

LAMUSCLE WORKOUT

ISSUE 14

**TWO
TRICKS
TO
BULK**

**NORATEEN
Q&A**

**5 BENEFITS
OF
TESTOSTERONE**

**GREAT
DIGESTION**

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WAYS
TO GET A
BOOTY**

**THE
OKINAWA
DIET**

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WORKOUT WELCOME

Your outlook will dictate how your life goes. Have you heard this before? There are other similar sayings, such as seeing the glass half empty or half full.

Post Covid, we were looking forward to happier times only to be welcomed by war, extreme weather, economic downturns and shortages of pretty much everything. Never mind the crazy prices when something IS available!

What to do?

Well, for one, you can keep exercising. Exercise has been proven time and again to prolong life, improve health, reduce stress, reduce blood pressure ... the list goes on and on.

You can also eat healthier and try something new, maybe intermittent fasting? This is a great way to detox your body by giving it a break from eating.

Switching off the news is also another great idea! Something I try and do whenever I feel the world is just "too" crazy.

No matter what happens around you, you have a choice, Your choice is how to "react" to things. In fact, your reaction, dictates your outcome. Make a big deal and it IS a big deal. Brush it off and it will be forgotten.

Choosing to ignore the manipulative media, choosing to exercise, choosing to eat more fruit and vegetables and less sugar, choosing to reduce stress and choosing to drink more water are all great choices.

You can make a further choice if you are struggling to lose weight or build muscles and that is to choose LA Muscle's Pharmaceutical Grade supplements. They are not the cheapest - they are the best.

This action-packed edition of the exclusive LA Muscle Workout Magazine has some great articles for you. Enjoy!

Stay healthy.

Parham Donyai
Founder, LA Muscle

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1. Lift More

It is astonishing to see so many people go to the gym and lift the same weight week in, week out. Your number 1 priority in the gym should be to LIFT MORE each and every week. I would even say each and every session but that may be a bit too much if you are a seasoned trainer.

Lifting more weight is the ONLY way you will become more muscular because you are telling your body to panic and build more muscle. You need to shock your body and get it out of its comfort zone and the only way you can do that is by:

TWO TRICKS TO BULK UP

- * LIFTING MORE WEIGHT
- * LIFTING THE SAME WEIGHT IN A SHORTER TIME PERIOD
- * CHANGING YOUR ROUTINE

There are other principles that will guide how much and how quickly your build muscle mass, such as supplements, diet, sleep, training regime, genetics and so on. However by ensuring that you are always lifting more weight and increasing your intensity, you will always grow more muscular.

As you train longer and gain more experience or as you grow older, you will find that lifting more at every session or every week can become near impossible! That's when you can start taking supplements to increase your strength and get you to carry on lifting more and building more muscle mass. Supplements can also speed up this process.

Some people resort to other more dangerous substances. As fast as they may act or as good as they may be, you will pretty much lose all of your gains when you come off them. Look at anyone that has been a "user" of these and has come off. They look either normal or even terrible! Supplements like the Norateen range work with your body and when you come off them, you pretty much keep most of your gains.

2. No Sugar/ Carbs

If you are on the quest to get leaner and look good and see that elusive six pack, there are many things you can do. Cardiovascular exercise, higher reps, more water etc.

However, the most effective and fast-acting thing you can do is to stop or drastically reduce your sugar and carbohydrate consumption. This is a very quick way to get leaner. As you have heard, "abs are made in the kitchen!". In addition to this, increase your protein and you have a great recipe to build and keep muscle mass and reduce body fat.

The world today is full of sugar, pretty much in everything from yoghurts, general foods to sauces. You have to be very careful to not end up consuming sugar! Reducing sugar consumption and replacing carbohydrates for more protein will dramatically change the way you look. You will go from looking soft and flabby to hard and muscular in just weeks.

NORATEEN® Q&A

**Is Norateen a steroid?**

No, it is a legal nutritional supplement.

Can you take Norateen all year round.

No, you can do 2 months on, 1 month off or a maximum of 6 months and then 1 month off. You can take other Norateens after 2 months and you can stack them but after 6 months straight of 1 or more Norateens, you have to take 1 month off.

Can you take Norateen with other LA Muscle supplements?

Yes you can.

Can you take Norateen with other supplements from other companies?

Not really. The reason is that we do not know for sure what is in those supplements, if they are genuine or if they will give side effects.

Does Norateen give side effects?

No, it does not.

Is Norateen natural?

Yes all Norateen supplements are made from natural ingredients, herbs and actives that are natural, safe with no undesirable effects.

How soon will I see results from Norateen?

Most people usually see an increase in strength within 3-7 days and then muscle size within 2-3 weeks (usually sooner).

CAN I TAKE SEVERAL NORATEENS TOGETHER?

YES YOU CAN BUT NO MORE
THAN 3 NORATEENS TO BE
TAKEN TOGETHER AT THE
SAME TIME IDEALLY.

Can I take Norateen if I am an older athlete?

100% yes and it will work well.

Can I take Norateen if I am under 20?

Ideally no unless you are very mature for your age.

How do I take Norateen?

Each Norateen tub comes with instructions on how to take on the tub. You can take the tablets with a glass of water with or without meals. You can even crush them or put them in food. It is best to space them out throughout the day for best results unless you are training in which case you can take the 1 dosage before training and the 2nd dosage after training.

Will I test positive if I am on Norateen and I am a competing athlete or if I am tested at work?

No you will not but if you are worried, probably best not to take Norateen on the day of testing.



5 AMAZING BENEFITS OF TESTOSTERONE



TESTOSTERONE IS THE PRIMARY SEX HORMONE IN MEN. IT GIVES MEN THEIR DEEP VOICES AND MANLY STRENGTH. TESTOSTERONE IS RESPONSIBLE FOR MUSCLE GROWTH AND MAINTAINING MUSCLE MASS AS YOU AGE. SO IF YOU WANT TO KNOW THE AMAZING BENEFITS OF TESTOSTERONE FOR MUSCLE BUILDING, THIS GUIDE WILL TEACH YOU EVERYTHING ABOUT THIS ESSENTIAL HORMONE.

1. FOR MUSCLE BUILDING

TESTOSTERONE IS THE ESSENTIAL MALE HORMONE RESPONSIBLE FOR MUSCLE GROWTH. SO IT'S NO WONDER TESTOSTERONE SUPPLEMENTS ARE SO POPULAR AMONG BODYBUILDERS AND ATHLETES. NORATEEN GOLD HAS BEEN SHOWN TO INCREASE STRENGTH AND LEAN MUSCLE FAST.

2. FOR HEALTH AND PERFORMANCE

WHEN IT COMES TO TESTOSTERONE AND MUSCLE BUILDING, THE BENEFITS ARE AMAZING. NOT ONLY DOES TESTOSTERONE HELP WITH MUSCLE GROWTH, BUT IT ALSO AIDS IN FAT LOSS, BOOSTS ENERGY LEVELS, AND INCREASES STRENGTH. PLUS, TESTOSTERONE HAS BEEN SHOWN TO INCREASE SENSE OF VITALITY IN GENERAL. IF YOU'RE LOOKING TO BUILD MUSCLE AND IMPROVE YOUR HEALTH, TESTOSTERONE IS THE WAY TO GO!

3. For mental clarity

A clear mind is critical in life. You also need to be focused and in the moment when you're lifting weights. That's where testosterone comes in. This hormone helps to improve mental clarity and focus, leading to better workouts and more muscle growth.

4. For sexual performance

Testosterone is responsible for sexual desire and performance in men and women. Low levels of testosterone can lead to a decrease in libido. In men, testosterone also plays a crucial role in fertility. Male Boost was tested and developed by LA Muscle for optimal sexual performance and confidence; It is a powerful testosterone booster with superior results.

