

iPOWER

(Post Exercise Anabolic Recovery)



Description: iPOWER™ is highly concentrated formula designed specifically for the **anabolic recovery phase** of lean muscle development and performance. Engineered in precise concentrations for optimal uptake and efficiency, iPOWER™ creates an anabolic condition to rebuild muscle; maintains muscle integrity by exerting a strong anti-catabolic action to prevent muscle breakdown; enhances blood oxygenation to improve cardiac function; and increase stamina, power, and extends endurance; inhibits muscle cramps; reduces ammonia build-up; and delays fatigue. A Full Strength – Non-Prescription Dietary Supplement administered in a powder format.

Clinical Nutraceutical: Intense and/or long duration muscular exercise depletes energy reserves, creates metabolic waste, and breaks down muscle fibers. It is imperative that the catabolic state be reversed to an anabolic (building) state reestablished as quickly as possible for recovery to ensue. The combination of PeptiPOWER™ (a new and uniquely enzymatically pre-digested casein hydrolysate) blended with a proprietary carbohydrate base, highly bio-active co-factors, co-enzymes, and novel substrates exerts a profound effect on nitrogen metabolism, metabolic efficiency, neuronal, hormonal and cardiac enhancement, lactic acid and ammonia reduction, enhanced oxygen utilization, delayed muscle and mental fatigue and anti-catabolic support. The anabolic and anti-catabolic support will increase lean muscle mass, strength and power, reduce body fat, accelerate recovery and enhance calcium absorption and utilization.

Mechanism of Action: iPOWER™ is exclusively engineered with these components:

Muscle Protein Complex - An advanced protein hydrolysate component that is pre-digested by natural enzymes to produce a very concentrated pharmaceutical grade of predominantly low molecular weight di and tri peptides and free amino acids. These unique peptides offer superior absorption efficiency and nitrogen concentrations that help maintain protein synthesis providing unmatched benefits to building and maintaining lean muscle tissue.

- **PeptiPOWER™** is a state-of-the-industry casein hydrolysate peptide protein rich in nitrogen and BCAA's that absorbs faster than larger proteins and amino acids delivering essential benefits to muscle at optimal speed and efficiency to maintain the highest level of muscle integrity. This is incredibly significant to all athletes for building, repairing, maintaining, and recovering muscle after intense exercise.
 - Improves nitrogen retention by ~17%.
 - Extremely effective in lower dosages than whole proteins, concentrates and isolates.
 - Accelerates the uptake and absorption of calcium; delays onset of mental fatigue; improves blood oxygenation capacity.
- **L-Arginine** an essential amino acid that impacts nitric oxide and vasodilation to increase nutrient delivery to exercising muscle. Enhances growth hormone release to help amplify protein synthesis and energy metabolism. Reduces ammonia accumulation a by product of energy metabolism.
- **L-Glutamine** a conditionally essential amino acid that improves energy production, inhibits the breakdown of lean muscle, reduces the build up of ammonia, and enhances the body's immune system.
- **L-Leucine** a primary anabolic amino acid with a strong anti-catabolic effect and role in fatigue prevention. It is essential to maintain an optimal level of Leucine to prevent fatigue and muscle loss.
- **L-Lysine** – an essential amino acid that is important for muscle growth and anti-body production.
- **Taurine** – An abundant amino acid in skeletal and heart muscle, white blood cells and central nervous system. Important role in fat digestion, cell volumizing, protein synthesis, and the control of serum cholesterol levels.
- **OKG (Ornithine alpha-ketoglutarate)** a novel substrate that plays a critical role in nitrogen metabolism, helps clear ammonia, and has anti-catabolic properties.
- **Vitamin B₆** as the highly active form Pyridoxal 5' Phosphate is the body's most active vitamin. B₆ is essential to protein metabolism, assists in maintaining proper sodium and potassium balance, aids with preventing the build-up of homocysteine (a key contributor to heart attacks), and is a critical co-factor for the activation of numerous enzymes.

Muscle Glycogen Complex: A super efficient source of muscle and liver glycogen utilized for its rapid absorption and metabolic density.

