Q4. Would an athlete test positive to Myocytin ?
No, Myocytin is not a drug or banned substance. In fact none of the ingredients in Myocytin are listed on the current World Anti Doping Agency (WADA) prohibited list (WADA, 2003). Therefore, Myocytin can be considered a safe and legal method of enhancing athletic performance, even in elite athletes subjected to regular drug testing.

Q5. Is Myocytin only suitable for use by elite athletes?
No, the benefits of Myocytin are not limited to elite athletes. Amateur athletes, fitness enthusiasts or even individuals beginning a training program may greatly accelerate their strength, muscle gains and athletic performance by consuming Myocytin .

Q6. How much Myocytin should an athlete take?
This depends on how fast you want to see results.
Myocytin can be consumed at the recommended intake of one single 40g serve per day. However, it should be noted that it may take a little longer (3-4 weeks) to notice gains in body mass and athletic performance using this method. A technique called "loading" can be used with Myocytin and this technique has been shown to produce dramatic gains in body mass, limb girth and athletic performance in only 6 days (Rogerson and co-workers, 2003). To load Myocytin you need to consume 240g of Myocytin per day for 6 days. This 240g dose needs to be divided into four 60g dosages consumed across the day. To be precise you would consume 60 grams at 8.00am, 60 grams at 12.00pm, 60 grams at 4.00pm and 60 grams at 8.00pm. You only need to follow this high-dose loading phase for 6 days. After that you can just consume 40 grams of Myocytin once per day immediately after training. This loading protocol has been specifically designed for Myocytin and has been shown to be very effective by independent scientific research (Rogerson and co-workers, 2003). This loading protocol should not be used with any other creatine products. This loading protocol can be seen in **Table 1**. If you want to take this loading protocol to the next level you can combine a serve of either Body Science WPC Micro Fractions, Body Science WPI Micro Fractions or Body Science Peptobol with the first daily serve of Myocytin (8.00am) and last daily serve of Myocytin (8.00pm) during the 6 day loading period. After that you can just consume a single serve of either Body Science WPC Micro Fractions, Body Science WPI Micro Fractions or Body Science Peptobol with each 40 gram daily serve of Myocytin consumed immediately after training. This loading protocol can be seen in **Table 2**.

More research information available at: **myocytin.com**

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Table 1: A loading protocol designed to be used with Myocytin

Time	8.00am	12:00pm	4:00pm	8:00pm
Day 1	60g Myocytin	60g Myocytin	60g Myocytin	60g Myocytin
Day 2	60g Myocytin	60g Myocytin	60g Myocytin	60g Myocytin
Day 3	60g Myocytin	60g Myocytin	60g Myocytin	60g Myocytin
Day 4	60g Myocytin	60g Myocytin	60g Myocytin	60g Myocytin
Day 5	60g Myocytin	60g Myocytin	60g Myocytin	60g Myocytin
Day 6	60g Myocytin	60g Myocytin	60g Myocytin	60g Myocytin
Day 7 & onwards	40g Myocytin once daily immediately after training			

Caution: This loading protocol has been specifically designed to be used with Myocytin (Body Science, Australia). This protocol should not be used with any other products.

Table 2: A loading protocol designed to be used with Myocytin

Time	8.00am	12:00pm	4:00pm	8:00pm
Day 1	60g Myocytin 1 serve of WPC, WPI or Peptobol	60g Myocytin	60g Myocytin	60g Myocytin 1 serve of WPC, WPI or Peptobol
Day 2	60g Myocytin 1 serve of WPC, WPI or Peptobol	60g Myocytin	60g Myocytin	60g Myocytin 1 serve of WPC, WPI or Peptobol
Day 3	60g Myocytin 1 serve of WPC, WPI or Peptobol	60g Myocytin	60g Myocytin	60g Myocytin 1 serve of WPC, WPI or Peptobol
Day 4	60g Myocytin 1 serve of WPC, WPI or Peptobol	60g Myocytin	60g Myocytin	60g Myocytin 1 serve of WPC, WPI or Peptobol
Day 5	60g Myocytin 1 serve of WPC, WPI or Peptobol	60g Myocytin	60g Myocytin	60g Myocytin 1 serve of WPC, WPI or Peptobol
Day 6	60g Myocytin 1 serve of WPC, WPI or Peptobol	60g Myocytin	60g Myocytin	60g Myocytin 1 serve of WPC, WPI or Peptobol
Day 7 & onwards	40g Myocytin once daily combined with 1 serve of WPC, WPI or hydrolysed WPI consumed immediately after training			

Caution: This loading protocol has been specifically designed to be used with Myocytin (Body Science, Australia). This protocol should not be used with any other products.

