

**M O N
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I N C.**

SUPER SPORTS: NDC#65883-110-14

MONTIFF'S SUPER SPORTS, 750mg

A powerful blend of 16 of the highest L-Crystalline amino acids: L-Lysine, Glycine, L-Leucine, L-Methionine, L-Arginine Base, L-Phenylalanine, L-Valine, L-Isoleucine, L-Histidine Base, L-Glutamine, L-Threonine, L-Tyrosine, L-Tryptophan, Taurine, L-Glutamine-alpha-Ketoglutarate, L-Arginine-alpha-ketoglutarate.

DIRECTIONS

2-3 Capsules with fruit juice or water prior to work out or sports activity, or as needed. For bulking up, also take 2-3 capsules within 2 hours after workout with complex carbohydrates. All amino acids should be taken with vitamins and minerals. Do not take with milk.

RECOMMENDED FOR:

- Increasing athletic performance.
- Promoting muscle development.
- Enhancing stamina and endurance.
- Helping attain and maintain a positive physical athletic image.
- Improving vitality.
- For those undergoing physical therapy or with degenerative muscle disorders, to help increase protein synthesis

SOME BENEFITS OF THE SUPER-SPORTS AMINO ACID FORMULA ARE:

- HIGHEST QUALITY L-Crystalline singular amino acids and other ingredients used for proper utilization and metabolism. No digestion required for direct absorption
- BRANCHED-CHAIN AMINO ACIDS (L-LEUCINE, L-ISOLEUCINE AND L-VALINE) are included in the proper balance. These amino acids increase protein synthesis and anabolic hormones, while decreasing the amount of protein catabolism. They may also increase energy and aid in repair and recovery, which is important to the athlete during regular physical training.
- GLUTAMINE, the most abundant amino acid found in muscle tissue, increases anabolic activity, as well as having beneficial antioxidant and hepatoprotective properties. It helps support muscle hypertrophy, effects

MONTIFF'S COMMITMENT TO QUALITY AND EXCELLENCE

Montiff Products are proudly manufactured in a GMP/NSF certified facility in the USA.

Each batch of our raw material undergoes extensive testing in order to ensure premium quality professional grade amino acids.

OUR EXPERTISE

President and Founder Don Tyson was the first person to introduce oral amino acid application to the United States.

Our employees have over 80 years of combined experience in the amino acid field.

Take comfort in knowing that when purchasing Montiff products, you are purchasing from the best.

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

growth hormone and testosterone levels, and is important for neurological and gastrointestinal health.

- ARGININE (HCL) is important for the athlete in producing GH secretion, and stimulates insulin, leading to anabolic and anticatabolic effects on skeletal muscle. It helps increase lean body mass and strength and has an important role in nitric oxide production, which is important in cardio-vascular health and in preventing hypertension.
- TAURINE is the second most abundant amino acid in muscle tissue after glutamine, and it influences the anabolic process through the control of the ionic flux and effects on osmoregulation. It has many other important roles in the body including antioxidant properties, balances and stabilizes minerals, and has a protective effect on joints.
- TYROSINE is important for proper chemical balance of the brain, and depletions have been associated with depression and memory deficiencies. It is essential for production of catecholamine neurotransmitters, producing norepinephrine leading to adrenaline production. It is the precursor for the hormone thyroxine from the thyroid gland, and growth hormone (GH) from the pituitary.
- GLYCINE is a glycolytic amino acid, and is an important constituent of collagen, increases GH, and is necessary for neurological health.
- METHIONINE has many functions in the body, including increasing protein synthesis and is essential in the formation of creatine.
- LYSINE is an essential amino acid and it has an inhibitory effect on viruses, such as the herpes virus. Low levels can slow protein synthesis and affect muscle and connective tissue health. It is important to be in the proper balance with Arginine.
- THREONINE is generally low in vegetarian diets, and is lacking in other diets as well. Low levels may interfere with proper protein synthesis.
- HISTIDINE converts to histamine and is a powerful vessel dilator. It has a direct effect on the central nervous system.
- L-GLUTAMINE-ALPHA-KETOGLUTARATE helps support gastrointestinal function and ammonia detoxification to form other non-essential amino acids.
- L-ARGININE-ALPHA-KETOGLUTARATE helps support nitrogen balance and ammonia detoxification to form other non-essential amino acids.

REFERENCES:

1. Di Pasquale, Mauro, M.D., "Amino Acids and Proteins for the Athlete. The Anabolic Edge", 1997.
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3. Tapan, K. Basu, et al, "Antioxidants in Human Health and Disease", 1999.
4. Parker, L. and Tritschler, H.J. "Alpha Lipoic Acid-the Metabolic Antioxidant", Free Rad Bio, Med., 1996.
5. Biolo G., Tipton K, Klein S., Wolfe RR, "An Abundant Supply of Balanced Amino Acids Synergistically Enhances Protein Muscle Anabolism After Exercise." APSTRACTS, 1997.

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