

ZMA[®] NIGHT GROWTH[™] Anabolic Support Complex

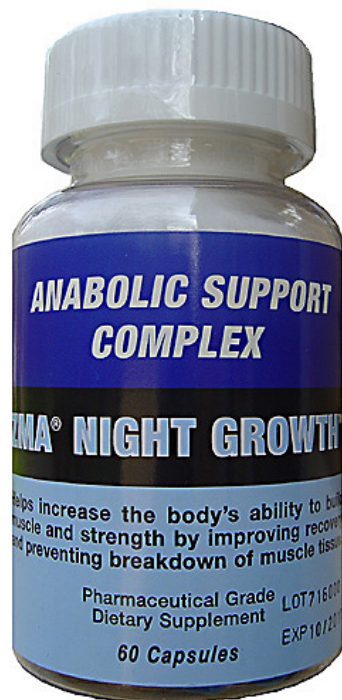
ZMA[®] Night Growth[™] is an anabolic support complex that will definitely help you get more results from the time you spend training in your attempt to build a stronger, leaner and more muscular body. Even if you think you have tried a ZMA-type supplement before and think you know what ZMA is all about, you really should read the information we have provided below. There is some amazing new scientific research that has been done on the ingredients in ZMA[®] Night Growth[™] and we are providing the details on this research to you for the first time.

Also, by reading the information below you will learn that ZMA[®] Night Growth[™] is not your normal, run of the mill ZMA supplement. By reading the information below you will learn how “The House Where Muscle Is Built”, House Of Muscle, has taken all the positive benefits of ZMA supplementation to the next level. **There really is only one ZMA[®] Night Growth[™]** — read below to find out why.

Recently there have been some really interesting and positive scientific studies done on the ingredients in ZMA[®] Night Growth[™]. **The ingredients in ZMA[®] Night Growth[™] have been found to**

increase testosterone and insulin like growth factor-1 (IGF-1), which are often suppressed when you are training hard. Also, studies have shown that *the ingredients in ZMA[®] Night Growth[™] improve the quality of sleep.*

One recent study reported that NCAA football players who took the ingredients in ZMA[®] Night Growth[™] during an eight week period exhibited **more than**



while those who took a placebo had a 10% decrease in testosterone and a 22% decrease in IGF-1. *In addition to improvements in anabolic hormone levels and sleep quality, the athletes who took the ingredients in ZMA[®] Night Growth[™] made significant gains in strength and power.* These benefits can help to significantly boost muscle gains, but *the key is proper use of the supplement.*

The critical component in taking ZMA[®] Night Growth[™] is timing. Taking it right before bedtime will maximize its uptake and utilization, as confirmed by clinical research. *Taking ZMA[®] Night Growth[™] at night will also enhance sleep quality* since the magnesium in our formula can normalize and extend stage 3 and 4 slow-wave sleep. Deep sleep is critical in helping your body recover from hard training.

The ingredients in our ZMA[®] Night Growth[™] formula work together.

Reports have shown athletes taking ZMA[®] Night Growth[™] to have increased physical endurance, a decrease in muscle cramps and strains, faster healing from injuries, improved mental concentration and alertness, decreased water retention, and deeper more restful sleep.

a 30% increase in both free and total testosterone levels, and about a 4% increase in IGF-1 levels,

The vitamin B6 helps the magnesium get into cells. To get the most out of taking ZMA[®] Night Growth[™] we recommend you take it right before bed with a good protein supplement, like *our 100% Whey Protein product.* You can also add in our *Recovery Orange[™] supplement* with your before-bed protein shake to really maximize results.

Also, consider taking ZMA[®] Night Growth[™] in our **15 Week Pyramid Cycle.** The cycling of ZMA[®] Night Growth[™] will reduce receptor downgrade, *which will maximize*

results. The pyramid nature of the cycle will also help you keep most of the gains you achieve, even after you go off the supplement.

Week #	ZMA® Night Growth™
1	1 capsule before bedtime
2	1 capsule before bedtime
3	2 capsules before bedtime
4	2 capsules before bedtime
5	3 capsules before bedtime
6	3 capsules before bedtime
7	3 capsules before bedtime
8	4 capsules before bedtime
9	3 capsules before bedtime
10	3 capsules before bedtime
11	3 capsules before bedtime
12	2 capsules before bedtime
13	2 capsules before bedtime
14	1 capsule before bedtime
15	1 capsule before bedtime

Back to week #1

You can be sure when you take ZMA® Night Growth™ you are getting the exact ratio of three key ingredients — zinc, magnesium aspartate and vitamin B6 — which was shown in the clinical research to produce the best results. **But our formula of ZMA® Night Growth™ does not stop there.** We have also included potassium, which has been shown to even further improve the recovery aspects of this supplement. **Plus, we have added a proprietary anabolic blend of other key nutrients, which really takes ZMA® Night Growth™ to the next level.**

This anabolic blend includes the powerful compounds 20-hydroxyecdysone, 5-methyl-7-methoxyisoflavone and 7-isopropoxyisoflavone, **all of which have been shown to decrease cortisol levels, improve overall recovery from exercise and, most importantly, increase protein synthesis.** This means that when you take ZMA® Night

Growth™ you can consume and utilize more protein than you ever could otherwise, *which will translate into dramatic muscle growth.* That is why it is important to up your protein intake when taking ZMA® Night Growth™ by using a good protein supplement like *our 100% Whey Protein product.* When you combine supplementation of ZMA® Night Growth™ with a high protein diet, and of course hard training, the results can be amazing.

ZMA® Night Growth™ also contains a standardized form of L-Dopa/Polypodium extract. This is a metabolic precursor to dopamine and *will stimulate endogenous human growth hormone (HGH) production in the body.* By naturally increasing HGH production, **ZMA® Night Growth™ will definitely help you in your attempt to build a harder, leaner and more muscular body.**

The final key ingredient in ZMA® Night Growth™ is Fisetin Naringenin, *which has been shown to greatly improve the immune system.* When you are training hard you can really bring your immune system down. If you are constantly on the edge of over training and getting sick, this will totally throw a wrench into your efforts to build a strong, lean, muscular body. **ZMA® Night Growth™ will help improve your immune system and help prevent you from getting sick and derailing your training efforts.**

Well, there you have it. **ZMA® Night Growth™ is one amazing supplement.** *It is totally safe, has no side effects and is amazingly effective.* We have taken all the normal benefits of regular ZMA to the

next level. **ZMA® Night Growth™ will boost testosterone, increase IGF-1 levels, raise natural HGH levels, decrease cortisol levels, improve overall recovery from exercise, increase protein synthesis, and improve your immune system.** *All of these factors will definitely help you get more results from the time you spend training in your attempts to build a harder, leaner and more muscular body.*

If you really want to take your muscle and strength building efforts to the next level, check out THE 15-WEEK SWARD'S STACK which includes ZMA® Night Growth™!

What are you waiting for? **Get your ZMA® Night Growth™ today at:**

HouseOfMuscle.com

ZMA® is a unique patent-pending anabolic mineral support formula containing highly bioavailable forms of zinc and magnesium as zinc l-monothionine (L-OptiZinc® - U.S. Patents 4,764,633 and 5,278,329) and covalently-bound zinc/magnesium aspartate. Formulated with vitamin B6 to further enhance zinc and magnesium absorption and utilization, ZMA® is a powerful non-steroidal, all natural dietary supplement clinically proven to increase free testosterone, total testosterone and insulin-like growth factor (IGF-1) levels and enhance muscle strength significantly greater than placebo during a strength training program.

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OptiZinc® is a trademark of InterHealth N.I.

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.