INDEPENDENT UNIVERSITY RESEARCH shows Myocytin out-performs standard creatine.
In only SIX DAYS athletes ingesting Myocytin™ ■ Gained more than twice as much body mass as those consuming regular creatine ■ Increased upper arm girth by more than 200 per cent more than regular creatine users ■ Improved their bench press performance significantly more than users of regular creatine.

myocytin
Body Science®

Dane Hurst - Team Body Science®

Common Questions and Answers Regarding Myocytin

Questions related to Myocytin Research

Q1. Is Myocytin superior to regular creatine?
Independent scientific research has shown Myocytin to be superior to standard creatine (Rogerson and co-workers, 2003). In fact after only six days of supplementation with Myocytin athletes increased their performance on a strength based performance test significantly more that regular creatine (figure 1). Likewise, athletes using Myocytin gained over twice as much body mass as standard creatine and increased their upper arm girth by over 200% more than standard creatine. These findings were recently presented at the prestigious 2003 Australian Conference of Science and Medicine in Sport.

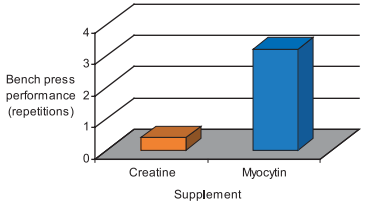

Figure 1:
Changes in bench press performance after 6 days supplementation with either regular creatine or Myocytin .

Q2.There are numerous research studies showing creatine enhances performance, what is so special about the Myocytin research?
Most creatine studies compare creatine with a placebo. A placebo is basically an inactive substance that has no beneficial effect on performance. It is correct to say that numerous studies have shown creatine to be superior to placebo at enhancing athletic performance (Bemben and co-workers, 2001;Volek and co-workers 1999; Izquiredo and co-workers, 2002). What is special about the Myocytin research is that Myocytin was compared to standard creatine instead of a placebo. Therefore Myocytin was shown to enhance athletic performance more than standard creatine. This is remarkable when it is considered that creatine is already acclaimed world wide as a very effective means of enhancing athletic performance.

Q3.Other companies also claim their products are also superior to standard creatine. Why is Myocytin any different?
Very few companies are able to back up their marketing claims with published scientific research. The fact is that talk is cheap, yet scientific research is expensive. Therefore a company must be VERY confident in their product to be prepared to have it independently tested. Consequently, many companies consider independent scientific research too risky in case their product(s) don't live up to their hyped marketing campaigns. Therefore, when you purchase Myocytin you can be confident that the claims being made are backed by published independent scientific research.

Q4.What do the terms independent and published mean with regards to the Myocytin research?
Many manufacturers provide data that they have collected themselves (in house research). However if research is to be objective, data should never be collected by individuals that have a financial interest in the product(s) being researched. Independent research means that a researcher has absolutely no financial interest in the outcome of the research has collected the data. Would you trust the outcomes of a research study if the person that collected the data stood to make large sums of money from the findings? If a company promotes a "breakthrough finding" or "revolutionary discovery" the research should be published. Publishing research generally involves submitting the research to a scientific conference or scientific journal. Other scientists that are deemed to be experts in the relevant field will then review the research. If it is deemed to be of high quality it will be accepted for publication. If the research has been published it will generally be accompanied by a scientific reference such as the one below for the Myocytin research:

Rogerson, S, Weatherby, R.P. and Nicholson, V. A comparison of two commercially available creatine supplements on Performance, Anthropometric and Morphological Measures. Journal of Science and Medicine in Sport. 6(4);S39. 2003.

If a company promotes a revolutionary finding and can't produce a reference to prove that the research has been published then the research should be viewed with scepticism.

Questions related to the physiological effects of Myocytin

Q1.What is the science behind the Myocytin formulation?
In order for creatine to enhance performance, it must be absorbed into the blood stream then taken into the skeletal muscle. Myocytin has been formulated to maximise the amount of creatine taken into the muscle. Previous research has shown that when standard creatine is ingested only a small amount of creatine is retained and a large percentage is eliminated from the body via the urine (Burke and co-workers, 2001). Myocytin is designed to increase blood creatine concentrations while simultaneously inducing the release of insulin from the pancreas. This increase in blood insulin facilitates the entry of creatine into the muscle and minimises the loss of creatine in the urine. Therefore Myocytin is designed to be a more efficient and effective method of taking creatine.

