

KETO OS and Physical Performance



- **Athletic enhancement:** Exogenous ketone supplementation has a promising outlook for enhancing athletic performance for a variety of reasons. Firstly, ingested ketone bodies induce an acute ketosis that lasts for several hours and mimics the physiology of starvation. Secondly, exogenous ketones present a way to elevate ketone levels without having depleted muscle glycogen stores (low muscle glycogen is well known to impair sustained physical performance).⁴ This being said, at this time there is little direct data that shows performance enhancements after ingesting exogenous ketones. The *hypothetical* premise behind their use is sound nevertheless.
- **Improved cognition:** Elevated plasma ketone concentrations divert the brain to utilize ketone bodies for synthesis of phospholipids, which drives growth and myelination. Normally, glucose would be the preferred substrate, which is much less efficient.

Restoring More Youthful Hormone Levels, Sexual Performance, Increased Muscle and Youthful Body Composition

MediTropin[®]



**** Ask Us How
Meditropin Can Help You!**

- recommended by physicians*
- support endocrine (hormone) function
- support metabolic function*

Doctor-recommended to get your hormones humming.

Hormones are the bits and bytes of your body's information technology system, directing your body's operations, and regulating your endocrine system and metabolic processes. Healthy hormones are essential to growth, development and reproduction, and they play an important role in the development of strength and power by mediating the remodeling of muscle protein.

To keep your internal systems running smoothly, your body depends on a steady diet of nutritional amino acids. The specific amino acids in **MediTropin** are associated with healthy hormone function, healthy sexual and reproductive function, musculoskeletal and protein metabolism, healthy cardiovascular and endothelial function, healthy immune function, and positive mood and brain function.* **MediTropin** nourishes your whole body and helps:

- support endocrine function*
- support protein biosynthesis and muscle protein synthesis*
- invigorate your mind by regulating the release of neurotransmitters*
- sexual and reproductive health*
- cardiovascular health and endothelial function*
- immune function*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.