5. Better bone health

Testosterone is essential for bone health. It helps to maintain bone density and can even help to prevent osteoporosis. Additionally, testosterone can help to increase muscle mass and strength; this way the skeletal system is protected from external shocks by the muscles.

How to boost your natural production

If you're looking to boost your natural production of testosterone, you can do a few things. First, make sure you're getting enough sleep. Studies have also shown that sleep deprivation decreases testosterone levels. Second, eat a healthy and high protein diet. For example, eating eggs, nuts, and spinach can help increase your testosterone levels. Third, exercise regularly. Exercise improves

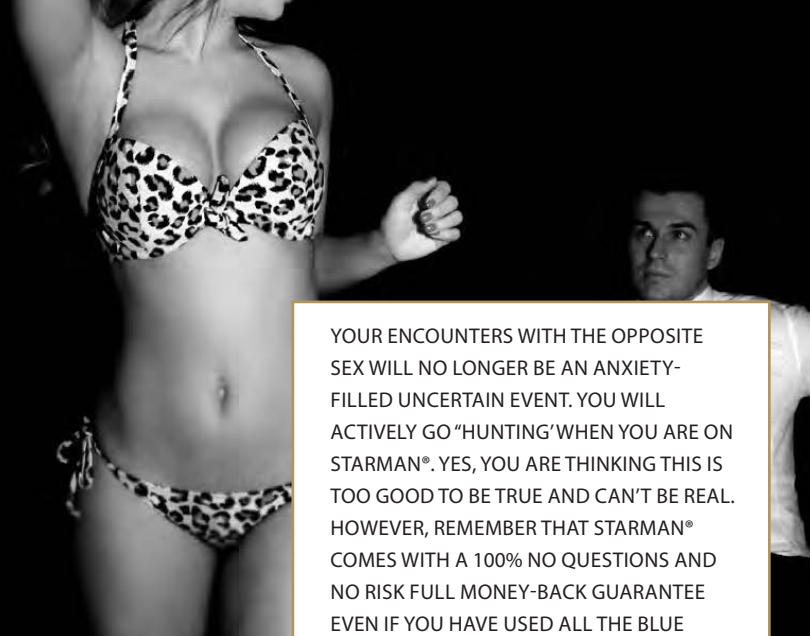
your overall health but can also increase your testosterone levels. Fourth, avoid stress. Stress can lead to a decrease in testosterone levels. And fifth, use supplements that can increase your testosterone levels naturally such as Norateen Gold.

How to increase your testosterone levels for muscle building

If you're looking to build muscle, one of the most important things you can do is boost your testosterone levels; You have to however be careful to use products that are safe and tested to work and do not cause any side effects. This is where LA Muscle products come in. You can increase your testosterone levels naturally by using a very strong and potent formula such as Norateen Gold to maximise your T-hormone levels and give you the strength and gains you have always dreamed of.



STARMAN



YOUR ENCOUNTERS WITH THE OPPOSITE SEX WILL NO LONGER BE AN ANXIETY-FILLED UNCERTAIN EVENT. YOU WILL ACTIVELY GO "HUNTING" WHEN YOU ARE ON STARMAN®. YES, YOU ARE THINKING THIS IS TOO GOOD TO BE TRUE AND CAN'T BE REAL. HOWEVER, REMEMBER THAT STARMAN® COMES WITH A 100% NO QUESTIONS AND NO RISK FULL MONEY-BACK GUARANTEE EVEN IF YOU HAVE USED ALL THE BLUE TABLETS. THIS IS A ROCK-SOLID (PARDON THE EXPRESSION) GUARANTEE NOT OFFERED BY ANY OTHER COMPANY.

STARMAN® IS VERY EASY TO TAKE. EXPERIMENT WITH IT AND SEE WHAT WORKS BEST. IN TESTS, SUBJECTS TOOK 1 PILL, 3 TIMES A DAY WITH A GLASS OF WATER. ON THE DAYS THEY HAD A NEED FOR BETTER PERFORMANCE, THEY TOOK 1 IN THE MORNING AND 1-2 TABLETS BEFORE ACTIVITY.

STARMAN® IS A VERY REMARKABLE SUPPLEMENT FOR MEN. TAKEN DAILY, IT ENHANCES EVERY ASPECT OF THE "MALE" BEING. YOU WILL NOTICE AND FEEL INCREASED CONFIDENCE, SEXUAL APPETITE AND INCREDIBLE PERFORMANCE JUST WHEN IT MATTERS. STARMAN® IS REGISTERED AND CERTIFIED HIGHEST GRADE AND COMES WITH A 100% NO QUESTIONS FULL MONEY BACK GUARANTEE.

- * REGISTERED TO LA MUSCLE® - DON'T USE COPIES!
- * ULTIMATE MALE ENHANCER
- * SEXUAL AND CONFIDENCE BOOSTER

STARMAN® CAN BE TAKEN BY MEN OVER THE AGE OF 18 WHO NEED MORE CONFIDENCE AND BETTER PERFORMANCE. THE MAGICAL BLUE PILLS OF STARMAN® ARE GUARANTEED TO GIVE YOU INCREDIBLE AND NOTICEABLE RESULTS WITHIN 1 DAY OF TAKING THEM. STARMAN® IS VERY VERY SPECIAL AND YOU WILL REALISE THIS AS SOON AS YOU ARE HALF-WAY THOROUGH YOUR FIRST DAY. YOU WILL FEEL MORE PUMPS, GENERAL HARDNESS AND CONFIDENCE IN EVERY ASPECT.



GO NUCLEAR!

LA MUSCLE
Genuine Since 1997



LA MUSCLE
Genuine Since 1997

NUCLEAR CREATINE

EXCLUSIVE PATENT-PENDING
SUPER-DELIVERY FORMULA

Nuclear Creatine is the ideal Creatine supplement for everyone due to its fast-acting properties and amazing ingredients. Creatine is brilliant for increasing physical performance in successive bursts of short-term, high intensity exercise.



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BACK TO EXERCISE AFTER A LONG BREAK

You've been working out regularly for several months, and your body looks great. But then you get sick or have to take some time off to help with an important project at work or travel to visit relatives. Suddenly, it's been three months since you've

gotten regular exercise, and you're struggling to get back into it. So how do you ease back into exercising safely after a long break? This guide has the answers!

1. Where to start

If you're starting from scratch, ease into things by walking for 10-15 minutes three times per week. Once comfortable with that, add light jogging or running a few days per week. No matter where you're starting from, it's essential to listen to your body and not push yourself too hard. Take things slow as you ease your way back into exercise to avoid injury.

2. Focus on nutrition

If you're getting back to exercise after a long break, focusing on nutrition and your workout routine is essential. Before and after exercising, eat a healthy meal or snack high in protein and carbohydrates.

Consuming the right amount of high-quality protein such as LA Whey Gold will help your body recover from workouts and give you the energy you need to stay active. Carbs will give you energy while also providing your body with essential nutrients that can help your muscles recover after workouts. Also, focus on fruits and vegetables. These foods are easy to digest and provide you with plenty of vitamins, minerals, and antioxidants to help fight diseases.

3. START WITH BODYWEIGHT EXERCISES

After a long period of being inactive, it's important to ease back into exercise slowly and safely. Starting with varied bodyweight exercises is a great way to do this. Bodyweight exercises are exercises that don't require equipment and can be done anywhere. There are tons of different types of bodyweight exercises: push-ups, lunges, squats, planks, step-ups and more. You might find yourself out of breath or struggling during these workouts, but as your strength and stamina increases, they'll become easier.

4. Change your mindset

One of the hardest things about getting back into exercise after a long break is getting over the mental hurdle. You tell yourself you're out of shape, that you can't do it, and that you'll fail anyway. But these are all negative thoughts that will only hold you back. So instead, try to change your mindset and think about why you CAN do it. Remember, this is not a one-time deal;

instead, focus on making small changes in your routine, like walking more or cutting down on processed food to make the process more manageable in the future.

