

Orally Active Pro-Hypertrophic Agent

Anabolic Xtreme's 3-AD is the first revolutionary pro-hormone to go beyond the narrow scope of generating lean mass and strength. The goal of 3-AD is total performance enhancement results. 3-AD is designed to rapidly construct authoritative gains in lean mass, strength, and muscle hardness. Synergistic ingredients have been included to amplify the anabolic building process by propelling balance and fortitude to the mind while elevating neurological, physiological, and cognitive functioning. The goal is simple; help you achieve superior athletic performance. Lift harder and heavier, react faster, move with superior efficiency, experience cutting-edge psychological enhancement, and dominate the competition from every angle for the first time with 3-AD, available only from Anabolic Xtreme.

Androsterone (3 α -hydroxy-5 α -androstan-17-one)

Androsterone is the last legal, truly potent, and effective androstane capable of delivering explosive strength gains, dense vascularity, muscle hardness, and solid steady gains in lean muscle mass. Manufactured in the liver and testis, Androsterone is a metabolite of testosterone⁽¹⁾. It also acts as both a pro-hormone and also a potent sex pheromone in the human body. Enzymatic conversion of Androsterone results in the target hormone Stanolone, a hormone 400% more pro-hypertrophic than testosterone, the mother of all muscle building hormones. Best of all, this non-toxic potent animal is legal, 100% DSHEA compliant, yields zero estrogen conversion, and will provide the raw pro-hypertrophic horse-power behind Anabolic Xtreme's 3-AD.

Androsterone works by enzymatically converting into its target hormone Stanolone via the 3 α HSD, 3 β HSD, and 17 β HSD enzymes. Once inside the muscle tissue, Stanolone, a semi-synthetic form of dihydrotestosterone (DHT), works by binding with the androgen receptors on the muscle cell surface. Androgen receptors are the key holes that must be triggered and unlocked in order to initiate protein synthesis, a protein building process that when accelerated by Stanolone, will result in fierce strength gains, incredible muscle hardening effects, and steady accelerated muscle cell growth.

11-Alpha

Protein synthesis - it is the driving force behind building raw muscle mass, and is the intracellular process that anabolic steroids kick into overdrive to generate muscle mass at accelerated rates. In this process, nitrogen from amino acids becomes arranged into structural proteins through mRNA and tRNA to ultimately build more proteins. The more proteins your muscle cells manufacture and the faster the rate at which those proteins are created, the faster you grow muscle. Thus, the question becomes, "How do I optimize the rate of protein synthesis to accelerate muscle growth while avoiding negative androgenic side effects?"

11-Alpha, extracted from the epigeal portion of *Ajuga Turkestanica* was one of the great kept "secrets" of Russian Olympic weightlifters during the 70's and 80's, allowing them to crush Olympic records while remaining drug-free. This is due to 11-Alpha's ability to unleash a massive pro-hypertrophic cascade of protein synthesis equal to the synthetic steroid Dianabol. 11-Alpha has also shown the ability to increase nitrogen retention at a greater rate than Dianabol. The more nitrogen retained in the muscle cell, the more

material that cell has to work with to build proteins. While we are by no means stating that 11-Alpha is 100% superior to Dianabol, it does possess some properties that exceed those of Dianabol, making it a great agent to ignite protein synthesis, increase nitrogen retention, and impart steady gains in lean muscle. Unlike Dianabol, 11-Alpha does *NOT* induce *any* of the androgenic side effects such as enlarging the prostate⁽⁸⁾. 11-Alpha is the perfect synergistic, nitrogen sparing, protein synthesis igniting compound to compliment the effects of Androsterone.

2-Androstenol

Pheromones....no, not your uncle's "secret" cologne that is suppose to make him more attractive to women! We all know those don't work. Pheromone sprays and potions have been used by people since the 1950's, and have more or less proven to be ineffective. It's a great idea, as pheromones are chemical messengers that trigger a behavioral response in another member of the same species; however, human physiology is quite evolved beyond that point, so why even bother including 2-Androstenol in Anabolic Xtreme's new 3-AD? While pheromones may not have the desired effects we'd hope on other people when inhaled (although some evidence still suggests otherwise), when ingested orally and passed into the bloodstream certain sex pheromones, such as 2-Androstenol, can have a profound physiological effect upon users, and their immediate behavior.

2-Androstenol is a naturally occurring sex pheromone produced in the adrenal glands and found in human sweat glands, and also in various animal sources such as elephants and goats^(3,4). Sex pheromones indicate the availability of the female for reproduction; however, human males no longer seem to be able to sense these airborne chemical messages from women, yet their effects once in the bloodstream still remain quite profound. 2-Androstenol has demonstrated a strong ability to increase aggression, enhance the alpha-male attitude, and increase secretion of luteinizing hormone, which is a key hormone in the signaling of testosterone production^(5,6,7). This is important because elevation in these behaviors increase the likelihood of reproduction. Ever see two male bulls compete for the right to mate with a female? There's some pretty intense physical and aggressive behavior displayed while dominance is battled. Translate these behaviors over to human performance in the gym, and now we're talking about some serious Alpha Male attitude to generate some serious lean mass. Attitude is everything, as attitude determines performance, and performance determines your results.

