends or any other day for some reason, I’d suggest you take an extra day off, or you could work out two days in a row. But because of the intensity and amount of volume in this program, you should always try to avoid working out more than two days in a row. Follow the charts on the previous pages to see how the Program works… (You can add weight whenever you feel it’s possible, but be sure you are physically and mentally up for it.)

Each workout involves doing only one exercise per body part. Yes, that’s right: one! (Believe me, if you follow the prescribed workouts and train as hard as you can, one exercise will be all you need!) And besides, you’ll probably cut your normal training time in half. This will give your body more time for recovery, which is very important. Before you discredit this workout, because it calls for training with weights only every other day… try it. I have a hunch, after the first workout, you’ll be emailing me to tell me how sore you are and how excruciatingly tough the workouts are!

By the way, aerobic exercise is optional. If you feel you need to do cardiovascular exercise, try to do it at a “slow-and-go” intensity level. In other words, try to keep your pulse rate in the 60 to 70% maximum range, and try to do your cardio on non-
weight-training days. Two or three 20- to 30-minute sessions a week are plenty. However, if you can, try to limit your cardio, at least during the MHRT phase, and then resume doing it once you return to your “normal” training and dieting. Refraining from too much training will optimize the level of T (and other anabolic) hormones your body will produce.

Make no mistake about it, my friend, this training program is downright hard. To perform such an inordinate amount of repetitions or to stick with just one exercise for each body part will likely feel unconventional. That’s because it is! But remember, the main differences between this workout program and the one you’ve likely been following is why this one will absolutely, positively stimulate the continual surges of natural T and the one you’re currently following likely doesn’t. Overall, I think you’ll find the workouts simple to follow, very intense but fun and result-producing in terms of size and strength gains!

Conclusion: Your Plan for T-Boosting Success

There’s no disputing that if you follow these three potent lifestyle factors, as I’ve integrated them into the Testosterone Solution Plan (for at least three 21-day cycles), you can positively influence and support your body’s natural ability to increase levels of testosterone—without having to resort to dangerous steroids or unproven prohormone supplements. See, like I mentioned earlier, the goal is to stimulate the body to increase its own natural production of T, all the way to upper “normal” ranges (+1,000 ng/dl) and possibly way beyond.

By putting all of these T-boosting factors into place—diet, training, and supplements—you’re almost guaranteed to have your T levels rise to new heights. With increased T production, more than likely, you’ll just feel better and have a more positive outlook on everything—your workouts, sex life, and overall sense of confidence and well-being. Testosterone is that powerful and can spark drastic, noticeable changes in your life. Simply put, more testosterone allows you to “turn on your mojo” and realize your full potential—as a man. Now, let’s get to it...

NUTRITIONAL GUIDELINES

- Diet should consist of 40% carbs, 40% fat, 20% protein.
- Eat six to seven meals each day (about every two- and-half to three hours while awake).
- Drink at least 10 to 12 tall glasses of water or at least 60 oz.
- Include natural peanut butter, fish oil, flax oil, and olive oil, whenever you can.
- Use as many whole foods as possible to meet your protein requirements (or use a meal-replacement shake or nutrition bar that contains whole-grain carbs, good fats, and fiber, like Eat-Smart® or Tri-O-Plex™).
- Rely on starchy/whole-grain sources for carbs (like potatoes, brown rice, yams, etc.), not white flour, sugared carbs (like breads, chips, and crackers).
- Eat high-fiber cereal, nutrition bars, raw nuts, and other wholesome foods as “snacks” in-between meals to help meet daily caloric requirements.

SUPPLEMENT GUIDELINES

- Use a high-quality whey-protein meal replacement (like Eat-Smart®) at least two times per day.
- Use fish oil, flax oil, peanut butter, or PowerButter™ (at least three servings per day) for added “good” fats.
- Use the new and improved ISA-TEST™ Maximum Strength Testosterone Stimulator—Now, 2X stronger!
- Use a multi-vitamin/mineral formula (minimum 200% of RDA for most nutrients/antioxidants).
- Take Vitamin C (at least two to three grams per day).