So take care of yourself by giving your body what it needs: sweat, endorphins, vitamins, and the right supplements such as Possessed II that will physically and mentally get you ready for a tough workout.

5 THINGS FOR GREAT DIGESTION

There are no magic elixirs that will help your body digest food and get nutrients into your system better than it already does. However, several different drinks can temporarily relieve symptoms of indigestion, such as heartburn or nausea. These drinks may not be a cure-all, but they can be a valuable part of your daily routine when you feel unwell after eating certain foods. We've outlined the best drinks for digestion below.

1. Lemon juice

Not only is lemon juice a great source of Vitamin C, but it also aids digestion by stimulating the production of gastric juices. In addition, lemons are also a natural diuretic, so they can help flush out toxins and reduce bloating. To get the most benefit from lemon juice, drink it on an empty stomach first thing in the morning. If you don't like the taste, try adding honey or stevia to sweeten it up. You could also combine freshly squeezed lemon juice with warm water and turmeric powder to make a traditional Indian beverage called Amrit chai which has been said to aid digestion for centuries.

2. Yoghurt

Plain yoghurt is great for digestion because it contains live and active culture to promote a functional gut. In addition, yoghurt is a good source of protein and calcium, essential for digestion. Choose a plain variety that doesn't contain added sugar to get the most benefit from yoghurt.

You can mix yogurt with your preferred amount of water, salt and dried herbs for flavouring and enjoy this refreshing drink.

3. Ginger

Ginger is an excellent aromatic herb that can improve your digestion. This root has been effective for centuries to help with everything from nausea to indigestion. And there's a science to back up its reputation: Ginger effectively treats dyspepsia or indigestion. It can also help relieve symptoms such as vomiting and nausea, making it a go-to choice for morning sickness in many people.

You can make ginger lemon tea or simply drink homemade ginger shots.

4. Coconut water

You may not think coconut water is a digestion-friendly beverage, but it can be a great way to keep things moving. Coconut water has electrolytes and is hydrating, which can help prevent dehydration-related constipation. It also contains a great source of fibre, which helps add bulk to stool and keeps things moving along smoothly.

5. Peppermint water

This refreshing drink is both great for digestion and calorie-free and can help you stay hydrated. To make peppermint water, add a few drops of edible peppermint oil to a glass of water. You can also add lime or a slice of lemon for extra flavour.

Remember that the amount of peppermint oil you add will vary depending on how strong your peppermint is and your taste preference. If you're using a pre-made mixture from the store, you must first check the ingredients list to know what kind of mix you're drinking. Some combinations may contain sugar or caffeine, which are both no-nos when dealing with digestion problems.

Supplements

Consider using premium supplements such as Bloat No More that flushes bloating, water retention and toxins overnight!

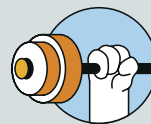
Make sure when choosing a supplement, to go for a top brand such as LA Muscle to ensure that you get what you pay for the the product will actually work and will not cause you any harm.

With Bloat No More, you will look great, feel lighter, get rid of water retention and start seeing your abs coming out and feel great about your health and aesthetics.

TIPS TO BOOST YOUR IMMUNE SYSTEM



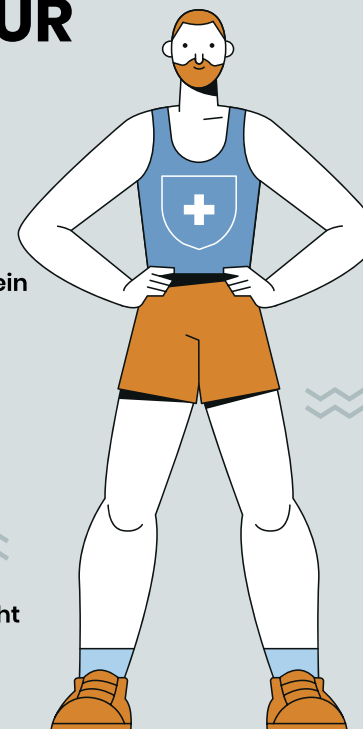
Consume Protein Food



Exercise more Often



Get a good night sleep



Reduce Your Stress



Wash Your Hands



Eat fruits and Veggiee



Stay Positive

PERFECT DIET FOR WEIGHT MANAGEMENT

Most people have the wrong idea about what they need to eat if they want to lose weight. For example, some diets advocate fasting, while others say you should avoid fats, oils, or carbs. But none are as effective as a diet that cuts carbs and includes high protein throughout the day. In this article, we will explain why high protein diet is so adequate for weight loss and what other things you should be aware of when you're on a diet like this.

High protein and low carb

A high protein, low carb diet is one of the most effective ways to lose weight. This diet is more filling than other types because it's higher in protein. One of the easiest ways to ensure that you are getting enough protein is by incorporating Slim Whey in your diet.

Some people believe that eating fewer carbs causes you to lose weight from your belly area first because the liver metabolizes this body fat into glucose for energy. The idea is that when you're on a low-carb diet, this glucose can't be used as quickly by your body, so it's directed towards breaking down fat instead of muscle or stored energy (glycogen). This makes sense when you think about how our bodies work; we need power all day long, and there are only two ways our bodies have been programmed by evolution: fight or flight (or sleeping). So if we don't have enough fuel coming into our system after 8 hours (when we wake up), something has got to give! And what gives first? Well...our muscles! So why not replenish those stores before something else happens?

Another reason why giving up carbs might help with weight loss is that they're more challenging for some people to digest than others, depending on their stomach acid levels and enzyme production abilities which means more work for your digestive tract overall, which leaves less room for calories coming in each mealtime! So unless something specific about how someone processes these types of foods, then it may create less space between meals where calories could otherwise accumulate over time.

What else should you know?

When trying to lose weight, you must know that you're getting enough protein. Protein is necessary for tissue growth and repair and helps maintain strong muscles. It can also help you feel fuller longer because it takes more time for your body to digest protein than carbs or fat, meaning that you'll be less likely to overeat later in the day if you have a high-protein breakfast.

In addition to meat, fish, eggs, dairy products, and soy products such as tofu or edamame, beans are excellent protein sources. Plant-based sources of protein include nuts like almonds (which contain 6 grams of protein per cup) or peanuts (which have 7 grams of protein per quarter cup), seeds like flaxseed (providing 5 grams of protein per tablespoon) and hemp hearts (providing 3 grams of protein per tablespoon).

Conclusion

Weight loss isn't always easy, but it can be simple. By following the tips above, you'll have a better chance of reaching your goals. Remember that not all diets are created equal—a low-calorie diet may be just as effective as one that restricts certain foods, but you need to find the one that works for you. Weight loss can take time, hard work, and dedication. But by following these guidelines and using the right supplements such as Six Pack Pill Extreme, you can achieve success!

IS NORATEEN A STEROID?

The Norateen range has been synonymous with extreme muscle growth since 1998. Norateen started off as one supplement, just Norateen and it has evolved to several muscle building supplements, all working in different ways to enhance muscle growth, increase strength and make you leaner.

The extreme results delivered by the Norateen range has prompted some people to ask if Norateen is a steroid?

None of the Norateen supplements are steroids. Steroids work in a completely different way to Norateen. The Norateen range is much more natural and works in tune with your body, helping your own body to boost essential hormones that make you strong, big and lean.

Steroids are dangerous, have side effects and fall within legal grey areas. Supplements such as Norateen on the other hand are perfectly legal, safe and very effective without the negative side effects.

If you want to become stronger and more muscular, you can try any of the Norateen supplements you like the sound of. They all do a similar job in getting you big and strong using different ingredients. You can take one or 2 together or you can cycle your Norateen supplements, taking one for 1-2 months and another afterwards for continuous growth.

