

# AMITONE

The two main ingredients of Amitone consist of the amino-acids Arginine en Ornithine. In their isolated forms, they perform their unique functions. Because amino acids compete for absorption Amitone should be drunk on a stomach empty of other amino acids. It will then have its maximum performance. It could mean taking it up to 3 hours after a protein rich meal.

The main uses for Amitone are:

- its function in the immune system,
- the role it plays in fertility with men,
- The forming of lean tissue mass and the using of fat as energy, specially in sport and in calorie poor diets and
- in the forming of creatine, needed for power and high intensity sports.

## **a. Immune system:**

Arginine and Ornithine increases the activity of the killer-T cell three-fold. The growth of cancer and tumour cells is retarded. The increased growth hormone (GH) level helps with the faster healing of burn wounds and injuries. This can be ascribed to the ability of arginine to stimulate the immune system and to create a resistance against infections. It decreases the loss of lean tissue mass during hospitalisation after injuries.

## **b. Fertility of men:**

Studies indicate a relationship between a low sperm count and low levels of arginine. In a study 80% of males who had a low sperm count and took arginine, showed a substantial improvement after taking 4g arginine/day. Many of their spouses fell pregnant after their husbands were treated.

## **c. Fat burning and muscle growth:**

Amitone stimulates the pituitary gland in the brain to form GH. The function of GH is to:

- build lean tissue mass and
- to make stored fat in the body more readily available as a source of energy.

## **For body builders:**

Instead of using anabolic steroids and receiving the accompanying risks as a bonus, take Amitone to ensure lasting results. There is no shortcut to success. It will not ensure muscle growth if you are not genetically inclined to be so. It still means hard work, but your body is been given a fair opportunity to reach its potential. The results are lasting and do not disappear when the use of the product is ceased, as in the case of anabolics.

Body builders seek muscle definition called "ripping". There is not subcutaneous fat visible, except for the muscle fibre. To use the body's stored energy no carbohydrates are taken as energy. At a point, the body does not readily give up its fat stores as energy, as a way to protect itself. This creates a plateau that can not easily be broken by the athlete. He too does not have energy to continue his hard training sessions. The only way to get going again is to start taking in calories. This inhibits the burning of stored fat.

Amitone enables the body builder to supply energy from his own fat stores to provide for his high energy needs. Drink the tablets an hour before exercise on an empty stomach to ensure that it reaches its highest levels in the blood stream ready for use. During training, the muscle may be damaged (micro-trauma). The replacement of amino acids is essential to repair it by supplementing with Nutrishake or Protein powder. Supplement at least with 2g/kg per day with amino acids.

### **Endurance sports:**

Sports lasting for hours have the inherent challenge of supplying energy to maintain performance. Amitone will fulfil in this need. There are ample energy supplies stored in the body as fat. Unfortunately, there are limitations that prevent one from using this as a primary source of energy. A shortage of GH and patience are the main causes. People who have to lose fat usually train at a too high training intensity, preventing the body from using fat as energy. As the training intensity increases, the body prefers to use readily available and easier sources of energy, like carbohydrates (glycogen). As time progresses, the glycogen stores become depleted. The body cannot maintain that particular training intensity and the pace has to be reduced to one for which it can supply, i.e. fat. This intensity may be too low for many to be perceived as exercise. Amitone releases fat as free fatty acids into the blood stream for immediate use by the muscles. On the one side it uses the body's fat to become leaner. On the other hand, it is a valuable way of saving the muscles and liver's glycogen stores. It is available for a time during competition when a high demand for its use may arise as in the final moments of competition like in a sprint. It will enable those who need to train at a higher intensity, but who would prefer to do so, to save his glycogen stores and use primarily fat.

There are certain conditions under which Amitone should be taken to ensure optimal results. Use it on a stomach, absent of other amino acids and if weight loss is the main objective, of carbohydrates too. Carbohydrate inhibits the use of body fat as energy. Amitone functions well in a fatty environment. A fatty diet, e.g. pizza's, serves as a source of energy for Amitone. Try using medium chain triglycerides (MCT's) as energy, e.g. grape seed oil to maximise the energy supply from Amitone.

### **Dieters:**

Dieters may use Amitone for all the above mentioned reasons in a calorie poor diet. (See the proposed weight loss plan). Expect not only a loss in weight, but one in cm too. It may happen that you do not lose weight, but become leaner. Fat loss is negated by muscle mass increase.

### **d. Forming of creatine for power and high intensity sports:**

Creatine (Cr) is a source the body derives energy from when working at high intensity. Typical events will be strength and speed events. Supplementing with products that contains Cr can cost as much as ± R2000/kg in pharmacies. Amitone contains a cheaper alternative to help the body produce creatine itself. The physiological level where Cr. is used as a source of energy will be identified as one where you function continuously near maximum levels. It is where lactate levels and fatigue are at its highest. It is where mainly Adenosine Tri-phosphates (ATP) sources are used for energy. Low levels of Cr. in the muscle are around levels of 3 g/kg wet tissue or 100 mmol/kg dry tissue. The saturation level lies at 4.6 g/kg wet tissue or 150 mmol/kg dry tissue. An increase from depletion to saturation can help improve performance up to 5%. It means improving a 100 m sprint of 11 sec. to 10.45, 5000 m of 15 min to 14:25 min, cycling a 40 km TT of 58 min to 55.06 min, lifting weights of 200 kg to 210 kg etc.

The body synthesises Creatine from arginine, which is found in great amounts in raw red meat. A shortage of arginine creates a shortage of Cr. This manifests as decreased endurance and muscle soreness after intense training. Vegetarians and white meat eaters have a greater shortage of Cr. Cr. continuously breaks down to creatinine, which is eliminated from the body through the kidneys. It can be replaced daily by taking Amitone. 95% of all Cr. in the body store in skeletal muscle and the rest in other tissue.

**Dosage:**

Up to 30g Arginine/day was used in particular cases to establish particular results. Optimal dosages are dependent of individual needs. Whether you take one tablet/day for 90 days or whether you take 9 tablets/day for 10 days, the same amount of fat is mobilised. It is only the period in which this occurs, which differs. For Cr. supplementation you will have to start at a high dosage (9) for a period ( $\pm$  2 weeks) and then with a maintenance course (3). Personal experience has taught that 9 tablets/day will ensure results.

Tablets can be taken an hour before training and even during training.

Normally the motivation of persons following calorie poor diets are poor as they do not have enough energy to sustain them from meal to meal, without falling for the temptation of nibbling. This is due to a low blood sugar. Normal activities must be scaled down, because there is no energy for it. The guideline dieters should follow is to take 3-4 tablets on an empty stomach before retiring. Through the night energy is mobilised, which will be available through the duration of the next day. All depending how quick the feeling of hunger is experienced, the dosage can be adjusted in the evenings. A person with a higher metabolism will need more than one with lower levels of activity. As soon as the time between meals is survived with success, you know that the dosage is ideal.