

BEVERLY INTERNATIONAL

**“I GAINED 10 LB OF LEAN MUSCLE
AND MY BODY FAT WENT DOWN...”**



HOW MUCH SHOULD I TAKE?

To be effective, nutrients like HMB and arginine must be taken in multi-gram quantities. The more mass you carry, the more you require. According to HMB researcher Dr. John Rathmacher (PhD), “Many highly trained individuals have much larger muscle mass than untrained individuals and the optimal dosage is 38 mg HMB per kg [2.2 lb] body weight. Therefore trained individuals need [much] more HMB based on body weight.” BI owner Roger Riedinger has found empirically that larger athletes require larger doses of MUSCLE SYNERGY. When he took 32 tablets daily he achieved greater results than when he took 16. BI recommends that athletes weighing 200 lb take 24 tablets or 3 scoops of the powder form (yielding 4.5 g of HMB). This equates to a dose that is slightly above what Dr. Rathmacher advises.

“MUSCLE SYNERGY is the most effective product I've used. I get an awesome pump and gain lean muscle. I'm in the final stages of my pre-contest diet. My strength is still increasing and my recovery time is awesome. Definitely worth trying!!”

“I was at a plateau for 3 months. I began taking 8 tabs of MUSCLE SYNERGY per day for a week. Then I increased my dose to 16 tabs for weeks 2-8. I gained 10 lb of lean muscle and my body fat went down from 15% to 14%. My upper leg circumference increased by 1" and my bench press went from 285 lb to 315 lb. This is the most growth I've ever experienced. The only change was taking this product.”

“WOW is all I can say about this product. It has made my gains shoot through the roof. All of my lifts have gone up by at least 10 lb and several increased by 25 lb. Best supplement I've ever used. HIGHLY RECOMMENDED!!!”

**“COMBINES EXPLOSIVE STRENGTH WITH
EVERLASTING PUMPS. IT JUST CAN'T GET
ANY MORE PERFECT.”**

“MUSCLE SYNERGY is probably the best supplement I've ever used, and I've used a lot. Incredible gains, endurance and pumps with no negative side effects. Think about all the time you spend in the gym. For a supplement that works this good it's worth the extra money. I do hardcore cardio on the days I don't lift, and my strength and muscle are still increasing. Incredible.”

“MUSCLE SYNERGY is incredible. It combines explosive strength with everlasting pumps. It just can't get any more perfect.”

“As a woman, MUSCLE SYNERGY has been by far the most helpful supplement for gaining strength and muscle tone. It sits next to my alarm clock. I take 8 tabs upon rising and then I do cardio. I am full of energy and strength. I take another 8 at 4:30 PM on the way home prior to lifting weights. Pump it up, baby!”

“THE MOST HELPFUL SUPPLEMENT FOR GAINING STRENGTH AND MUSCLE TONE.”

“I was using MUSCLE SYNERGY for a few years. Then I stopped it and started using a nitric oxide product by another brand. My muscles lost strength, power, explosiveness, hardness and a bit of size. Now I’m using MUSCLE SYNERGY again and I’m back on track and very happy. I play semi-pro football and will be 47 in March. My brother told me about this product. He is a former powerlifter. Thank you, Beverly!”

“I saw results within 3 weeks. The pumps are intense, vascularity and strength increases, and you recover faster. I took 8 tabs in the morning, 8 at mid-day and another 8 half an hour before training. Beverly doesn’t have to push the supplements they sell; they sell themselves.”

“IF YOU WANT STRENGTH, HARDNESS AND TO GET LEAN, THEN YOU NEED TO TRY THIS.”

“I love MUSCLE SYNERGY. If you want strength, hardness and to get lean, then you need to try this. I take 12 tabs in the morning and 15 in the afternoon. It’s been about 30 days and I have gained 6 lb and my lifts have gone up nicely. Today I tried my max bench. A month ago it was 195 lb. This time I put up 235! I’ve only been using this product along with some protein. There is no way protein can increase my bench by 40 lb in a month. So MUSCLE SYNERGY has to be it. Try and find out for yourself!”

MAXIMIZE THESE 4 FACTORS AND YOUR BODY WILL NEVER LOOK THE SAME AGAIN.

All day long your muscle cells build, or synthesize, protein. If they didn’t, the size, strength and tone of your muscles would fade away. Sometimes protein synthesis proceeds very slowly; other times, a little faster. The result for most of us is that we barely maintain the “status quo” –the muscle we have. As we get older, even maintenance seems impossible.

In the spring of 2001 at BI headquarters, a group of scientists isolated 4 factors that critically affect the amount of protein synthesis occurring inside your muscles. These factors interact synergistically. This means that if they are enhanced, the results can be incredibly dramatic. That’s the power of synergy.

No nutrient can maximize every factor, of course. A combination is therefore required. After testing various formulas, one emerged victorious: MUSCLE SYNERGY. Released in 2002, it remains one of BI’s most successful products ever.

THE POWER OF SYNERGY

HMB + Creatine: This combination has been found to produce superior mass and strength gains compared to taking creatine alone¹.

Arginine + Citrulline: Research suggests that the combination of arginine and citrulline is superior to arginine alone for increasing nitric oxide (NO) levels long-term².

BI is constantly in touch with sports nutrition researchers at universities around the world –Spain, New Zealand, England, Japan, Italy, Israel, Canada, China, United States, Australia, etc. The insights they reveal, coupled with testimonials from happy BI customers, confirm that MUSCLE SYNERGY is one of the most well thought-out and potent supplement technologies available.

REMEMBER! MUSCLE SYNERGY POWDER IS NOW AVAILABLE!

NO NONSENSE SUPPLEMENTS

NO “FAIRY DUSTING”

MUSCLE SYNERGY’s key drivers are **arginine, citrulline, HMB and creatine**. Each is present in a clinically-based, efficacious dose (no “fairy dusting”). All are combined in one formula to synergistically maximize **Damage Control** (protection from exercise-induced muscle damage), **Loss Prevention** (protection from muscle atrophy, such as occurs with aging), **Work Capacity** (e.g. how much weight you can lift, for how many sets and reps) and **Pump** (saturation of muscle tissue with blood during exercise). These are the 4 critical factors.

Never before have all 4 factors been supported in such a powerful way by a single supplement. This is what makes MUSCLE SYNERGY so capable of helping women and men of all ages and training backgrounds, beginner through advanced.

FOR MORE INFO:

Few supplements are effective enough to deserve an entire book. Read **The Book of Muscle Synergy** available at www.beverlyinternational.com and you’ll be convinced to try it. Then the results will convince you that it’s worth every penny to stay on it.

Order now!
Call toll-free
1-800-781-3475
to speak to a BI advisor.
www.beverlyinternational.com

SCIENTIFIC SUPPORT

1. Jowko E et al. (2001). *Nutrition* 17: 558.
2. Romero MJ et al. (2006). *Cardiovasc Drug Rev*, 24(3-4): 275.