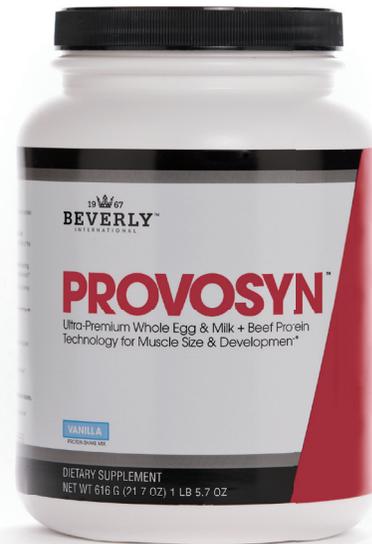


Eating a diet based on whole eggs, milk and beef is a strategy many natural physique athletes have used for decades to increase lean muscle size without gaining fat! The research and development team at Beverly International saw a need for a modern, more convenient and effective alternative. What they developed was PROVOSYN.

**THIS “OLD SCHOOL” PROTEIN COMBINING STRATEGY IS GUARANTEED TO PUT YOU ON THE FAST TRACK TO LEAN MUSCLE SIZE!**

If you’ve been training for 20 years or longer, then you probably know people who achieved one or more of the following by eating a diet including whole eggs, milk and beef. What worked “back then” still works now for:

- Gaining muscle size without getting fat
- Creating an athletic physique
- Dropping a few pant sizes
- Achieving razor-sharp muscularity while preparing for a physique contest



**Ultra-Premium Whole Egg, Milk & Beef Protein Technology**

**THIS POWERFUL PROTEIN COMBINING STRATEGY DATES BACK WELL OVER HALF A CENTURY!**

- According to researchers from the University of California at Davis (Grivetti and Applegate, 1997), American athletes at the 1936 Summer Olympics in Berlin consumed steak (primarily rare or medium), had average daily intakes of 125 g of butter or cotton oil, three eggs, custard for dessert, and drank 1.5 L of milk. The researchers added that athletes also consumed “pre-event meals” consisting of one to three steaks and eggs, supplemented with “meat-juice” extract.
- “Nutritionists to the stars” of the 1950s and 60s, such as Vince Gironda, espoused eating liberal amounts of egg protein - whole egg, not just the white- to build muscle without gaining fat.
- Both Gironda and another nutritionist of that era, Irving Johnson, better known as “Rheo Blair”, advised their clients to drink protein shakes containing eggs as well as cream and/or milk in order to accelerate muscle growth.
- Blair, who was a protein supplement pioneer, reportedly had a “secret recipe” that he used with elite Hollywood clients and bodybuilding stars. It was later revealed that it consisted of a 2:1 ratio of whole egg to milk protein.

**WHAT MADE THE “OLD SCHOOL” APPROACH SO EFFECTIVE?**

The body of scientific knowledge about nutritional biochemistry has grown tremendously since the 1950s. However, human biology hasn’t changed a bit. Thus, what worked back then still works now. What made the “Old School” approach so effective? Three factors were critical:

1. Part of the secret was the sheer amount of protein the “Old Schoolers” consumed. In an effort to pack on muscle faster, clients of Rheo Blair consumed as many as five shakes a day.
2. The combination of whole eggs and milk may be the single most important factor. This meant consuming liberal amounts of fat and other lipids, the significance of which we reveal on page 3.
3. “Old Schoolers” were careful not to overeat carbohydrate so as to avoid gaining fat. In fact, new research published by University of Colorado scientists suggests that increasing fat intake by 30% and reducing carbohydrate intake by the same amount for as little as 2 days increases fat-burning all over the body and stimulates changes in skeletal muscle tissue that enhance its ability to burn fat!

**WWW.BEVERLYINTERNATIONAL.COM – 800-781-3475 – BEVNUT@BEVERLYINTERNATIONAL.NET**

100% Money-Back Guarantee. If you’re not satisfied after using PROVOSYN for 60 days, we’ll cheerfully refund your money. No questions asked!

