

# BATTLE AT THE ARNOLD!

# MD

BUILD MUSCLE • BURN FAT

## MUSCULAR DEVELOPMENT



## GET RIPPED

NEW FAT RESISTANT

## STERIODS

## DO THEY CAUSE HEART DISEASE?

## MAS SHOULDERS, QUADS, HAMSTRINGS AND ARMS

## hotshopp

By Angela T. Frizalone

Information for...

### UP YOUR MASS®

AS SEEN IN

## MUSCULAR DEVELOPMENT

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### GASPARI'S NOVEDEX XT™

Increase Testosterone!

**G**aspari Nutrition, the name you trust, has done it again with Novedex XT.™ In a recent clinical trial, this amazing non-androgenic, anti-aromatase compound increased natural bioavailable testosterone production higher and faster than any other product of its kind to date. The most potent aromatase inhibitor in the supplement marketplace, Novedex XT minimizes the production of any and all estrogens in the body and has been shown to reduce estradiol an average of more than 50 percent in all subjects tested. With an unprecedented one-two punch, this product is the safest and most effective natural way to trigger a potent and sustained anabolic response in order to gain lean mass, strength and endurance while helping to reduce body fat. Novedex XT by Gaspari Nutrition is the one that works.



### ODYSSEY PROTEIN 40 BAR

Fuel from Premier Nutrition

**P**acked with 40 grams of protein and five grams of carbs, there isn't a better way for hardcore athletes to fuel their bodies. The Odyssey Protein bar is ideal for post-workout recovery, or as a meal replacement. It's uncoated and contains no Maltitol, so it's easy to digest. The Protein 40 bar is available in Almond Brownie and Peanut Butter Chocolate Chip, with Oatmeal Raisin coming soon! For more information visit [www.premiernutrition.com](http://www.premiernutrition.com).



### CUTTING-EDGE CREATINE

Kre-Alkalyn® is 100% Stable

**I**n 1992, creatine changed the face of the supplement industry. On June 4th, 2002, Kre-Alkalyn® received official U.S. Patent #6,399,661 and changed the face of creatine. Here's how: Creatine is unstable in liquids and converts to the toxic byproduct creatinine, causing such side effects as bloating and cramping. This happens because creatine's pH level is too low. However, Kre-Alkalyn® creatine is 100 percent stable because it's manufactured using patented pH-Correct™ "buffering" technology that raises the pH level to 12, the critical "non-conversion" zone.

Kre-Alkalyn® is the no-load, no-cycle, no-side-effect creatine that gives immediate results and saves you money. In fact, most athletes only need one to three grams a day to achieve equal or better results than with traditional creatine products!

Kre-Alkalyn® is available to the marketplace and other innovative companies who would like to update their creatine-based products with this cutting-edge technology. For more information visit:

[www.getkre-alkalyn.com](http://www.getkre-alkalyn.com) or call 1-800-292-1974. Kre-Alkalyn® is available in powder, liquid and capsule form.

**KRE-ALKALYN®**  
+ pH-CORRECT CREATINE