

Lean Muscle Formula (LMF) ©

PERFECTION JUST GOT EASIER



A SPORTS FOOD THAT WORKS!
FASTEST RESULTS - LASTING EFFECTS

LMF is the flag ship sports food of elite company ATHLETES ADVANTAGE PTY LTD. Exclusive line up of products .LMF is a natural food containing vitamins, minerals, proteins and omega 3 and 6. LMF can be used by beginners , athletes and body builders. LMF can be used for weight lose through to building lean muscle mass.

Results are super fast to say the least. If you want to obtain a rock hard body be confident , stronger and exert maximum performance with a fitter healthier body ,you can do it all without using steroids and alike!

FIVE REASONS YOU NEED LMF

1. LEAN MUSCLE MASS FAST

LMF also contains a rich organic protein base of amino acids & other trace minerals which are necessary for blood cell & muscle manufacturing. Creation of highly active anabolic environment with increased protein synthesis executing mental focused, strength and size immediately!

2. FAT BURNING/ENERGY

LMF Supports fat burning and is a great addition to any health eating diet and exercise program. Achieve your ideal weight fast, feel fuller between meals and reduce cravings. Increases stamina and creates vigorous energy levels for consistent, insane workouts!

3. FAST RECOVERY

LMF contains Omega 3 & 6 essential fatty acids and amino acids. A continual intake of Omega 3 & 6 essential fatty acids supports natural defence mechanisms and improves nutrition for the minimization of muscle damage during and after exercise training. In addition, LMF helps delay the onset of fatigue during exercise and assists in faster recovery.

4. METABOLISM / HEALTH

General body metabolism is controlled in part by thyroxin a hormone produced by the thyroid gland. LMF is also involved in the control of body metabolism through its role in converting the inactive form of thyroxin (T4) to the active form (T3).

LMF is responsible for controlling the build up of peroxides derived from fat breakdown during exercise. These peroxides are potentially very damaging to athletes performance.

5. OPTIMAL BODY/ COMPETING

At time of growth or athletic activity of training or competition, LMF will assist in performance through its effect on thyroxin which in turn has positive body building effects.

LMF contains naturally occurring trace minerals and does not contravene the rules of competition.

Easy to take lemon flavoured drink.



Typical Analysis

Method of Analysis

Vitamin A, D & E as per G564.71,
Vitamin B1 & B2 as per G564.91.
Vitamin B3 as per G564.41
Vitamin C as per HPLC,
Omega 3 & 6 Fatty Acids as per G564.bl, Amino Acids as per G654.11

| | |
|---|--------|
| Vitamin A (mg/100g) | 0.060 |
| Vitamin D (mg/100g) | <0.010 |
| Vitamin E (mg/100g) | 0.310 |
| Vitamin B1 (mg/100g) | 0.006 |
| Vitamin B2 (mg/100g) | 0.110 |
| Vitamin B3 (mg/100g) | 3.500 |
| Vitamin C (mg/100g) | 3.600 |
| Omega 3 Fatty Acids % of extracted Fat | 24.00 |
| Omega 6 Fatty Acids_ % of extracted Fat | 9.00 |

| Amino Acids | | %w/w | g/16g N | R Factor | Protein Recovery |
|-----------------|-----|------|---------|----------|------------------|
| Aspartic acid | ASP | 0.60 | 9.95 | 0.657 | 6.54 |
| Glutamic acid | GLU | 0.77 | 12.77 | 0.595 | 7.60 |
| Serine | SER | 0.24 | 3.98 | 0.833 | 3.32 |
| Glycine | GLY | 0.38 | 6.30 | 1.166 | 7.35 |
| Histadine | HIS | 0.06 | 1.00 | 1.692 | 1.68 |
| Arginine | ARG | 0.41 | 6.80 | 2.010 | 13.67 |
| Threonine | THR | 0.13 | 3.81 | 0.735 | 2.80 |
| Alanine | ALA | 0.11 | 6.80 | 0.982 | 6.68 |
| Proline | PRO | 0.27 | 4.48 | 0.760 | 3.40 |
| Tyrosine | TYR | 0.16 | 2.65 | 0.183 | 1.28 |
| Valine | VAL | 0.28 | 4.64 | 0.747 | 3.17 |
| Methionine | MET | 0.08 | 1.33 | 0.586 | 0.78 |
| Cystine | CYS | 0.06 | 1.00 | 0.722 | 0.72 |
| Isoleucine | ILE | 0.22 | 3.65 | 0.667 | 2.43 |
| Leucine | LEU | 0.39 | 6.47 | 0.667 | 4.31 |
| Phenylalanine | PHE | 0.74 | 12.27 | 0.530 | 6.50 |
| Lysine | LYS | 0.40 | 6.63 | 1.197 | 7.94 |
| Ammonia | AMM | | | 5.147 | |
| Hydroxy Proline | | 0.07 | 1.16 | | |
| Tryptophan | | 0.05 | 0.83 | | |
| Taurine | | 0.00 | 0.00 | | |

* g/16g N = AA (% w/w) * 100/Protein
* Individual Protein Recoveries = AA (g/16g N) * Rf * 6.25
Protein Recovery = Sum of individual Protein Recoveries

Minerals

| | | |
|-----------------------------------|----------------------------------|---------------------------------|
| Combined Nitrogen Analysis | Method: 208/240 Units: mg N/L | Total Combined Nitrogen 120,000 |
| Elements By ICP-AES | Method: 402-AES Units: mg/L | |
| Calcium | 2000 | |
| Iron | 57 | |
| Magnesium | 990 | |
| Phosphorus | 1100 | |
| Potassium | 4900 | |
| Elements By ICP-MS _ | Method: 406-MS Units: mg/L | |
| Chromium | 0.52 | |
| Cobalt | 0.47 | |
| Copper | 1.60 | |
| Selenium | 160 | |
| Zinc | 8507.83 | |
| Micro: Heterotrophic Colony Count | Method: AS4276.3.I Units: CFU/mL | |
| Total Plate Count (TPC) | 17.000000 | |
| Protein By KJELDAHL | Method: G512 Units: % wlw as is | |
| Protein | 62.5 | |



Can be taken in conjunction of other Athletes Advantage products



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