There you have it. Not overly complicated at all. I encourage you to give this Testosterone Solution Plan a try for at least three 21-day “cycles,” and let me know what you think and if it makes a difference. I am certain, if you do, you’ll be pleasantly surprised. Email me and tell me how well it worked for you at Stephen@iSatoriTech.com.
Q: How much testosterone increase do you expect your body composition to change dramatically (e.g., more muscle, less fat)?
A: Aside from not training consistently and follow-up, estrogen does have important functional roles in men (such as maintaining bone and cardiovascular health), in excess, estrogen can promote vascular health, in excess, estrogen can promote mastia; that is, the female-like increase in breast tissue, and may even disrupt the delicate endocrine system in men, because the dosing recommendations I offer are for more experienced weight lifters or those who are accustomed to using prohormones, who would like to optimize their testosterone levels by incorporating an advanced dosing strategy.

Q: Take a full dose (four capsules) of ISA-TEST at least 60 minutes before hitting the gym. One way to maximize the benefits of ISA-TEST is to consume it with approximately 20 to 30 grams of high-quality protein and, if you are doing high reps or high-volume work, 20 to 30 grams of carbohydrates. If you train in the morning, this means you should take ISA-TEST with a protein shake as soon as you wake up. The second dose (two capsules) of ISA-TEST should be taken at bedtime to optimize the restorative effects of testosterone while sleeping.

Q: Do I need to “load” or “cycle” ISA-TEST?
A: Loading is not necessary. Relative to cycling, as I recommend with all supplements, I suggest users of ISA-TEST follow an eight- to 12-week “on” period followed by a two- to four-week “off” period.

Q: Is it possible to duplicate the effects of ISA-TEST by purchasing each of the individual ingredients?
A: No—every ingredient in ISA-TEST undergoes an exclusive extraction and manufacturing process to enhance its potency and purity. Also, the patent-pending Rapid Bio-Diffusion” Delivery Technology ensures the delivery (bioavailability) of the ingredients in ISA-TEST is unmatched.
The New Best Diet and Training Book, MAXIMUM GROWTH, Volume II, Reveals How You Can…

**Gain More Muscle in One Month Than Most Guys Do All Year—Guaranteed!**

And the Best Part IS, MAXIMUM GROWTH, Volume II, (A $25 Value) Is Now Yours Absolutely FREE!

What if I told you…

- An amazing new breakthrough could make your body explode with new, denser, rock-hard muscle…faster than you ever thought possible?
- You could accomplish this by working out as little as 30 to 45 minutes per day, no more than four times per week?
- All this, despite any rotten genetics, sloppy proportions, or measly budget? And to top it off, all in just the first month alone?
- You’d probably be skeptical, to say the least. Well, my friend, the fact is it’s actually, positively true. In fact, I guarantee it!
- Listen, if a guy like me, who’s not genetically gifted at all, can pick on impressive size—adding two inches to my chest and an inch on my arms—in less than a month, SO CAN YOU!!
- And to prove how confident I am that MAXIMUM GROWTH, Volume II, will provide the answers you need to gain unassailable muscle size and strength, I’m willing to send you a copy of this amazing new program…free of charge!

Here’s a “preview” of what you’ll find in this new, updated program:

- **How to “force” your body to pack on pound-after-pound of rock-hard muscle and shed unattractive muscle-hiding fat at the same time?**
- **An innocent but devastating muscle-building mistake almost everyone makes—every single day!** Avoid it and you’ll be rewarded with the biggest gains of your life.
- **A potent natural testosterone-boosting herb that can be grown in almost any garden—right in your own backyard.**
- **The best way to quantify muscle growth…potentially multiplying your gains—so you’ll know exactly how much you’ve grown!**

And much more!!! In a word, the new edition of MAXIMUM GROWTH, Volume II, will provide you with the most practical, results-oriented muscle-building information you’ll ever find…at a price you can’t afford to let slip through your fingers!

Now You Can Get “Maximum Growth, Vol. II,” Absolutely FREE!

Don’t let the word FREE fool you. This is an extremely valuable program. MAXIMUM GROWTH, Volume II, is a full-sized (7 1/2 x 10), 114-page page book. It’s packed with more than 200 photos, charts, and diagrams, and contains a special 34-page “Powerful Weight Training Program” for increasing muscle size and strength. Even if you’re a “hard-gainer,” Stephen guarantees you’ll build the kind of body you never thought was possible.

