THE MOST FITNESS ADVICE FOR YOUR MONEY! IN PURSUIT FIT N ES JULY 2009 @ Cover Story **EXERC** SHOUL SUPERHUMAN THE BEST L **ADE SIMPLE** YOU'RE NOT DOING THE CURE FOR ENERGIZE YOUR WORKOUT: CYTONOX 'ROX' ABS BRAIN OVER-40 **FOODS** WORKO TRUE **BEAUTY'S** JEFFREY **NBA** ALL-STAR **CHRIS** NFL **LEGEND**



SORE MORE

THE SECRET OF ARMY MUSCLE

NUTRIENTS SO **POWERFUL,** THE US ARMY WILL BE USING THEM!

by the year 2025, it's expected that all active military personnel in the United States will be taking a daily supplement of Glutathione and Carnosine. Why?

It was discovered that hard muscle-building training is known to deplete glutathione and Carnosine levels. Thus, an athlete (or soldier) can benefit from glutathione and Carnosine supplementation, and the enhanced recovery and muscle building results can be seen from its use. Bottom line: both Glutathione and Carnosine levels are directly correlated with muscle size and muscle growth. Put more of these nutrients in your body, and you get more muscle size and muscle growth.

When you exercise hard, like intense muscle-building, your Glutathione levels go down. Want to build more muscle? Make sure you are getting enough Glutathione into your body.

Carnosine is found *specifically* in muscle tissue. So guess what: it was discovered in clinical research that if you increased the amount of Carnosine you put in your body, the result was anabolic metabolism, increasing both muscle size and muscle strength.

"But how do I increase Glutathione and Carnosine levels? Do I have to swallow another pill or juice?"

The scientists at LifeWave have a better answer: a patch. Instead of taking the usual pill that goes in and out of your body in an hour, producing very little results, the LifeWave Glutathione and Carnosine patches are placed on the body once-a-day, ALL DAY, resulting in an increase in Glutathione and Carnosine levels ALL DAY. Clinical studies prove it: in just ONE DAY, the LifeWave Glutathione patch was able to elevate Glutathione levels by a whopping 300%! Compare that to the 10% increase from a pill.

So don't wait until the year 2025. For the cost of a cup of coffee, get the performance advantage fit enough for the US Army. **Get your LifeWave Glutathione and Carnosine patches today!**

Call or Go Online to Order Today! 866.420.6288 www.LifeWave.com