Q2. Is the weight gain associated with Myocytin water or muscle?
Due to its creatine content Myocytin increases the intracellular water or the water within the muscle cell. This basically causes the muscle cell to swell, which is commonly referred to as a cell volumising effect. The good news is that research has suggested that the swelling of a cell may be a signal to stimulate anabolic effects or protein synthesis (Haussinger and co-workers, 1993). Therefore although a portion of the initial weight gain following Myocytin is likely due to an increase in cellular water, this may be very important for athletes wanting to increase their lean muscle mass. Additionally, Myocytin has been shown to allow the athlete to perform more muscular work in as little as 6 days (Rogerson and co-workers, 2003). In a real world context this means that an athlete such as a body builder can perform more reps and sets during training. Obviously if a higher training intensity and volume can be maintained over weeks, months or years the gains in muscle mass associated with training could be greatly accelerated.

Q3.Would Myocytin work for everyone who takes it?
The scientific research often classifies individuals into either responders or non-responders (Kilduff and co-workers, 2002). Basically, following creatine supplementation some individuals don't seem to be able to increase their muscle creatine concentrations to the degree that is necessary to see any benefits in performance. In a recent study comparing Myocytin to standard creatine, several individuals in the standard creatine group did not seem to benefit (Rogerson and co-workers., 2003). These individuals or "non-responders" didn't gain any body mass or receive any performance enhancement despite ingesting 120g of creatine in 6 days. However, in the Myocytin group, EVERY SINGLE ATHLETE increased their bench press performance, upper arm girth and body mass. That means that EVERY ATHLETE in the Myocytin group responded to Myocytin . This is likely attributed to the fact that Myocytin is scientifically formulated to facilitate creatine retention within the skeletal muscle. Therefore when you purchase standard creatine it is like a lucky dip in that you may benefit or you may not. Independent scientific research suggests that an athlete ingesting Myocytin may have a higher likelihood of experiencing gains in body mass and athletic performance than an athlete ingesting standard creatine (Rogerson and co-workers, 2003).

Q4. Could Myocytin be used to recover from injury?
One of the problems with injury is that athletes often have to stop training to allow time for healing to take place. Consequently, lost strength and muscle mass needs to be regained prior to the return to competition so as to prevent injury re-occurrence. Previous research has reported standard creatine to facilitate the regaining of muscle strength after subjects had a leg immobilised in a plaster cast for two weeks (Hespel and co-workers, 2001). Basically, the results of the study indicated that when combined with a rehabilitation program creatine allowed the subjects to regain their strength and muscle mass at a faster rate than when a placebo (inactive substance) was ingested. Given that Myocytin has been shown to be superior to standard creatine (Rogerson and co-workers, 2003), it would appear to be an effective nutritional aid during recovery from musculo-skeletal injuries.

Questions Related to Usage

Q1. When is the best time to consume Myocytin?
Simply taking Myocytin is enough to get you on the road towards enhanced strength, muscle mass and athletic performance. However, if you want to get technical with your timing, Myocytin is probably best consumed immediately after training. Research has indicated that exercise may facilitate the retention of creatine in the muscle (Harris and co-workers, 1992). This means that more of the creatine you consume may be retained by the body after exercise. This would tend to suggest that post exercise may be a more efficient and effective time to consume creatine. Furthermore, unlike standard creatine Myocytin contains high glycaemic carbohydrates, electrolytes and numerous other ingredients that may facilitate glycogen replenishment, electrolyte replacement and muscle repair following exercise.

Q2. Would Myocytin stack well with any other supplements?
Stacking refers to combining numerous supplements in an attempt to get a larger performance enhancement. Research has shown that if you combine essential amino acids and glucose after training you can increase blood concentrations of anabolic hormones and further stimulate protein synthesis (muscle building) following training (Rassmusssen and co-workers, 2000). Therefore Myocytin may stack well with a serve of Body Science WPC Micro Fractions, Body Science WPI Micro Fractions or Body Science Peptobol .

Q3. Is Myocytin safe?
A recent scientific study reported that Myocytin was not associated with any adverse effects (Rogerson and co-workers, 2003). In fact Myocytin was well tolerated by all athletes in the study even though they were ingesting relatively large quantities. Furthermore, Myocytin was not associated with muscle cramping, which is a common complaint among many athletes ingesting creatine. The Myocytin research supports the anecdotal reports from the many elite teams, professional athletes and other consumers of Myocytin who all report that Myocytin offers many benefits without any side effects.