To summarise, Norateen is extremely safe and natural and nothing like steroids in terms of side effects and health issues. You can trust the Norateen name, knowing that you are getting an effective super-strong supplement that will get you big and strong in no time, safely and naturally. If you are unsure about which one to take, start off with the Best-Seller Norateen Heavyweight II, hailed as "the strongest muscle builder" by Men's Health Magazine.

SIX PACK PILL EXTREME

AVAILABLE EXCLUSIVELY FROM:

LAMUSCLE.COM



SUPER-RIPPED ABS IN A BOTTLE

Six Pack Pill Extreme is a powerful triple action formula that rapidly targets the fat gathered around your abdominal region. Six Pack Pill Extreme is Pharma Grade (not just food grade) and works very fast for men and women alike. Six Pack Pill Extreme contains Chromium to assist with the maintenance of macronutrients metabolism; the three main macronutrients are carbohydrates, fats and protein. Chromium also contributes to the maintenance of normal blood glucose levels. Raised glucose levels can contribute to weight gain. Another important active ingredient in Six Pack Pill Extreme is Choline which contributes to normal lipid metabolism.

Additionally caffeine is present in the form of the highest grade Green Coffee Bean Extract and Green Tea Extract at a standardised potency (not the average generic crop). The Green Tea Extract contains 40% Polyphenols, meaning that it is also a strong antioxidant that can effectively decrease the amount of toxins in the body as a result of hard training.

AS USED BY CELEBRITIES AND ACTORS FOR QUICK WEIGHT LOSS.

LA Muscle has been selling the original Six Pack Pill and Six Pack Pill Extreme for over two decades and in that time, they have had a cult following from all walks of life including many celebs who need to get in shape quickly and need a reliable supplier. No other supplement on the market has the same synergistic formula, safe & natural ingredients and Pharma Grade quality of Six Pack Pill Extreme. Do not accept copies or cheaper imitations. If you want to see rock hard abs and want to see results fast, then nothing comes close to this incredible world class supplement.

Six Pack Pill Extreme comes with LA Muscle's 100% money back guarantee even if you have used the whole tub. Throw your skepticism away and try this incredible result-producing formula today.



THE OKINAWA DIET

WHAT IS IT?

When most people think of the Okinawa diet, they think of only one thing: the inhabitants of the island of Okinawa live long, healthy lives and rarely suffer from disease and chronic illnesses associated with ageing. Why? Because of their secret diet and exercise routine. Up to 81% of the population in Okinawa, Japan, is said to be 100 years old or older! Let's find out how we can emulate this traditional Okinawan way of life to increase our lifespan and reduce our risk of age-related illnesses and diseases.

The Okinawa diet improves heart health, lowers cholesterol and blood pressure, reduces inflammation, and improves cognitive function. In addition, this way of eating reduces the risk of cancer, diabetes, and other chronic diseases.

Improves heart health

The Okinawa diet improves heart health in many ways. For one, it decreases harmful cholesterol levels and inflammation, major risk factors for heart disease. Furthermore, the diet increases good cholesterol levels and helps to check blood pressure. These effects combine to reduce the overall risk of developing heart disease.

Anti-inflammatory properties

The Okinawa diet has anti-inflammatory properties, which is one of the reasons it's believed to be so effective in promoting longevity. Inflammation causes chronic diseases, so by reducing inflammation, the Okinawa diet may help reduce your risk of developing these conditions. The diet is also rich in antioxidants and other essential nutrients for good health.

What is the Okinawa diet?

The Okinawa diet is a way of eating based on the traditional foods of the people of Okinawa, Japan. These foods include sweet potatoes, rice, fish, vegetables, and fruits. The Okinawa diet help people live longer, healthier lives.

Protein is the bulk of your diet in the Okinawan diet.

It's important for a healthy body because it helps build and repair tissue, produces enzymes and hormones, and provides energy. Proteins can be found in meat, fish, eggs, dairy products like cheese or yogurt; nuts such as peanuts or almonds; seeds like sunflower seeds or pumpkin seeds (you'll want to avoid corn syrup here); soybeans/tofu; beans/peas (kidney beans are great). If you are strength training, you can boost your protein intake with LA Whey Gold.



Prevents cancer

The Okinawa diet reduces the risk of cancer due to its high levels of antioxidants. Antioxidants help protect cells from damage caused by free radicals, which can lead to cancer. The diet is also rich in fibre, reducing colon cancer risk. Some people avoid grains in this diet because they contain phytic acid, which prevents the absorption of minerals like calcium and zinc. But some nutritionists say that we don't need a lot of grains and that they're not always harmful. For example, a 2009 study showed that while reducing consumption exposure to phytic acid, it didn't affect mineral status. That said, those who are vegetarian or vegan can still include a variety of plant-based proteins such as beans or quinoa in their diet.

Healthy weight management

These foods are typically plant-based, with small amounts of fish and lean meat. In addition, the diet is rich in fruits and vegetables, whole grains, and healthy fats. This combination of nutrients promotes weight loss and maintains a healthy weight.

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one thing: the inhabitants of the island of Okinawa live long, healthy lives and rarely suffer from disease and chronic illnesses associated with ageing. Why? Because of their secret diet and exercise routine. Up to 81% of the population in Okinawa, Japan, is said to be 100 years old or older! Let's find out how we can emulate this traditional Okinawan way of life to increase our lifespan and reduce our risk of age-related illnesses and diseases.

Once we accept not that there are Souls, or that we have Souls, but that we are Souls, and that this spiritual true Self is immortal, then we can appreciate that the only choice is to prioritise our Spiritual Health above all else.



PHARMACEUTICAL GRADE SUPPLEMENTS

ADVANCED NATURAL
AND EFFECTIVE

AVAILABLE EXCLUSIVELY FROM:
LAMUSCLE.COM

5 PROVEN METHODS TO GET A BOOTY

For many, gone are the days of a pair of slim legs and a small bottom.

These days, a relatively large, well-rounded bottom seems to be all the rage!

In fact for many, the bigger the better. Here we look at how you can build an extreme booty!

Sitting for too long causes the front of our body to tighten up with effect on upper traps, pectoralis, anterior scalenes, rectus femoris and hip flexors. Tight muscles create musculoskeletal imbalance. For example, shortened hip flexors pull on the pelvis causing it to tilt forwards. This anterior tilt shuts down the abdominal and glute muscles when exercising. Both are part of the core muscles giving us stability and balance, which will be affected when these muscles are weakened.

The obvious thing to do is assuming a good posture and taking regular breaks by simply getting up and having a walk around. However, stretching those tight muscles is extremely important. If we try to engage in a heavy gym session after a long day behind the desk, we are setting ourselves up for injuries.

Opening up those tight muscles makes exercising more comfortable and helps avoiding dreaded injuries. Let's see how..

GLUTE BRIDGE

The glute bridge is a popular and effective exercise for targeting your glutes. To do the glute bridge, lie flat on your back, your feet on the ground, and your knees bent. With your heels firmly pressed into the ground, lift your hips off the ground, contracting your glutes at the top of the movement. Maintain the position for 10 seconds, then slowly lower back to the starting position. Repeat for 10-12 reps and 3 to 4 sets.

HANGING LEG RAISE

Another effective exercise is the hanging leg raise. It is perfect for targeting your lower body, specifically your glutes and hamstrings. To do this exercise, hang from a bar with your hands shoulder-width apart and your feet off the ground. Elevate your legs until they are parallel to the ground and hold for two seconds. For an added challenge, you can add weight to this exercise by holding a dumbbell between your feet.