Propionyl L-Carnitine (PLCAR)

Androgen receptors are the key holes that must be unlocked in order to ignite accelerated rates of muscle growth. Unfortunately, androgen receptors eventually down-regulate when they are bombarded with heavy concentrations of male androgens, which can bring those accelerated rates of muscle growth to a grinding halt mid-cycle. Propionyl L-Carnitine (PLCAR) is an esterified Carnitine that has demonstrated a unique ability to dramatically increase the number of androgen receptors on the muscle cell surface, and to keep androgen receptors up-regulated while on cycle. The more androgen receptors you have, the more muscle mass you can ultimately signal to grow!

PLCAR doesn't stop after it's created the perfect anabolic environment for Androsterone and 11-Alpha. PLCAR is a powerful anti-oxidant that is clinically proven to enhance the shuttling of fatty acids into muscle cellular mitochondria to be burned as a fuel source for

greater energy production in skeletal, cardiac, and smooth muscles during exercise. This action alone prolongs an athlete's energy levels and delays muscle fatigue onset for superior result-generating workouts⁽²⁾. PLCAR has also shown the ability to combat the destructive effects on muscle tissue that low levels of oxygen induce when fatigue sets in⁽¹⁵⁾. Finally, Carnitines such as PLCAR have even proven to have promising, positive effects on the human cardiovascular system!

Picamilon

The use of pro-hormones can often have a negative influence on a person's mood. Moods can often swing between depressions, irritability, anxiety, bouts of emotional stress, and so on, making pro-hormone use emotionally stressful to users. Well, say goodbye to the old school way of performance enhancing pro-hormones! The final synergistic component to 3-AD is a synthesis between the sodium salt N-nicotinoyl-g-aminobutyric acid (GABA) and nicotinic acid (niacin), commonly called Picamilon. Picamilon works by rapidly penetrating the blood-brain barrier, decreasing cerebral blood-vessel tone, increasing cerebral blood flow, and stimulating the GABA receptors⁽¹²⁾.

The physiological effects of Picamilon result in a highly pronounced psycho-energizing and stimulating effect on the mind⁽¹⁴⁾. Human consciousness is elevated above weakened and depressed mindsets, thereby increasing the speed with which the mind and body perform work^(9,13,14). Unique unto Picamilon, however, is that it does not cause excessive stimulation and exhaustion of the body's energy resources. No irritability, no anxiety, no energy crashes, and no jitters. With the mind elevated from depressed cognitive states, Picamilon brings further balance to the mind by lowering anxiety. The mild tranquilizing effect that Picamilon induces on the mind does not result in muscle relaxation, drowsiness or lethargy, making it the perfect nootropic and psycho-stimulating agent for enhancing an athlete's mental performance^(10,11).

Post Cycle Therapy (PCT). What is it and why do I need it?

The power of 3-AD lies in its ability to convert to Stanolone, successfully enter the bloodstream, and unlock powerful androgen receptors to make your muscles GROW. Anytime you introduce an outside source of hormones to your body, your body will respond by decreasing its natural output of those hormones in an effort to conserve energy. This includes testosterone and substances that convert to it. Consequently, when you finish a cycle, your natural production of testosterone is low, estrogen levels are typically elevated, and Cortisol levels are wreaking havoc on your newly earned muscle tissue. This not the ideal environment to maintain your gains! Enter Post Cycle Therapy (PCT). The goal of any PCT is to restore normal hormonal balance to your body, especially to testosterone. The most effective way to restart your natural production of testosterone is to lower estrogen below normal levels, and 6-bromo, found in our Advanced PCT, will do just that. Your hypothalamus will sense the imbalance of estrogen and respond by signaling your testes to start massively accelerating testosterone production once again. By following your cycle with PCT, you will preserve the muscle and strength gains made during your 3-AD cycle and minimize side effects such as decreased libido that are often experienced post cycle. Anabolic Xtreme's Advanced PCT will effectively restore balance to your natural testosterone production and is strongly recommended following all 3-AD cycles.

Give your body a rest.

3-AD is a very powerful product. When taken responsibly and followed with proper PCT, your results will be astounding. Because of its powerful nature you should wait at least one (1) month between cycles. A great rule of thumb is: time on = time off. This means that if you take 3-AD for eight (8) weeks, then you should wait at least eight (8) weeks before starting another cycle. Please use 3-AD responsibly, follow directions carefully, adhere to all warnings, and always follow use with Advanced PCT.

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