

A Scientific Breakthrough in Exercise:
Gain Muscle Growth While Sleeping
Start Increasing Size to Your Frame Without
Spending More Time at the Gym

Dear reader,

What I'm about to tell you is one of the greatest scientific breakthroughs in exercising that I've seen in the past 10 years. And by the time you're done reading this letter, I guarantee you'll thank me for sharing it with you.

Let me start at the beginning ... with a little science on how your body responds to exercise.

When you do resistance workouts, you increase the response called protein synthesis. And protein synthesis is what builds new proteins in your muscles and thus increases their size.

But what you may not realize is that resistance training also increases the response in another process in your system. But this other process doesn't help you with muscle growth. In fact, it will attack your muscles and slowly reduce their size.

What I'm referring to is called the 'catabolic response', which essentially breaks down protein and uses it as fuel.

But, you're probably thinking to yourself that you have nothing to worry about, since you have a very strict diet. Which leads you to consume food every few hours that contains some level of protein.

The problem is, there is a large window in which you're not replenishing your body with protein leaving your muscles vulnerable to possibility of muscle breakdown.

This is a vicious cycle that occurs every single day.

But, you don't have to leave your muscles susceptible to this.

That's because. . .

**When you switch to this amazing discovery I'm about to describe, you will
continue to build muscle mass for hours – even while you sleep!**

With this new discovery, you don't need to eat more. . . change your current workout. . .count calories. . .or spend more time at the gym.

Instead, you make a single change to your diet that can dramatically decrease the catabolic response -- and stimulate bigger muscle growth and recovery as well as increase your overall general health too.

But, if this isn't something that you're interested in, you don't need to read any further.

That's because this is for people who are very serious about maximizing their muscle growth and recovery from every single workout.

And in a moment, I'll reveal my discovery, but first let me tell you...

How Your Body Builds Muscle Mass

As you may know, protein contains the building blocks of muscle building. And these building blocks are called amino acid molecules.

There are 20 different types of amino acids that you need which leads to the protein building process called protein synthesis which I mentioned earlier.

Eleven of the amino acids needed are produced naturally in your body. The other nine needed (called essential amino acids) must come from other sources like meat, eggs, milk and some plants.

All of these foods are called *complete proteins* simply because they carry all of the essential amino acids your body needs to build muscle mass.

Now, to activate protein synthesis, you can simply eat a big T-bone steak, then head to the gym to pump some iron, but this wouldn't be very effective.

Why not?

Because number one, you would be a bit sluggish from consuming a big steak.

And two, the steak would take too long to digest and absorb into your system for it create a dramatic "spike" in protein synthesis.

What you need to do instead is consume a fast digesting protein.

That's because research shows that the faster a protein digests and absorbs into your system, the higher a "spike" in protein synthesis will occur. And thus leads to bigger muscle growth and repair.

But, you're not going to find a protein based food that has all nine of the essential amino acids and fast digestibility anywhere in the world.

That's why you need to use protein supplements for faster and bigger results from each workout.

Why Protein Supplementation Matters

Supplementing with a protein into their diet is what all athletes and bodybuilders do. And for the majority of them, they use 100% whey protein due to its maximum stimulation on protein synthesis.

No other protein is better, or even equal that will provide the same results. Not soy protein, casein protein, egg protein, or any vegan protein.

What makes whey protein superior to all other proteins you may wonder is one of the nine amino acids that make up its composition.

The amino acid that is of huge importance is called leucine.

That's because leucine is the muscle-building, powerhouse amino acid. And whey protein contains the highest percentage of leucine out of all other proteins.

Thus the reason why it's heavily favored by many athletes and bodybuilders.

The Problem Supplementing With 100% Whey Protein

But, what many athletes and bodybuilders may not realize is that whey protein's greatest strength (fast-absorption) is also its greatest weakness.

Let me explain: Imagine a typical day. You hit the gym in the early evening after work for an intense resistance workout. Immediately following your workout, you chug down your favorite whey protein shake. Then head home for a sensible meal.

A few hours later, you're off to bed for a full night's rest, while whey protein drink you consumed (and meal) is already absorbed into your system. Hence, protein synthesis decreases.

In fact, the Journal of the Canadian Chiropractic Association discovered that after a good nights sleep, protein synthesis can decrease by 15-30 percent.

This dramatically slows down the growth and repair of your muscles. And once again your muscles are left open to be attacked by the catabolic response.

To stop this assault on your muscles requires you to do only one simple thing.

And that is to stop drinking a simple whey protein drink and start drinking a protein blend.

That's because a protein blend can provide you with the "spike" in protein synthesis to maximize muscle gain as well as slow-digestion to fuel your system for several hours. (vs. the 2 hours you get from just whey protein)

Why A Protein Blend is better than 100% Whey Protein

Through research, it's proven that adding medium-digesting and slow-digesting proteins to whey, protein synthesis will remain elevated longer than using whey alone.