- **Glucose Polymers** a medium chain glucose molecule that allows for rapid gastric emptying and immediate energy, without causing stomach upset or intestinal distress. Assist in the uptake of amino acids, the absorption of creatine and the replenishment of muscle glycogen stores. Saturates muscle tissue with glucose preparing for intense long duration exercise
- **Crystalline Fructose** not to be mistaken for regular fructose or high fructose corn syrup, crystalline fructose is the only sugar that goes through the liver prior to entering the system, thus it has a negligible impact on blood sugar and is an excellent source of endurance energy. Helps maintain liver glycogen levels and energy reserves to spare the use of protein for energy and extend endurance.

ATP / Krebs' Cycle / Metabolic Nutrients: These high-energy nutrients assist in the ATP-ADP creatine phosphorylation and metabolic processes to increase power output and muscle strength. Calibrated dosages insure maximum performance under extreme performance conditions.

- **Phosphate Complex** a proprietary complex of highly bioactive forms of sodium and potassium phosphate that exert a positive impact on all three of the body's energy systems ATP/CP, Lactic Acid, and Oxidative. Enhances cellular metabolism, reduces lactic acid build up, delays fatigue, improves oxygen availability, raises both aerobic and anaerobic thresholds, minimizes muscle soreness, aids in the prevention of muscle cramps, and accelerates recovery.
- **Electrolyte Complex** – a proprietary complex of highly bio-available sodium, potassium and magnesium minerals bonded to phosphate minerals to provide the athlete with highly effective and beneficial neurological – muscle contractile support.
- **Tri-Creatine Malate** is essential to the ATP energy cycle combining with phosphates to form creatine phosphate (CP). CP is required for the ADP-ATP recovery. Malate is essential to kreb's cycle energy metabolism.
- **Biotin** essential to energy production
- **Zinc monomethionine and Boron** are essential minerals involved in several anabolic and metabolic processes including protein synthesis and hormone production.
- **Alpha Lipoic Acid** a powerful free radical scavenger helps clear metabolic waste and improve nitrogen metabolism for faster muscle recovery. Integral to kreb's cycle energy metabolism
- **MSM (methylsulfonylmethane)** supports protein synthesis, improves circulation, supports connective tissue and has anti-inflammatory characteristics.
- **Vitamin C** assists in the uptake and utilization of amino acids into the muscle cells.
- **Vitamin E** supports nitrogen metabolism and enhanced immune function supporting faster muscle recovery.

Indications and Use: iPOWER™ is used by male and female adult athletes to accelerate lean muscle development and post exercise anabolic recovery. Used as part of a daily regime of proper diet and exercise. Consult your health care practitioner prior to using this or any other dietary supplement or medication.

Dosage and Administration: Serving Size: 1 scoop provides one recommended dose. iPOWER should be taken on an empty stomach with water. iPOWER should be taken on training and non-training days.

Typical 7 day cycle administration protocol:

Daily	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dosage	1 scoop mixed with 4-6 oz. water 20-30 minutes following physical exercise	1 scoop mixed with 4-6 oz. water 20-30 minutes following physical exercise	1 scoop mixed with 4-6 oz. water 20-30 minutes following physical exercise	1 scoop mixed with 4-6 oz. water 20-30 minutes following physical exercise	1 scoop mixed with 4-6 oz. water 20-30 minutes following physical exercise	1 scoop mixed with 4-6 oz. water 20-30 minutes following physical exercise	1 scoop mixed with 4-6 oz. water 20-30 minutes following physical exercise
Suggested Stack Combinations	NitrACE iPRIMER HumanaTEST	NitrACE iPRIMER HumanaTEST	NitrACE iPRIMER HumanaTEST	NitrACE iPRIMER HumanaTEST	NitrACE iPRIMER HumanaTEST	NitrACE iPRIMER HumanaTEST	NitrACE iPRIMER HumanaTEST

7 Day cycle may be consecutively repeated for a total of 8 weeks. After 8 week period, take 14 days off with no supplementation of iPOWER™. After the 14 day off cycle, a new on-cycle may be administered again for 8 weeks. Followed again by 14 day off cycle. Continue this on – off cycle schedule for as long as desired or prescribed.

iFORCE Nutrition 101 State Place Escondido, CA 92029 1-877-743-6460 www.iforcenutrition.com