SINGLE LEG BALANCE ON A BENCH

This exercise is ideal for targeting your glutes and helping you build balance and stability. To do this exercise, stand on one leg on a bench with your other leg raised in the air. Stay in the position for 30 seconds and then switch sides. If you want a challenging variation, add weights to your arms or have someone hand them to you as you go.



LYING ON THE SIDE

Lying on your side with a lateral band or barbell across your ankles is one of the best ways to get a booty shelf. This method works by targeting the muscles in your glutes and thighs, which are responsible for giving you a lifted look. Laying on your side, keep your knees bent and your feet together. Next, place a lateral band or barbell across your ankles, and lift your hips off the ground. Hold for two seconds, and then lower back down. Repeat for 10 to 15 reps.




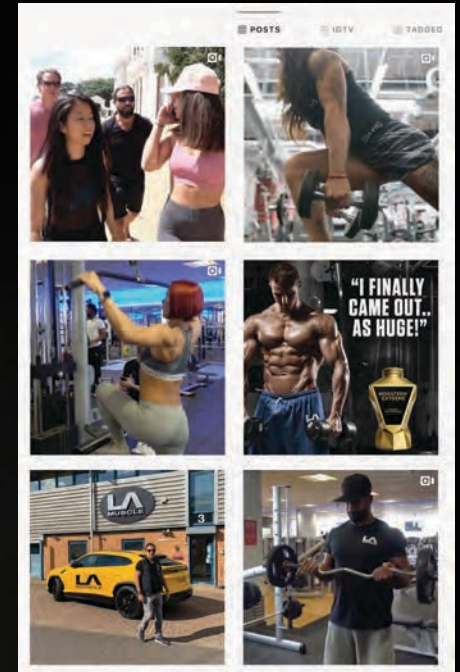
DEADBUG WITH WEIGHTS

The deadbug is an excellent way to work your lower body, and adding weight can help you build a stronger, more defined booty. Lay on your back while keeping your knees bent and feet flat on the floor. Hold a weight in each hand and raise your arms straight up over your chest. From here, press your lower back into the floor and curl your hips off the ground. As you do this, extend one leg straight out in front of you and the other straight back behind you. Next, lower your leg and return to the starting position. Repeat with the other leg. Do 10-12 reps per side for 3-4 sets.



Follow **LA MUSCLE** on **Instagram**

 la_muscle



You Tube

Over 15 million views



Over 170 000 followers



Over 1 million video views a month



Over 100 000 followers

10 QUICK QUESTIONS

WITH LA MUSCLE FOUNDER & CEO EXCLUSIVE INSIGHT INTO LA MUSCLE

HOW LONG HAS LA MUSCLE BEEN GOING FOR?

Since 1997, that's 25 years! Founded by me and still run by me at the helm. I have many other business interests globally but LA Muscle remains one of my babies, a company that I am very passionate about and proud of.

A LOT HAS CHANGED OVER THE YEARS, THOUGH WITH MANY NEW PLAYERS

Yes, as in any other industry. Companies come and go and we're still here.

WHY HAVEN'T YOU SOLD OUT LIKE MOST OF YOUR COMPETITORS?

Because I love LA Muscle and am not done with it! This was never about money for me. I wanted to provide the very best sports nutrition to people out there and believe we are still doing this. The day I no longer believe this, is the day I will pass it on to someone else.

WHAT ABOUT PROTEIN? YOU DON'T SEEM TO BE BIG ON THAT SIDE?

No and it is a conscious decision. Other companies are fooling customers into believing all this protein "junk foods" will help them with their goals! We are sticking to what is the truth and what is right and trying to educate the customer. A physiological change only comes about from pills and capsules, not protein candy, protein bars and all the other protein "foods" full of sugar. Most of our customers want a physiological change like muscle growth or a leaner body; this will not come about from protein bars.

WHAT DO YOU THINK OF SARMS?

Dangerous, not researched and potentially life-threatening. I have seen so many things come and go and whilst many of them can be potentially lucrative, we stick to our #1 ethos which is safety, followed by quality. I have a responsibility to our millions of customers worldwide. We cannot just jump on fads or release supplements without research or those we believe to be dangerous to health. SARMS are dangerous - period.

WHAT MAKES YOU BELIEVE YOU HAVE THE BEST SPORTS NUTRITION?

Research and a quick look at the competition! Because I am in the industry, I see things from a different perspective than a customer. For example, companies give you pea protein calling it "plant based" or "vegan" or "good for you" because they can't afford the more expensive protein. Or they don't have the manufacturing capabilities to make something like the Norateen range, so they criticise it.





and educate customers as much as we can with researched products, articles, videos and so on. We never pay people to endorse our supplements and we don't lie about any aspects of our business just for sales.

YOU SEEM ETHICAL, BUT THEN ALL BUSINESS OWNERS SOUND THE SAME

Maybe. I guess those who know me personally know that I am a genuine person and don't like nonsense. If you follow my personal social media for example, you will see that I am a genuinely successful person that can easily retire but keeps pushing with things that I believe will help people build better bodies, achieve personal goals and better themselves.

THANK YOU FOR TAKING THE TIME, WE KNOW YOU ARE BUSY

Always busy but happy to talk about LA Muscle all day long!

SO HEALTH IS BIG ON YOUR LIST?

Oh for sure! As a qualified complimentary medicine practitioner of some 30+ years, I put health above everything else. My own health, that of my family and that of LA Muscle customers. Without health, you have nothing. When it comes to supplements, LA Muscle is a name you can trust because of just how important research and the safety of our supplements are to us and to me personally.

IT SEEMS THAT YOU ARE FOCUSED ON YOUR OWN THING AND NOT BOTHERED BY OTHERS AS SUCH

There are just too many companies out there for us to worry about! There are companies out there literally with no premises! Their website doesn't even have a physical address. We just try



Parham Donyai, CEO

Parham Donyai is the founder of LA Muscle, having established the company in 1997. He has been a qualified complimentary medicine practitioner of almost 30 years.

Parham is a very successful serial entrepreneur with companies in various fields worldwide. Parham is an author, motivational speaker and mentor to businesses and individuals.

NORATEEN® TESTO 247 DAY & NIGHT



AVAILABLE EXCLUSIVELY FROM:
LAMUSCLE.COM



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LAMUSCLE.COM

SCULPT CLA

PHARMA GRADE SUPPLEMENT



TRY THE ONLY
PATENTED PHARMA
GRADE SUPPLEMENT
DESIGNED FOR WEIGHT
LOSS AND MUSCLE
BUILDING ALL AT
ONCE

Many companies purport to sell Conjugated Linoleic Acid (CLA) these days and for some ridiculously cheap prices. If you have been buying their CLA why don't you ask them if it is the original Patented version, the Tonalin CLA and the Pharma Grade CLA? It may be a while before they answer you :)

Original, certified, proper CLA is expensive stuff and only a handful of companies in the world have the licence to sell it. LA Muscle is one of them. Why is LA Muscle's CLA so special? Because it is the actual Conjugated Linoleic Acid as shown in scientific studies to do some amazing things. Other so-called CLAs are just vegetable oil or sunflower oil... but you would never know.

THE "REAL DEAL" CLA DOES THE FOLLOWING:

1. Reduces Cortisol instantly so you preserve all your muscles and your body will no longer tap into muscle mass to use it for fuel.
2. Burns body fat day and night. In fact without wanting to promote laziness, Sculpt burns fat even if you are not exercising.
3. Sculpt makes better use of protein, so you get more muscular literally overnight!

Sculpt is revolutionary and even better, it is 100% natural. Some even use it for better health all round. If you want to try just one supplement for building lean muscle mass and reducing body-fat (DRAMATICALLY reducing body-fat), then Sculpt is the one.

