



Method 5 Fitness

M5 Performance: Pre-Workout

Maximize your workout. Naturally.



What is it?

- M5 Pre-Workout naturally powers you through each workout with energy, focus and endurance. It will boost your nitric oxide levels for improved circulation and nutrient absorption, and increase your energy with our proprietary ActiGin™ performance blend.



Problem

- Nothing gets you off track during your exercise routine faster than low energy or sluggish performance. When training and working toward your personal best, you want the ability to push your body to its full potential.

Solution

- M5 Pre-Workout provides the energy and endurance you need to feel great throughout any type of exercise and into recovery. M5's clinically proven ActiGin™ ingredient increases ATP production and enhances glycogen replenishment to help your muscles work harder and longer. High quality L-Arginine AKG increases nitric oxide production in the body to help boost circulation, deliver more nutrients into muscles, and carry more energy-reducing waste out of the body. With M5 Pre-Workout, your ultimate fitness potential is within reach.

What's in it for me?

- Increases performance and endurance*
- Helps prevent cramping*
- Increases mental clarity and focus*
- Won't upset your stomach like many nitric oxide boosting products*
- Helps extend your workout to increase muscle strength*
- Supports cardiovascular health by increasing circulation*
- Safe, all-natural, no artificial sweeteners or colors

Science

In a randomized, double-blind, placebo-controlled, crossover study **ActiGin™** increased mitochondria citrate synthase activity (enzyme critical for ATP production) by 46% during a 3-h recovery period.

In a randomized, double-blind, placebo-controlled, crossover **ActiGin™** increased

exercise endurance by 20%.

In a randomized, double-blind, placebo-controlled, crossover study **ActiGin™** increased glycogen recovery by 370%.

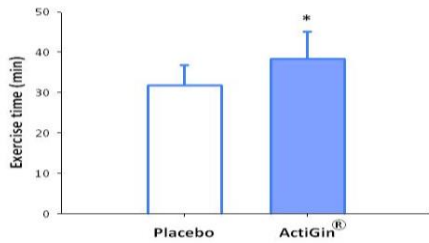


Table 1. Effect of ActiGin[®] on endurance performance

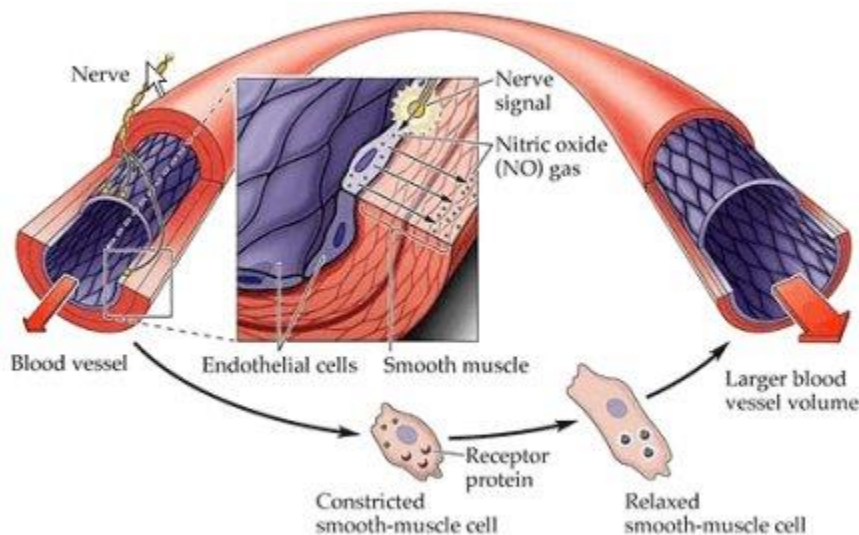
Performance measures	Placebo group	ActiGin [®] group
Cycling time to exhaustion (min)	31.8±5.0	38.3±6.7*
Total work (kJ)	254±41	306±55*
Peak VO ₂ (ml/kg/min)	41.6±2.4	40.3±1.9

Figure 2. Endurance Performance

*Significant difference against placebo group, $p < 0.05$

L-Arginine AKG (alpha-ketoglutarate)

This amino acid is a pre-cursor to the vasodilator Nitric Oxide (NO). NO relaxes your blood vessels so more blood is able to flow throughout your body, including your muscles. L-Arginine has been shown to improve NO levels in the body, thereby increasing blood flow and exercise performance. Increased NO levels have also shown to help maintain healthy blood pressure levels and help combat premature cardiovascular aging. Arginine AKG is a more absorbable form of L-Arginine, making it a more efficient source of L-Arginine.



Active ingredients

- **ActiGin™:** A proprietary, all-natural ingredient providing increased sports performance at every level. Multiple clinical studies have shown ActiGin's ability to enhance endurance, energy, and glycogen recovery during high-intensity exercise, as well as reduce muscle damage afterward. Research conducted on ActiGin™ has shown increased glycogen delivery to muscle tissue by up to 370% and a reduction of post-workout inflammatory markers like interleukin-6, creatine kinase and MDA.* ActiGin™ is proprietary, all-natural and plant-based; its ingredients are derived from highly purified and fractionated Panax noto-ginseng plant and Rosa roxburghii fruit using world-class pharmaceutical extraction and processing technology.
- **L-Arginine AKG:** This highly absorbable form of Arginine is used by the endothelial cells in blood vessels to create nitric oxide (NO). NO allows blood vessels to relax and dilate, increasing blood flow throughout the body and delivering nutrients to muscles during your workout. Arginine improves circulation, energy and overall cardiovascular health.*
- **Citrulline Malate:** Citrulline is an amino acid precursor of Arginine. It helps prevent problems like cramping, bloating, and water retention that are often experienced after training. Citrulline promotes the release of nitric oxide into the bloodstream, which is essential for proper opening of blood vessels during exercise and recovery.*
- **Guarana Extract:** An all-natural herbal blend provides 60mg of natural caffeine per serving, while also providing antioxidants to help support cells when under physical stress.*
- **Beta-Alanine:** Beta-Alanine is the only naturally occurring beta-amino acid. Peer-reviewed university research has shown its ability to help the body increase muscular strength, muscle mass, aerobic and anaerobic endurance, and delay muscle fatigue during exercise.*
- **L-Tyrosine:** L-tyrosine converts thyroid hormone to adrenaline during times of stress, including intense exercise, and helps your body adapt to stress.*

References:

<http://www.unm.edu/~lkravitz/Article%20folder/ExerciseMot.pdf>