## PROVOSYN™ FORMULA HIGHLIGHTS

1. PROVOSYN contains a 2:1 ratio whole egg to milk protein, plus beef. This ratio is based on the recipes used by famed nutritionists of the 1950s to help their elite clients build lean muscle without gaining fat.
2. Just like the “Old School” method proven over decades of use, PROVOSYN combines liberal amounts of lipids (including 11 g of fat) with small amounts (4 g) of carbohydrate. This combination helps maximize fat-burning.
3. PROVOSYN contains intermediate-speed proteins from:
  - 100% Whole Egg: The egg protein in PROVOSYN comes from whole eggs that have been carefully spray-dried and pasteurized.
  - Grade A Milk Protein: The milk protein in PROVOSYN is obtained from fresh pasteurized milk using a low-heat system. This helps ensure that the proteins remain undenatured and retain their muscle-building potency. Also, the milk protein in PROVOSYN is low in lactose and contains casein and whey in the same unaltered ratio found naturally in milk.
  - 100% Natural Beef: The beef protein in PROVOSYN is 98% protein by weight. Produced under USDA inspection, it contains no MSG, salt, carriers, or other added ingredients.
4. PROVOSYN contains more than 9,000 mg of essential amino acids (EAAs) including over 4,000 mg of the branched-chain amino acids (BCAAs) leucine, isoleucine and valine per serving.

### WHO IS PROVOSYN IDEAL FOR?

- Individuals 40 years and older seeking to minimize age-associated loss of muscle size and strength (sarcopenia) and maximize muscle gains from workouts.
- High school, collegiate and professional athletes seeking to add muscular weight.
- Dieters seeking to preserve or build muscle while losing body fat.
- Physique competitors of all kinds: bodybuilders, figure, fitness and bikini competitors (pre-contest as well as off season)

### THE BEST TIMES TO USE PROVOSYN:

- Within 1 hour before and/or after lifting weights (resistance exercise)
- First thing in the morning
- Before bed
- Any other time of day to increase your daily protein intake

### Supplement Facts

Serving Size: 2 scoops (41 g)  
 Servings Per Container: 15

	Amount Per Serving	%DV*
<b>Calories</b>	210	
Calories from Fat	100	
<b>Total Fat</b>	11 g	17%
Saturated Fat	3 g	15%
Trans Fat	0 g	
<b>Cholesterol</b>	370 mg	123%
<b>Total Carbohydrates</b>	4 g	1%
Sugars	3 g	**
<b>Protein</b>	21 g	42%
<b>Vitamin A</b>	219 IU	4%
<b>Calcium</b>	296 mg	30%
<b>Iron</b>	1.8 mg	10%
<b>Sodium</b>	180 mg	8%
<b>Potassium</b>	170 mg	5%

**Provosyn Lean Muscle Size Protein System™\*\*** **33 g** \*\*  
 (100% Whole Egg, Grade A Milk Protein Isolate, Sodium Caseinate, 100% Natural Beef Protein)

\*Percent Daily Values (DV) are based on a 2,000-Calorie diet.  
 \*\*DV not established.

### TO MAKE A DELICIOUS SHAKE:

- Pour 8 oz of cold water into a blender or the container of your choice.
- Add 2 scoops of Provosyn and blend or mix until the texture is smooth or as you desire it.
- Drink and enjoy!
- For a thicker, sweeter shake, reduce the amount of water slightly. Adding 3-4 small ice cubes when blending will also increase thickness.
- Add PROVOSYN to your UMP or Mass Maker shake to enrich the taste and enhance the nutrient profile.

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**SCIENTIFIC EVIDENCE EXPLAINS WHY PROVOSYN IS SO EFFECTIVE FOR INCREASING LEAN MUSCLE SIZE WITHOUT GAINING FAT!**

**EGG AND MILK**

Let's talk in more detail specifically about the combination of egg and milk, since this is so important.

The two main proteins in milk are casein and whey. Casein is described as "sustained-release" because it releases amino acids into the bloodstream more slowly. Whey, on the other hand, releases amino acids more quickly and is therefore said to be a "fast" protein. Scientists have determined this by separating casein and whey from milk and studying them in isolation. Their research also suggests that these proteins may work best when they are left together, just as they occur naturally in milk.

Now let's move on to egg. Despite all the hype about milk protein in recent years, scientific studies dating back to the 1930s show that egg protein –again, we're talking about protein from the whole egg, not just the white- is equivalent to milk protein. Some researchers even suggested that egg was superior (see Sumner et al., 1938, and Sumner and Murlin, 1938, for instance).

**LIPIDS ARE NOT "BAD"**

Like milk, the egg is definitely more than the sum of its parts. The yolk provides just over 40% of the protein in an egg. It also contains a host of other nutrients that are either absent, or present at considerably lower levels, in the white. Among these are lipids.

The term lipid refers to a group of nutrients that includes fats, cholesterol, and phospholipids, among other compounds. All three are found in eggs. Over 90% of the lipids in an egg reside in the yolk.