Warning: Not All Protein Blends Are Created Equal

Many supplement manufacturers cut corners when producing their protein powders simply because a high quality protein is very expensive to make.

One of the ways they cut corners is by a dirty little trick they do.

And that trick is called "nitrogen spiking" (also called "amino spiking").

It involves manipulating the test that is used to measure protein content in their protein powder. You see, the test measures the amount of nitrogen in the protein powder, then converts the results into protein content.

To understand how they can manipulate the test, you must first know that amino acids are made up of nitrogen.

And the amino acids that make up the protein are strung together like a pearl necklace.

So, what many manufacturers do is add *loose* amino acids to the string which then increases their nitrogen level.

Hence, their protein powder tests results come back showing high levels of protein quantity per serving.

Now, you might think the extra amino acids in the protein should be more beneficial based on what I told you earlier about amino acids, but the truth is, it's not in this instance.

That's because many amino acids aren't added to make the protein powder more effective. Rather, they're simply added for their nitrogen simply to create a false result in protein quantity.

So, a manufacturer may claim their protein powder is 20 grams of protein per serving. But, if they add 5 grams of an amino acid like glycine per serving, the end product is only 15 grams of protein per serving.

What's even worse is that some amino acids that manufactures add to create their protein powders aren't even used as building blocks to form proteins in the body. Amino acids glutamine, beta-alanine, betaine and taurine are the most common.

While all of these amino acids do provide nutrients and help with energy production, they're not good to include at the expense of sacrificing protein quantity per serving.

So, what you end up with is a protein supplement that a manufacturer claims to contain a certain level of protein -- when, in fact, this isn't the case.

And what you get is a giant supplement tub with very little value to your muscle development.

Now, I wish I could stop here and say this is all many manufactures do.

But there's more.

They also add unwanted ingredients like. . .

- **Gluten:** Being sensitive to gluten can elevate inflammation and cause a range of health problems including hormonal imbalances, skin conditions, fatigue, mood swings, and headaches.
- **Dextrins/Maltodextrin:** This can raise your glycemic load, which may contribute to fat storage. Typically they are processed with GMO (Genetically-modified Organism) corn. And GMO corn can also cause gastrointestinal distress.
- **Skim milk powders/ milk solids:** these are used as a cheap bulking agent in some powders. The skim milk powders and milk solids are high in lactose sugars. Which can cause bloating, gastrointestinal distress, constipation and loose stools.
- **Soy Protein:** Some soy proteins come from genetically-modified sources with high pesticide use. They contain chemical compounds which may cause hormonal problems.

- Vegetable oils and fats: Vegetable oils and fats are often derived from hydrogenated source that contain trans fats, which are thought to be more harmful than saturated fats.
Trans fats will cause your bad cholesterol to raise and lower your levels of good cholesterol.
- Fillers: Fillers such as coconut flour, psyllium and sugar are used to bulk up the protein (and cut the cost for the manufacture). These can cause bloating, constipation, and reflux if you tend to have digestive issues.

All of these ingredients other manufacturers use in their protein supplement products is not only unhealthy, but can also cause serious problems.

But finding a high-quality protein that avoids all of these pitfalls can be next to impossible. So, I decided to do something about that.

That's why I asked my chief scientific officer Dr. David Gunderman to create a creamy smooth delicious drink, chock full of the highest quality muscle growth and repair protein available anywhere in the world.

Discover Iso-Smooth: The Delicious Protein Shake That Creates a Healthier You, and Explosive Muscle Growth and Recovery - Even While You Sleep

Dr. David formulated Iso-Smooth as a way for serious people who care about increasing their overall health while wanting intense muscle growth and recovery fast to get the purest, most potent, most digestible protein blend possible.

Plus, it's designed to fuel muscle growth and recovery for up to 8 hours long.

Highest Purity:

Only Iso-Smooth uses the purest form of whey protein isolate that provides maximum muscle building and recovery potency.

We go beyond the combination of filtration and microfiltration to produce our whey protein isolate. It's produced through a selective ion exchange process that makes it an astonishing 97.6% pure whey protein.

Which means Iso-Smooth is virtually free of every other milk impurity such as lactose, fat and other less desirable and incomplete proteins.

Most Potent:

Only whey protein isolate that we use contains maximum potency due to its high dose of both b-lactoglobulin at 61-70% and a-lactalbumin at 23-31% (whereas other protein supplements

contain only 52% b-lactoglobulin and 17% a-lactalbumin with up to 31% of less desirable amino acids).

B-lactoglobulin is one of the key components for it's what gives whey protein its high leucine levels. And we know that leucine is a big *driving force* for increasing muscle protein synthesis.