AVAILABLE EXCLUSIVELY FROM:

LAMUSCLE.COM







FAT BUSTER

- ✓ SUITABLE FOR MEN & WOMEN
- ✓ APPETITE SUPPRESSANT
- ✓ FAST WEIGHT LOSS
- ✓ DIET PILL



FAT BUSTER IS AN AMAZING QUAD-ACTION NATURAL AND 100% SAFE FAT BURNER AND WEIGHT LOSS SUPPLEMENT FOR MEN AND WOMEN. FAT BUSTER WORKS VERY FAST AND MOST PEOPLE SEE RESULTS WITHIN 3 DAYS. FAT BUSTER IS A FAT METABOLISER, THERMOGENIC, DIURETIC AND ENERGISER.

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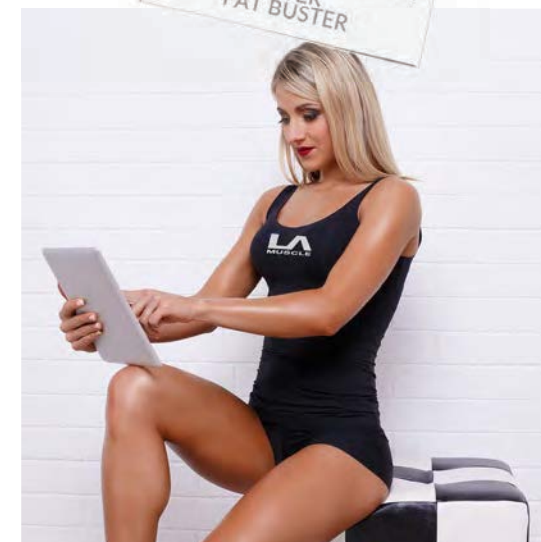
LA MUSCLE
WORKOUT

WHY THIS 100% NATURAL PILL COULD MEAN THE END OF PILING ON THE WEIGHT WITHOUT YOU NEEDING TO CHANGE YOUR LIFESTYLE OR EATING HABITS

The reason why most weight loss pills don't work is that a) they are not formulated correctly b) they don't have strong enough ingredients or c) they are not made or stored to the right standards. Take a formula like Fat Buster that ticks all 3 boxes and you see results in a matter of days!


NOW YOU CAN GET THESE 8 RARE INGREDIENTS THAT OTHER COMPANIES DON'T DARE PUT INTO THEIR FORMULAS DUE TO THE HIGH COSTS WITHOUT YOU HAVING TO PAY OVER THE ODDS

Fat Buster is a synergistic formula that contains very rare, exotic and expensive ingredients that other companies just don't dare use due to their high costs. Fat Buster is also made in a Pharmaceutical Grade lab using the finest of processes to ensure a pristine final supplement. Unlike other cheap supplements that may produce side effects, Fat Buster is a powerful, natural formula with no side effects. What you get is amazing weight loss that you will see and feel within days.



HURRY AND JOIN THE HUNDREDS OF THOUSANDS OF MEN & WOMEN SEEING FAST RESULTS! YOU GET THE FAT BUSTER FULL NO QUESTIONS MONEY BACK GUARANTEE. YOU TAKE NO RISK!

It's understandable for you to be skeptical and you are right. It's not your fault that other supplements don't give the results you want or that you have not been getting it right when it comes to weight loss. All that is over now. You don't need to stress or worry about your weight because now you can join the hundreds of thousands of happy users of Fat Buster. You take NO RISK. If you don't love it and see results within 2 days, you get 100% of your money back. Show you're serious about losing weight right now and let's start giving you the results you deserve. Order now as stocks for this amazing supplement are limited.



BUSTED!

6 LA MUSCLE MYTHS

1. There is no pill that targets your Six Pack

Whilst this is partially true, it is also true that the easiest place to shift fat from are the abs. So when you get a strong fat burner that acts fast by metabolising deep rooted fat out of your body, you will lose it first and quickly from your abs. Hence why the Six Pack Pill range of supplements from LA Muscle have been a best-seller since the early 2000s. My friend does exercise but he takes his exercise very seriously and almost "competes" on his weekly cycle runs. I believe this sort of "excessive" attitude to exercise is detrimental to health, especially if you are over 40. This is my personal belief from observations over many years. Exercise in my opinion, should be gentle and in your target heart range. Personally, I believe his "pressure" method of exercising is a contributory factor to my friend's high blood pressure.

2. You need to keep taking LA Muscle to keep your new body

This is not true. Once you have reached your goal, whether it is fat burning or muscle building, you will keep all your gains (or losses) as long as you keep to a healthy training and eating regime. Obviously no pill can future-proof you against you eating like a pig or giving up the gym!

3. Natural supplements don't work

Some people believe that anything natural will not work. This is really not true at all. All Pharma pills come from natural ingredients. A properly researched and developed natural supplement with Pharma ingredients, 100% purity and good combination of effective natural ingredients will work wonders for you.

4. Banned LA Muscle supplements were better

LA Muscle has always been known to be at the highest end of sports nutrition. Some supplements were banned in the past for being too strong, however due to having its own R&D labs, LA Muscle is always capable of producing just as effective replacements if any supplement is banned for any reason. LA Muscle gives you the strongest yet safest scientifically researched supplements.

5. Cheaper supplements are just as good

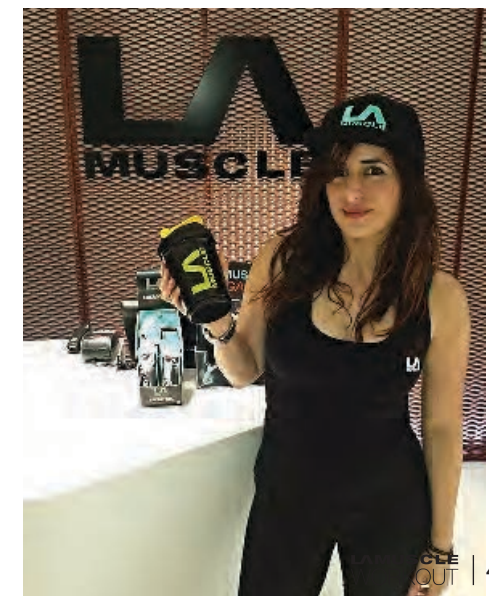
This is like saying a cheap pen is just like an expensive pen. Sure, it will write, but it will break sooner, it will be harder to write with it and it won't be the same quality. Cheaper supplements have cheap ingredients that are not Pharma Grade, not 100% pure and no money has been spent on R&D on them to make sure they actually do what they promise. Anyone that tells you a cheaper supplement is just like an LA Muscle one does not know what they are talking about.

6. No supplement works, you just need to eat and train

The ingredients you get from LA Muscle



supplements are rare, Pharma grade and you will never get enough of them from the foods you eat. Most of them you can't even get from normal foods. When you take them in a supplement form, your body's physiology changes. This does not happen with just training and eating. Of course you will get "some" results from training and eating but you get much better results and much faster results with supplements. Do you think those Hollywood actors that come to LA Muscle for accelerated gains just eat and train? Of course not! They take LA Muscle supplements to get bigger, leaner and look great much much faster. They would not look as big or lean by just eating and training.



1. Consistency

Consistency is essential to your workout routine and diet. The best way to do this is to exercise at least three times each week and consume a protein-rich diet and a high quality protein shake such as LA Whey Gold after your workouts for maximum muscle recovery and growth. It is also essential that you stay hydrated and get enough sleep so that your body is able to function at its best.

2. Skip the boring cardio

If you find cardio exercises such as running boring, instead, you can focus on high intensity workouts that will help you build muscle and burn fat. Try HIIT workouts, weightlifting, and other forms of exercise that get your heart rate up and make you sweat. Cardio is essential for general health, but you can also lose fat and build muscle with the help of HIIT workouts and supplements such as Norateen Black that is specifically designed to help you build muscle and lose fat.

