



TRAIN HARD!™

Multiple Vitamin & Mineral Supplement



Train Hard!™ is the ultimate multiple vitamin & mineral supplement for supporting your efforts to build lean muscle and strength as well as increase overall athletic and/or fitness performance.

*Train Hard!™ is loaded with all the vitamins and minerals you need to be a healthy, hard training, lean muscle machine as you excel in any athletic or fitness performance you choose. **If you want to build lean, hard muscle and strength, then Train Hard!™ is definitely a supplement you want to start taking as soon as possible.***

Train Hard!™ comes in the easy-to-use, and superior performing capsule format. *Don't waste your time with cheap multiple vitamin & mineral tablets. **Capsules absorb at a much higher rate than cheap tablets.***

If you take one serving (3 capsules) of Train Hard!™ daily, ***you just took care of getting in all the vitamins and minerals you need for that day to fuel your training efforts to build lean, hard muscle and strength as well as boost your athletic and/or fitness performance.***

So, in a sense, Train Hard!™ is part of a good overall diet. You can, and you should, get vitamins and minerals from whole foods. I do, and if I didn't I would feel like I wasn't giving myself every chance to build a lean, hard muscular body. I do acknowledge that it is hard to get **ALL** the vitamins
House Of Muscle

The House Where Muscle Is Built!

and minerals I need each day just from whole foods. **That is why I take one serving (3 capsules) of Train Hard!™ every day!**

The vitamins and minerals provided by Train Hard!™ are essential micronutrients that facilitate many of the processes in the body that affect overall health and your ability to build lean, hard muscle and strength as well as increase overall athletic and/or fitness performance. *I am talking about processes like*

energy production and muscle building. Since most of us (myself included) lack the variety in our whole food diet required to get all of these essential micronutrients, we need to support our hard training efforts, which depletes these crucial elements, **by taking Train Hard!™ every day!**

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For example, the essential B vitamins (including B1, B2, B5, B6, B12, niacinamide, biotin and folic acid) provided by Train Hard!™, once inside your body, *help protein synthesis and help convert carbohydrates and fat into energy. **That sounds pretty important to me.*** *I definitely want that and by taking Train Hard!™ every day, I do take care of getting the essential B vitamins I need.*

Also, the essential vitamin C provided by Train Hard!™, once inside your body, is involved in the synthesis of hormones, amino acids and collagen.

It also boosts immune functions, strengthens blood vessels and increases nitric oxide (NO) levels *which aid endurance and strength while encouraging muscle growth. **That sounds pretty important to me.*** *I definitely want that and by taking Train Hard!™ every day, I do take care of getting the essential vitamin C I need.*

In addition, the essential vitamin D provided by Train Hard!™, once inside your body, attaches itself as a receptor to muscle cells *which increases muscular strength. **That sounds***

Train Hard! is loaded with all the vitamins and minerals you need to be a healthy, hard training machine...

pretty important to me. *I definitely want that and by taking Train Hard!™ every day, I do take care of getting the essential vitamin D I need.*

Plus, the essential B, C and D vitamins I mention above *are **only 10 of the 30 important vitamins and minerals that Train Hard!™ contains.***

I think you get the idea here. If building lean, hard muscle and strength as well as increasing your overall athletic and/or fitness performance is your goal — **you need to take Train Hard!™ every day!**

What are you waiting for? Get your **House of Muscle Train Hard!™** today at:

HouseOfMuscle.com

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The statements made about this product have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.