Fat serves important functions in the building of muscle cells. The building blocks of fat are fatty acids. Fatty acids also occur in phospholipids, which are used to build the membrane around the muscle cell. Whole eggs, because of the yolk, are rich in phospholipids. Phospholipids also aid in the digestion of fats and are essential for proper brain function.

It's well known that whole eggs –again, because of the yolk- contain plenty of cholesterol. Like fatty acids and phospholipids, cholesterol is used to build muscle cells. It is also a precursor to androgens, including testosterone. The biggest source of cholesterol in the diet is eggs.

**EGGS IN THE PREVENTION OF AGE-ASSOCIATED MUSCLE LOSS**

In 2007, researchers at Texas A&M University decided to investigate the relationship between dietary cholesterol and the muscle-building effect of resistance exercise in older men and women (Riechman et al., 2007). They were interested in getting insights into how to treat or prevent sarcopenia, or age-associated loss of muscle size and strength.

The researchers observed a dose-response relationship between dietary cholesterol and gains in lean mass (i.e. muscle). In fact, cholesterol intake was found to be the biggest predictor of how much muscle the subjects gained from their workouts. Strength gains, too, were greater with a higher cholesterol intake. Subjects who consumed 7.2-10.2 mg of cholesterol per kg of lean body mass were more than twice as strong as those who consumed 2.2 to 3.5 mg per kg of lean body mass.

These pieces of scientific evidence and others may explain why the "Old School" strategy of combining whole egg and milk proteins is so effective for increasing lean muscle size without gaining fat!

**SOME "OLD SCHOOL" CLIENTS DOUBLED THEIR GAINS BY TAKING DIGESTIVE ENZYMES AND LIVER TABLETS**

A common "Old School" practice was to take digestive enzymes and liver tablets with or between meals to further enhance lean muscle size and development. Clients of Rho Blair were often instructed to do this. He felt that everyone, including young people, needs extra help in digesting a concentrated source of protein like PROVOSYN.

According to Blair, some of his clients insisted that they doubled their gains by taking digestive enzymes in addition to protein shakes. Others, including Blair himself, were able to tolerate certain proteins in their diet when using digestive enzymes, whereas before they could not.



**For maximum results, combine Provosyn with: Multiple Enzyme Complex and Ultra 40**

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# BEVERLY INTERNATIONAL'S EASY TO USE SUPPLEMENT RECOMMENDATION CHART

## HOW TO DESIGN A PERSONALIZED SUPPLEMENT REGIMEN TO MEET YOUR GOALS AND BUDGET

1. Choose the profile from the chart below that best fits your situation.
2. Start with the supplements listed as number 1's under the goal profile you selected. If a letter appears next to the number, for example 1A and 1B, you can choose either of them, or both. The #1's should form the foundation of your supplement program.
3. If your budget allows, add those from the "Next Steps" (#2's) list.
4. Adding the #3's will give you a complete supplement strategy to achieve your goal.
5. If you are a high achiever and "want it all", add a #4 to your supplement program; or in the case of FAST UP if you occasionally need a smooth energy boost.

Females					
Goal Emphasis	Bikini Beach Body	Toned Figure/ Athletic Physique	Women's Physique Emphasis on Shape & Muscle	Active Female Basic Shape-Up	45 & UP
Ultimate Muscle Protein	1A	1A	1A	1	1A
Muscle Provider	1B	1B	1B		
Provosyn		1C	1C		1B
Creatine Select			2		4A
Glutamine Select	3A	2		3A	
Mass Aminos			3		
Ultra 40			3		
Lean Out	2	3		2	3
7 Keto MuscLEAN	2				3
Density		3			
Quadracarn					2
Muscle Synergy			4		4B
Muscularity	3B			3B	
GH Factor					2
Energy Reserve	4	4			
Fast Up	4	4	4	4	

Males					
Goal Emphasis	Increased Muscle Size w/ Fat Loss	Emphasis on Fat Loss	Gain Maximum Strength and Size	Athletic Male Basic Shape-Up	50 & UP
Ultimate Muscle Protein	1A	1	1B	1	1
Muscle Provider	1C		1C		
Provosyn	1B		1A		
Mass Maker			1		
Creatine Select	2	3	2	3	2
Glutamine Select	4	3			3
Mass Aminos	3		3		
Ultra 40	3		3		
Lean Out		2		2	
7 Keto MuscLEAN		2			
Density		4			4
Quadracarn	1*	1*	4		1
Muscle Synergy	4				3
Fast Up		3	4	4	

\* If 35 years or older add Quadracarn to the essential list. **Fit Tabs** and **EFA Gold** may be added to any of the above profiles for enhanced health benefits.