3. Change up your routine

If you want to see results, you must change your routine. Whether that means adding in new exercises, increasing the weight you're lifting, or simply doing something different to mix things up, your body will thank you for the change. Plus, it'll be more fun, so you're more likely to stick with it!

Mash-up workouts: Mix up what muscle groups you work on by alternating upper and lower body exercises (i.e., push-ups and dumbbell rows). Keep your muscles guessing to avoid getting bored, leading to less motivation and poor results. A good rule of thumb is if you're feeling sore one day, switch up the next day's workout to target a different area of your body instead of making yourself go through a complete workout.

4. Train at home

If you are short on time and cannot make it to the gym because of your hectic lifestyle, you can still train at home. You can save the time spent travelling to and from the gym. Plus, you can tailor your workout routine to your own unique goals.

5. Be flexible

You need to be flexible with your approach if you want to get ripped faster than ever. There's no one-size-fits-all solution to getting in shape, so don't be afraid to try new things or switch up your routine and try different workouts and sports. Plus, being flexible will help you stay motivated and avoid getting bored.

5 TIPS TO GET RIPPED

LAMUSCLETV

THE **WORLD'S NO.1** HEALTH, FITNESS & LIFESTYLE CHANNEL



All shows are produced by LA Muscle's exclusive film crews around the world and feature top athletes and celebrities.

You can see unique content on health, fitness, exercise, weight loss, bodybuilding, luxury, cars and more.

FITNESS TRAINING / SEXY FITNESS
WOMEN / BODYBUILDING / CARS
/ CELEBRITIES / ATHLETICS / MMA
& FIGHTING / DOCUMENTARIES
/ SPORTS / HEALTH, NUTRITION,
YOGA / FUNNY

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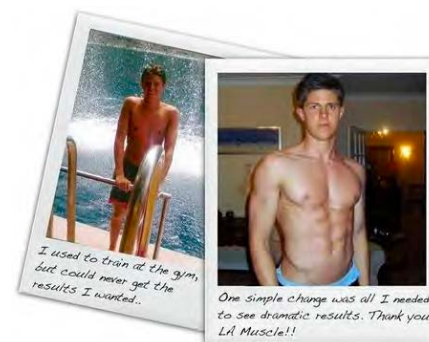
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LA
MUSCLE

Voted as "the strongest ever muscle builder" by Men's Health Magazine, as seen on SKY TV and even the BBC's rugby sports panel wanted it banned for being too strong. Norateen Heavyweight II is the strongest legal and safe natural muscle & strength builder in the world suitable for beginners and advanced trainers.

NORATEEN® HEAVYWEIGHT II

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legal and safe natural muscle & strength builder
in the world suitable for beginners and advanced
trainers. Results are guaranteed from the very first
day when you will see your strength increase by
at least 10-20%. Whether you are into extreme
sports, bodybuilding or you just want a decent
body fast, Norateen Heavyweight II is THE ONE.



HOW THIS ONE SUPPLEMENT CAN LITERALLY CHANGE YOUR LIFE AND YOUR BODY IN DAYS WITHOUT NEEDING TO KILL YOURSELF WORKING OUT OR LOOKING EMBARRASSED ON THE BEACH OR IN THE GYM

You can now be let into the "secret" supplement that many top bodybuilders have been using for the past 2 decades. Norateen Heavyweight II has been producing MIRACLES for even the hardest gainers. Norateen Heavyweight II takes the stress out of getting big. You don't have to worry about hours of daily grind in the gym, tons of extra meals and a thousand other "necessities" for getting big! It's time to be part of an elite crowd and try Norateen Heavyweight II! NO RISK TO YOU!

So, you want to believe this. You want to believe that there really is a supplement out there that can get you big really fast without all that huge effort that you find so overwhelming.

MAYBE YOU'VE LOST MONEY ON OTHER SCAM SUPPLEMENTS? OR YOU ARE JUST A SKEPTIC BY NATURE?

Don't worry, this is 100% legit! Norateen Heavyweight II has the longest track record of any muscle builder on the planet and there are hoards of top trainers that sing its praises. It is 100% legit and sold by one of the longest established supplements companies in the world, LA Muscle.



Norateen Heavyweight II is THE recommended muscle builder by "Shredded Diesel", Celebrity Trainer to hundreds of celebrities including A-listers such as Leonardo Di Caprio, Madonna and P Diddy.

Shredded Diesel is friends with some of the top bodybuilders in the world and very experienced on the effects of various ingredients on your physiology and overall look.

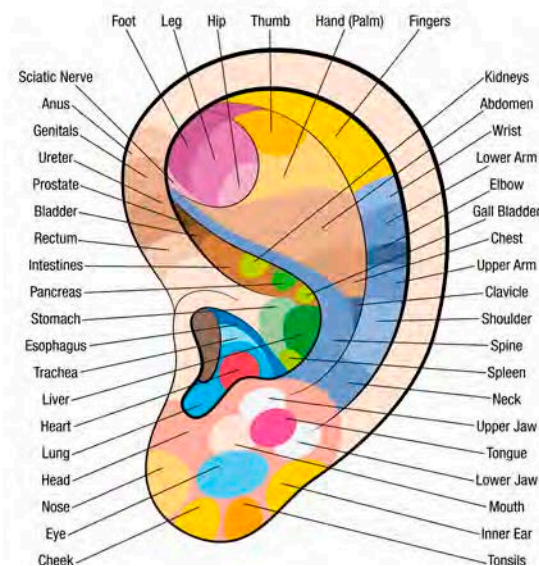
Consistently, the number 1 supplement recommended by him for building immediate strength, extreme muscle size, power, muscle definition and hardness and getting lean is Norateen Heavyweight II.

ANCIENT HEALING METHOD THAT REALLY WORKS

Much like many alternative and complimentary medicinal therapies, Reflexology does not claim to cure disease. It is an addition to your normal medical advice and treatment. A Reflexology session usually involves the Reflexologist taking a medical history and then proceeding to work on the various areas of your feet to try and trigger your own body to overcome whatever may be troubling you. Different Reflexologists believe in different ideas as to what exactly happens when your feet are worked on. Some say toxins are removed, others say electromagnetic fields are opened up. Whatever the exact reason or mechanism can be left to be debated. The fact is that millions of people worldwide swear by the

The good news is that Zone Therapy is very effective and works fast. The bad news is that there are only a handful of practitioners of Zone Therapy in the world. It is a specialist form of Reflexology which needs to be passed on from a skilled Zone Therapist.

Reflexology.co.uk



GET RIPPED ARMS

Everyone wants a great set of biceps and triceps, but the arms are one of the most challenging muscle groups to build up. That's because your arms have so many joints, making them susceptible to injury if you work them too hard or use poor form. Still, you can get ripped arms with supplements such as Norateen Nitro, some dedication and the right exercises; follow these steps to get bigger arms in time for summer.

What are arm muscles

There are three main muscles in the arm; the biceps, triceps, and forearm. The biceps are located at the front of the upper arm and are used to bend the elbow. On the other hand, the triceps at the back of the upper arm is used for extending the elbow. Finally, the forearm is situated on the lower part of the arm and is responsible for grip strength.

Weight lifting & reps

When it comes to getting ripped arms, weight lifting and reps are key. Start by adding weightlifting to your routine 3-5 times per week. For each lift, do 8-12 reps. You can add more weight and do more reps as you get stronger. Next, add in some cardio to help tone your arms even more. Finally, ensure you eat a healthy diet full of protein and use the LA Whey Gold to help you build muscle.

Exercises for bigger triceps

Try close-grip bench presses, weighted dips, skull crushers, and overhead dumbbell extensions to work your triceps. These moves will help you build bigger, stronger arms.

Exercises for bigger biceps

Several exercises can help you target your biceps and strengthen them in order to build bigger arms and get bigger biceps. Bicep curls, whether they're dumbbell curls, barbell curls, or hammer curls, are a great way to work your biceps. Mix up your routine and challenge yourself with heavier weights to see the best results.

