

The 3 Lies To Avoid If You REALLY Want To Build The Best Body You Can Build

Have you been handed the notion that a balanced diet or an off the shelf multi-vitamin tablet can provide sufficient nutrients to meet the demands of intense exercise? Have you tried mega vitamin packs and decided they really didn't make much difference? Did your conservative family doctor or friendly dietitian tell you it was useless to take additional vitamins and minerals? There's one thing all three of these questions have in common. They're all FALSE!

Is Your Goal to Build a Better Body or Maintain the Status Quo?

Everybody's vitamin needs are different. Hard training athletes have a much greater need for vitamins and minerals, just as they do for protein and carbohydrates. We place a lot of emphasis on getting enough protein and carbohydrates to meet the nutrient demands of building a better body. But the fact remains; getting the right amounts of vitamins and minerals is at least equal in importance to protein and carbohydrates.

That's where **Beverly's Super Pak** comes in. This advanced formulation of micronutrients is uniquely designed for bodybuilders, to help you build muscle, lose fat and perform at your maximum potential. This all-inclusive, daily mega cycle of vitamin, mineral and enzyme complexes is more important than you might know. In fact, if your body is deficient in just one of these essential components over a thousand of your chemical and enzymatic processes could be impaired.

The human body works on a 24 hour cycle. Your cells do not go to sleep when you do, they need nutrients continuously. How do you provide your body the 24 hour care it needs? Using the Beverly International **Super Pak** gives you an easy answer to that difficult question. Beverly's **Super Pak** maximizes your performance, strength, endurance, and energy levels. It ensures (and insures) that your body has all it needs to achieve your ultimate physique and conditioning goals.

The Bottom Line Is Each And Every Single Cell In Your Body Relies On Some Component Of The Super Pak To Function At Peak Levels.

The **Super Pak's** comprehensive, automatic delivery system provides a nutrient rich cellular environment all day and all night. You don't have to worry about spacing your supplements throughout the day or taking the right combinations for maximum absorption. The Super Pak's sophisticated formulation procedure takes care of all the work and worry for you.

Give It Some Time

The keys to building a better body are really simple: Training and Nutrition. We all experiment with our training, trying to find the perfect workout. We do the same thing with our nutrition, always looking for a new supplement that will immediately boost our gains. However, a vitamin/mineral supplement is not a one hit performance booster. Your body is engineered for success. You can change it to match your dreams. But, forget the quick-fix. Vitamins are a key ingredient to your long term success. You



must use them every day in optimum amounts, train consistently, feed your body the proper ratios of macronutrients (protein, carbohydrates, and fats), week in - week out, and gradually you will achieve all of your bodybuilding goals.

Vitamins are the co-factors for all of your body's metabolic processes. They are vital elements of structures and functions in the body that take a long time to develop to their full capacity. Some metabolic processes like the turnover of blood cells and muscle cells take three to six months. You've got to give these new cells time to grow in the improved nutrient environment provided by a full complement of vitamins and minerals.

10 Reasons Why Beverly's Super Pak is Critical To Your Bodybuilding Success

1. Provides more than 40 vital nutrients essential for cellular growth, and development.
2. Supports protein synthesis and muscle building.
3. Sustains vital metabolic processes - energy production, carbohydrate and fatty acid metabolism.
4. Powerful antioxidant protection reduces free radical barriers to muscle recuperation, repair and growth.
5. Reduces the catabolic effects of cortisol.
6. Nourishes immune-system function.
7. Improves nerve conduction, muscle contractility and electrolyte balance.
8. Aids in breakdown of food protein into nitrogenous compounds for muscle building.
9. Aids in hormone production and metabolic function.
10. Provides a solid nutritional foundation for overall health and peak performance.

Try It Risk Free For Six Months...And a Day!

Like all our supplements, Super-Pak is backed by our "No Nonsense" money back guarantee. But we want you to give yourself the time to see results. Try the Super Pak risk free for six months and a day. If at any point during that time you are not head over heels satisfied with Beverly's Super Pak you can return any unused portion for a full, no questions asked, refund.

Look What's Inside Beverly's Super Pak

Supplement Facts:

Container Size: 30 Paks

Serving Size: 1 Pak

Servings Per Container: 30

Amount Per Tablet:

Vitamin A (from fish liver oil)	10,000 IU
Vitamin C	2,000 mg
Vitamin D (from fish liver oil)	800 IU
Vitamin E (as d-Alpha plus d-Beta, d-Gamma and d-Delta Tocopherols)	1,000 IU
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	150 mg
Riboflavin (Vitamin B2)	150 mg
Niacin (as Niacinamide)	150 mg
Vitamin B6 (as Pyridoxine Hydrochloride)	150 mg
Folate (as Folic Acid)	400 mcg
Vitamin B12 (as cyanocobalamin)	150 mcg
Biotin	50 mcg
Pantothenic Acid	150 mg
Calcium (as Hydrolyzed Protein Chelate)	1,000 mg
Iron (Hydrolyzed Protein Chelate)	18 mg
Iodine (as Potassium Iodide)	150 mcg
Magnesium (Hydrolyzed Protein Chelate)	500 mg
Zinc (Hydrolyzed Protein Chelate)	22.5 mg
Selenium (from Yeast)	80 mcg
Copper (Hydrolyzed Protein Chelate)	3 mg
Manganese (Hydrolyzed Protein Chelate)	10 mg
Chromium (Hydrolyzed Protein Chelate)	200 mcg
Chloride	90 mg
Potassium (Hydrolyzed Protein Chelate)	95 mg
Choline (as Choline bitartrate)	150 mg
Inositol	150 mg
para-Aminobenzoic Acid	150 mg
Citrus Bioflavonoids Complex (4x concentrate)	500 mg
Rutin	75 mg
Hesperidin Complex	75 mg
Acerola	75 mg
Betaine Hydrochloride	280 mg
Glutamic Acid	100 mg
Pepsin	40 mg
Papain	50 mg
Ox Bile	120 mg
Pancreatin	60 mg
Mycozyme	60 mg

Other Ingredients:

Other Ingredients: Alfalfa, Cellulose, Dicalcium Phosphate, Food Glaze, Gelatin, Glycerin, Kelp, Lecithin, Magnesium Stearate, Parsley, Rice Polish, Rosehips, Soybean Oil, Vegetable Stearin, Watercress, Yeast
Contains soy and fish ingredients.

Suggested Use:

As a dietary supplement, take one pak daily with breakfast or your largest meal.