Call Toll Free 1-866-688-7679 (Dept. #2428) 8:00 a.m. to 5:00 p.m. MST (M-F)

YES! Please send me a free copy of Stephen Adeles’s MAXIMUM GROWTH, Vol. II ($25 Value). (Just in case there’s a question)

I'm enclosing a: money order check* cash (in the amount of $5.00 to cover shipping and handling.  (

*(Personal checks not held for 10 days. Please make checks payable to )

Please bill my credit card (check one) Visa MasterCard American Discover

Credit Card 

Date of Expiration

Signature

Valid for 6 months (or as long as a credit card)

Please send my free copy of MAXIMUM GROWTH, VOL. II, to:

Name

Address

City State ZIP

Phone Email Address

CLIP FORM AND MAIL TO:

Order Fax:

Maximum Growth, 2111 Falmouth Rd. P.O. Box 171272
Alexandria, VA 22317-1272

www.TTheMaxGrowthSystem.com

*Offer valid only for U.S. residents only. Limit one book per household. Alaska and Hawaii residents add $10.00 for postage and handling. Please allow 14 days for delivery. New and used books are shipped to clients. ©2007, iSatori, LLC. All rights reserved.

A New All-Updated Edition

For over 15 years, the author of this book, Stephen Adeles, has helped thousands of people enhance their physique and improve personal fitness. He is the Editor-in-Chief of Real SOLUTIONS—one of the fastest growing, most talked about physique-development magazines in the world. His newest book, MAXIMUM GROWTH, Volume II, will help any person get started on the right path by providing a step-by-step system and proven system for increasing muscle size and strength. Even if you’re a “hard-gainer,” Stephen guarantees you’ll build the kind of body you never thought was possible. 

**Gain More Muscle in One Month Than Most Guys Do All Year—Guaranteed!**

And the Best Part IS, MAXIMUM GROWTH, Volume II, (A $25 Value) Is Now Yours Absolutely FREE!

Scientific References:


Department of Obstetrics and Gynecology, National University Hospital, National University of Singapore, Singapore.

Exercise Biochemistry Laboratory, Department of Health and Human Performance, Iowa State University, Ames, IA 50011, USA.


YOUR BODY.
YOUR LIFE.

MY PROMISE...

1. Real SOLUTIONS will never, EVER be filled with pages of useless advertisements... Instead, you’ll find advertisements only from companies and products I trust (and probably use!).

2. You won’t EVER find our magazine filled with smut and half-naked women… Instead, our pages are filled with stories of successful transformations and the type of honest, reliable information you’ll find useful!

3. I promise you a magazine that provides intelligent, scientifically sound, brutally honest information... to help you discover the truth about how to build your absolute best body—so you can live your best life! In fact, I promise every issue will absolutely empower you, enlighten you, and delight you, or I’ll refund your FULL subscription for any remaining issues, at your request—

   No Questions Asked.

   ~ Stephen Adelé,
   Publisher and Editor-in-Chief

SUBSCRIBE NOW and you’ll get a one-year subscription ABSOLUTELY FREE, plus 3 FREE gifts valued at $67!

ONLY $16 FOR 2 YEARS. THAT’S 50% OFF THE REGULAR COVER PRICE!

Call 1-866-688-7679 (Dept. #2351) or visit RealSolutionsMag.com

© 2007 Real SOLUTIONS Media, LLC.
TO MAXIMIZE YOUR TESTOSTERONE LEVELS WITH THE VERY FIRST DOSE!

Let’s face it: The “Holy Grail” for Men — TESTOSTERONE — is, without a doubt, the male’s most potent anabolic hormone for:

- Increased muscle mass,
- Explosive strength gains, and
- Cranked up sexual drive and performance!

As the era of prohormones has come to an end, bodybuilders everywhere are searching for safer, drug-free, alternative formulas to elevate Testosterone.

But before you jump in and get too excited about the rash of new products that have recently been developed (most of which resort to severely outdated technologies, pseudoscience, and counterfeit claims), there are five critical facts about Testosterone you absolutely, positively MUST KNOW before you start using ANY testosterone-enhancing supplement… and why ISA-TEST™, from iSatori Technologies, is the breakthrough testosterone formulation we’ve all been waiting for!

FACT #1
Too Much Testosterone, for Too Long, Can Cause a “Zero-Sum” Effect

When your testosterone levels increase… that’s exciting. But what you may not know is that when testosterone levels are constantly elevated, for extended hours or even days, it can be disastrous. See, while this may seem like a good idea, consistently elevated levels of testosterone may actually diminish your body’s response to and production of the natural hormones it normally produces, thereby severely blunting its effects. And worse, this is on top of the strength increases you may already gain from elevated Testosterone levels. (Check out the chart below.) Now, just imagine: this is on top of the strength increases you can pick up ISA-TEST at your favorite supplement retailer or gym. Or, if you can’t wait, you can call and order direct. The first 500 callers will receive a free limited-edition ISA-TEST t-shirt (a $14.95 value)!