Exercises for bigger forearms

You can't have a complete arm workout without exercises for bigger forearms. Barbell reverse biceps curls and wrist rollers are some of the best forearm exercises out there.

Tips and tricks to get bigger arms fast

- Use compound exercises. These are exercises that work multiple muscle groups at the same time and will help you build mass quickly.
- Train your arms twice a week. This will help you see results quickly and keep your muscles from getting too sore.
- Use heavier weights. You should be using weights that are challenging but not so heavy that you can't complete all your reps with good form.
- Add in some isolation exercises.
- Use supplements such as Norateen Nitro for best results.

Pro Tip:

Doing heavy compound exercises without any isolation exercises will get your arms huge. You can then refine them by doing more "arm-specific" exercises.



CREATINE

THE ANSWER TO YOUR MUSCLE BUILDING DREAMS

CREATINE IS THE MOST TESTED AND STUDIED SUPPLEMENT IN THE WORLD. READ ON TO LEARN HOW THIS AMAZING SUPPLEMENT CAN CHANGE YOUR LIFE FOREVER!

WHAT IS CREATINE?

CREATINE IS A NITROGENOUS ORGANIC ACID USED AS AN ENERGY SOURCE FOR CELLS, PRIMARILY IN MUSCLES. BESIDES BEING NATURALLY PRODUCED IN THE BODY, IT CAN ALSO BE FOUND IN SOME FOODS SUCH AS RED MEAT AND FISH. IT HAS BEEN SHOWN THAT CREATINE IMPROVES EXERCISE PERFORMANCE AND INCREASES MUSCLE MASS.

NUCLEAR CREATINE IS THE STRONGEST CREATINE FORMULA WITH POWERFUL NITRIC OXIDE AGENTS TO GET YOU BIGGER AND MUSCULAR IN JUST DAYS!

CREATINE IS MADE UP OF
L-ARGININE, GLYCINE AND
L-METHIONINE

The Benefits of creatine

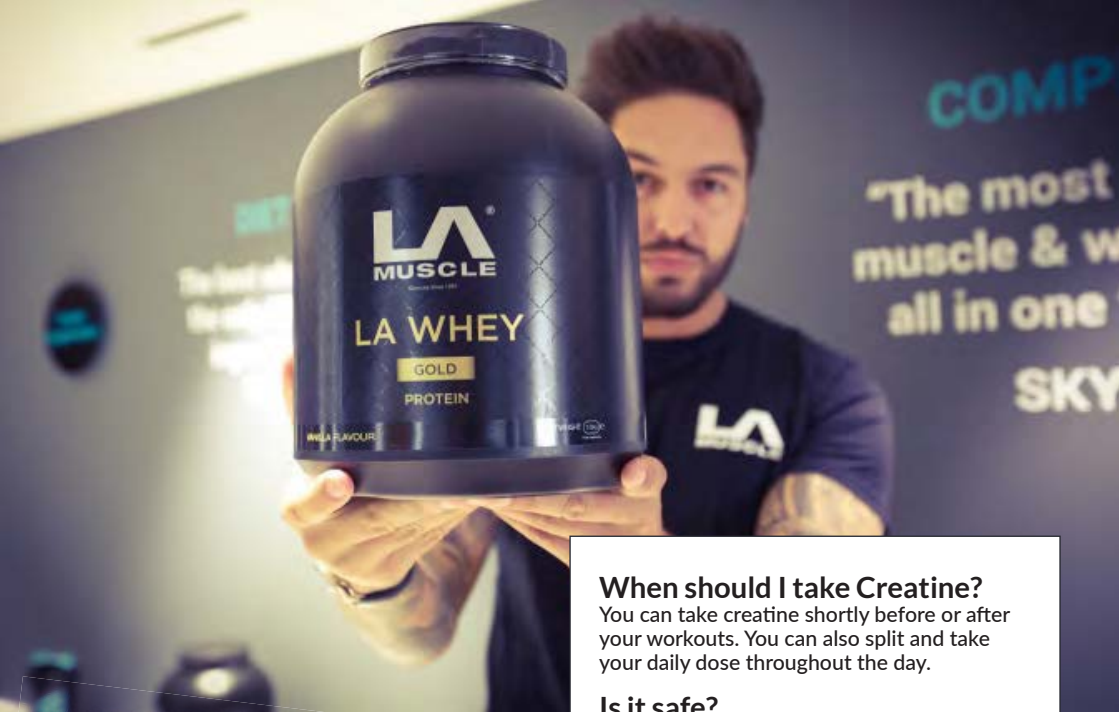
Creatine is a fantastic supplement that allows you to build muscle and look better. Using Nuclear Creatine as a supplement is safe and extremely effective, and can provide quick results. For muscle building, creatine offers the following benefits :

- Enhanced performance: Creatine increases cell volume and enhances hydration, so you can push yourself harder during workouts.
- Faster recovery: You'll recover faster after a workout thanks to creatine's ability to improve protein synthesis, which aids in repairing damaged muscle tissue.
- Reduced fatigue: You'll experience less fatigue because creatine has been proven to increase cellular energy levels by transporting adenosine triphosphate (ATP) where it's needed most--at the muscle cells.
- Superior formulas such as Nuclear Creatine

can increase blood flow, growth factor and testosterone levels with the help of D-Aspartic Acid and Nitric Oxide agents added to the formula.

How does it Work?

When you take creatine as a supplement, it's stored in your muscles in the form of phosphocreatine. During high-intensity exercise, phosphocreatine is broken down to release energy, which helps you power through your workout. As a result, creatine helps to increase lean muscle mass, strength and power. Plus, it can help improve exercise performance and recovery. For example, one study found that college athletes who took creatine supplements for four weeks had greater muscle mass and maximal power production gains than those who didn't. Creatine works best when combined with resistance training such as weightlifting or plyometrics; however, it can also be used with aerobic exercises such as cycling or running.



When should I take Creatine?

You can take creatine shortly before or after your workouts. You can also split and take your daily dose throughout the day.

Is it safe?

When creatine is used as a supplement, it can help you build muscle mass. But some people worry about its safety. Here's what you need to know. First, creatine has been studied extensively for decades. When taken in the appropriate dose, creatine has no known severe side effects. In fact, studies show creatine helps protect cells from oxidative stress caused by exercise-induced damage to muscles and cells.

LA Muscle Creatine formulas are very special in that they are made of Pharmaceutical Grade Creatine (not just food grade) and they contain rare and expensive uptake agents that have been scientifically researched to fast-track Creatine into your muscles.

Not all Creatines are created equal. Certain Creatines won't even work - such as liquid Creatine or pre-mixed Creatine, because they go off and turn to Creatinine before the body can use them.

LA Muscle Creatine formulas are not the cheapest, they are the very best your money can buy.

Find out more about LA Muscle Creatine formulas by visiting:
LAMUSCLE.COM

NORATEEN® EXTREME



**Extreme Testosterone &
GH Booster for bodybuilders.
Gets you MASSIVE!**

Norateen Extreme is an extremely potent Testosterone and Growth Factor supplement designed for body builders. This amazing product contains 7 strong and powerful bodybuilding agents and is recommended for those who are doing heavy weight training regularly.



AVAILABLE EXCLUSIVELY FROM:
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You see results in 1-3 days, no killing yourself in the gym, you take NO RISK.

Fat Stripper Intense is the strongest natural fat burner you can buy, ideal for men and women, containing 7 fantastic ingredients, including Choline and Green Tea.

- ✓ Strongest legal fat burner
- ✓ 100% natural with no side effects
- ✓ Ideal for men and women
- ✓ Contains Caffeine

The CHOICE of CELEBS



Genuine Since 1997

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