



A Safe and Effective Way to Increase Muscles and Lean Mass

By James Johnson

3x USA National Champion

Athletes have always looked for the best ways to increase muscle and lean mass. They are always talking about optimal ways to fuel their training and competition programs, because *smart* fueling is a requirement if they are to stay competitive in sports today. Yet successful athletes also look for and utilize nutritional supplements that are not only effective but also *safe to use*. These athletes know to look for a product that will aid in formulating muscle growth and spur the metabolizing of fat, and so they check to see if a product contains the following ingredients: L-arginine, L-leucine, boron, L-isoleucine, choline, niacin-bound chromium and low glycemic properties. A product with these vital ingredients athletes can help us to achieve maximum athletic performance and to restore needed growth hormones.

What do these ingredients specifically do? *Choline* is vital to controlling fat and cholesterol buildup in the body. *L-leucine* helps to lower blood sugar levels. *L-Arginine* supports muscle growth, metabolizes fat, and

supplies non-stop energy. *Niacin-bound chromium* has been shown in recent studies to significantly lower serum cholesterol. *Chromium* is best known to help reduce body fat and increase lean body muscle mass, it can help to metabolize fat and put on lean muscle mass, thus improving an athlete's physique. And finally, nutritional products with low *glycemic* properties assist with sustaining energy levels and are safe for individuals with diabetes.

As a world-class athlete and consultant to other professional and amateur athletes, I am committed to providing information about nutritional products for winning, while also ensuring that those products *never* contain illegal substances. Illegal substances can cause death, seizures, and the embarrassment of being banned from your sport. An excellent example of the kind of product I recommend is NFLI's nutritional product **M2PowerPlay**, labeled as a "non-drug status" nutritional supplement because it contains no illegal or drug-status pharmaceutical HGH, nor any other ingredients harmful to humans.

This power beverage fuels you with the ultimate growth-hormone release amino-acid, L-Arginine, an aid to improving muscle tone, increasing your ratios of muscle-to-fat, improving muscle coordination and bone density and speeding wound healing. An excellent alternative to steroids, L-arginine is a naturally occurring amino acid in meat, poultry, dairy foods, peanut butter, chocolate and nuts. Also available in the nutritional supplement **M2PowerPlay**, L-arginine is the safest amino acid in the entire amino food chain.

Dr. Ann de Wees Allen is a Board Certified Doctor of Naturopathy and one of the world's leading specialists in growth hormone research. In her work as a sports nutritionist, Dr. Allen had designed programs for elite athletes who have won gold medals and numerous amateur and professional competitions. An L-Arginine specialist with twenty years of experience researching its properties, Dr. Allen developed **M2PowerPlay** as a safe, accessible supplement to help the body utilize its own hard-wired biological mechanisms to *naturally* enhance youthfulness and physical power. No other L-arginine product has faced the intense scrutiny by the medical and research establishment and come through with such flying colors as M2PowerPlay.

For athletes and individuals committed to training harder and smarter than ever before, NFLI is pleased to offer an extensive line of high performance products designed to increase everyone's energy and endurance levels. This product is designed for athletes or individuals 21 years of age or older; younger athletes should consult with an NFLI nutritionist about proper dosage levels. NFLI offers a full line of sports nutrition products scientifically researched and tested to supply the necessary, optimal fuel we need to compete in all areas of our lives. Boost your sports and fitness performances with cutting-edge sports nutrition products from Nutritional For Life, products that fully comply with all current National Collegiate Athletic Association (NCAA) and US Anti-Doping Agency (USADA) standards.

To inquire about NFLI sport products call 1-800-344-5892 and give the operator this ID number 223163 and start reaping the benefits that current champions are experiencing worldwide. You may contact me at 1-888-877-2322 or email info@jjchamp3x.com regarding suggested ways to utilize nutritional supplements for your training and competition objectives.

M² PowerPlay... Take it to the Max!

Contains the ultimate growth-hormone release formulation, L-Arginine, to help support muscle growth, fat metabolism and non-stop energy!* Use one hour prior to exercise and at bedtime for maximum benefits. For individuals 21 years of age or older.

Used by World-Class Wrestler
James "JJ" Johnson

- 3 Time USA National Champion
- 4 Time World Cup Medalist
- 2001 Veterans World Bronze Medalist



Contact JJ For More Information:

Independent Distributor

www.jjchamp3x.com

888-877-2322



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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.