KNOW THIS:
Only ISA-TEST™ was designed with “block” estrogen formulation, what they’re doing is nothing more than existing on outdated plant sterols with little to no, or worse, faulty, science. Please don’t be duped. While there are several ways the conversion of estrogen can be suppressed, one only anti-aromatase, P-450, can truly do the trick. And it’s backed by solid, clinical evidence—not hype!

FACT #2
Only Elevated levels of Free and Bioavailable Testosterone Will Produce Increases in Muscle Mass

See, the majority of testosterone formulas on the market today make ridiculous claims about the amount of testosterone they might elevate (if they do at all). But the truth is, they never tell you which form it is. When in fact it is specifically the Free (and bioavailable) forms of testosterone you want, not need, for real results. Not Total. That’s because Total quickly and forever binds to a protein called sex-hormone binding globulin (SHBG), rendering it literally useless. Check out the graph to the right.

KNOW THIS:
Only ISA-TEST™ has clinical data to reveal a crippling effect on SHBG protein and therefore cause a significant increase in FREE AND BIOAVAILABLE TESTOSTERONE

FACT #3
Only One Anti-Aromatase, P-450™, Can Truly Stop the Damaging Estrogen-Conversion Cycle

Remember that name P-450 because you’re going to learn how critically important this enzyme is to your efforts to maximize Testosterone.

KNOW THIS:
Only ISA-TEST™ is scientifically proven to PROVIDE EXPLOSIVE GAINS IN STRENGTH within four weeks, with a formulation that cannot be duplicated.

When it comes to increasing Testosterone, however, there’s one more critical fact...

FACT #5
Testosterone Is No Laughing Matter — It Should Be Taken Seriously

Clinically low Testosterone affects nearly 20 million American men. That’s the bad news. The good news is this: millions more men, like you and me, want to increase Testosterone to build muscle mass, get more aggressive workouts, and radically increase our sexual drive and performance. But make no mistake, Testosterone is a powerful male hormone that shouldn’t be left up to self-proclaimed chemist or ex-pro bodybuilder… who’s formulated some crazy concoction and then tells you it’s a “Testosterone formula.” Isn’t that a little scary—bearing your health in their hands?

Knockout 1.0
This patent-pending formula is the only formula, ISA-TEST™, that uses a Ph.D.-level scientist to help hand-select every ingredient, formulate ISA-TEST. (We have to keep his name secret for now, because if we released it, every rinky-dink supplement company would scramble to use him too!) I can tell you this: he holds a Ph.D. and is an internationally known exercise scientist and sports nutritionist. He’s doing this to help hand-select every ingredient, formulate ISA-TEST, and scientifically study the science behind dietary supplements for over 13 years.

See, the vast majority of testosterone formulas on the market today make ridiculous claims about the amount of testosterone they might elevate (if they do at all). But the truth is, they never tell you which form it is. When in fact it is specifically the Free (and bioavailable) forms of testosterone you want, not need, for real results. Not Total. That’s because Total quickly and forever binds to a protein called sex-hormone binding globulin (SHBG), rendering it literally useless. Check out the graph to the right.

KNOW THIS:
Only ISA-TEST™ has clinical data to reveal a crippling effect on SHBG protein and therefore cause a significant increase in FREE AND BIOAVAILABLE TESTOSTERONE

FACT #4
Testosterone Doesn’t Always Translate Into Increases in Strength and Power

An interesting fact: when it comes to Testosterone, normally everyone talks about muscle mass and sexual performance. I’ll admit, this is typically why we want more of it. But sadly, this is where most testosterone formulas leave you hanging. See, a major part of building your body, and your confidence, comes from increasing your strength. You know, bench press, Military press. Deadlifts. Squats. Regrettably, most people don’t realize that just because you can increase testosterone doesn’t automatically translate into increased strength. Maybe you’ve experienced this?

Best easy! A new trial in a clinical setting has revealed that a specific combination of two natural compounds, Argyreia and Rhaponticum, can in fact significantly increase strength on all your lifts. (Check out the chart below.) Now, just imagine: this is on top of the strength increases you may already gain from elevated testosterone levels.

KNOW THIS:
Only ISA-TEST™ is scientifically proven to PROVIDE EXPLOSIVE GAINS IN STRENGTH within two to three weeks, with a formulation that cannot be duplicated.

CALL US TODAY!
1-866-688-7679
(Ask for Ext. 2535) or visit www.iSatoriTech.com/ISA-TEST

(As of this writing, 2007)