A-lactalbumin contains amino acids called tryptophan and cysteine.

And these two amino acids provide several health benefits like serotonin-linked brain functions, sleep quality, immune function and mood.

Highest Digestibility:

Because we use only the purest quality protein isolates, all four of the proteins inside of Iso-Smooth are very easy to digest.

In fact, the proof is in the results from their PDCAA test score.

PDCAA stands for Protein digestibility-corrected amino acid score. And it's a method of evaluating protein quality that measures the amino acid requirements of humans and their digestion abilities.

Since 1993, the US Food and Drug Administration(FDA) and the Food and Agricultural Organization of the United Nations/World have used PDCAAS ratings as the preferred method to determine protein quality.

The proteins are rated from 0 to 1.00, where 0 represents the lowest rating and 1.00 represents the highest rating.

And all four proteins in Iso-Smooth have a PDCAAS value of 1.00, a perfect digestibility rating.

This makes Iso-Smooth easy on the stomach even if you have a problem digesting lactose.

Iso-Smooth No Only Helps Muscle Growth but Helps Your General Health and Well Being

Everything that makes Iso-Smooth the better choice over all other protein supplements on the market is more than enough to make Iso-smooth a "must have" when you're serious about maximizing muscle growth and recovery.

But, it can also do so much more for you like. . .

- Burn fat: When combining whey protein with resistance exercises you will achieve a greater loss in body fat. Thus, helping you lose those few unwanted pounds and gain that ripped sculpted look.

- **Reduce Cravings:** Whey protein is shown to affect the two hormones ghrelin and leptin which help regulate your appetite.
It balances the two hormones in your system which thus reduces your hunger cravings.
- **Stabilize Blood Sugar Levels:** If you take whey protein before a meal, it will stabilize your blood sugar levels. It does so because it stimulates the production of insulin and prevents dramatic spikes in blood sugar levels.
- **Improve energy:** Whey protein increases glycogen, which is a source of energy during resistance training. And it spikes the effect of leptin, which is a hormone that affects energy balance.
Simply put, it provides you with more energy so you can push through an extra rep or two and complete your workout.
- **Boost Glutathione:** Glutathione is the master antioxidant found in every cell of your body. Scientists at Ohio State University found that supplementing with whey protein it will increase intracellular glutathione concentrations by 64%.
And Glutathione also helps eliminate free radicals that cause cell damage, cancer and aging diseases like Parkinson's and Alzheimers.
It also helps protect you from environmental toxins.
- **Boost Immunity:** Because whey protein promotes the synthesis of glutathione, it then works to boost your immune system.
- **Improve Heart Health:** Through studies, protein is proven to promote a reduction in blood pressure and arterial stiffness. It also works to reduce cardiovascular risk factors by protecting your muscles and lower your cholesterol levels, thus aid in keeping you healthy.
- **Extend Lifespan:** It's been discovered that whey protein can increase your lifespan by reducing muscle wasting that's associated with aging. Plus, increase your nutrient absorption without increasing your hunger.
This is important because as you age, you lose bone mass, cell function and your digestive function also decreases.
However, whey protein has been shown to reduce the effect in all of these areas, thus contributing to the reduction of the aging process.

**Iso-Smooth is Your Perfect Protein Blend for Maximum Muscle Growth
And Overall Health Supplement**

Each and every serving of Iso-Smooth provides you with fast-digesting, medium-digesting, and slow-digestion protein isolates to fuel your system with energy and muscle growth that lasts up to 8 hours.

Yes, you could take the same proteins all separately. But why waste your money on inferior separate supplements that do very little to help you develop lean muscle mass, for at a lesser cost than the rest combined you can have the best protein supplement products on the market.

And because it's backed up by our 60% no questions asked money-back guarantee which gives you more than ample time to judge how well it benefits you.

Which leads me to one important question:

Don't You Deserve To Develop The Leanest Muscular Physique and Become Healthier Too?

You see, only Iso-Smooth packs in four of the purest forms of protein isolates.

And when all four protein isolates are combined together, they have a level of purity at a staggering 83.3%.
(Other expensive products have only 47%, and a few leading products are just under 61%).

And this comes out to be a whopping 30 grams of pure protein in a single serving.

No where else can you find a high quality product that packs in the same quantity of protein.

Check out what Anthony from Portland, OR says about Iso-Smooth.

"When it comes to a protein powder I prefer a high quality product. . .Iso-Smooth is that high quality protein powder that I look for. . ."

What's also great about Iso-Smooth is the flavor. It doesn't taste chalky or overly sweet. And it doesn't leave a nasty after-taste in your mouth like so many other protein supplements do.

in fact, Sean B from Katy, TX says this. . .

"I like Iso-Smooth, it's very smooth and delicious."

And when you try Iso-Smooth for yourself, you will agree.

Plus, it will provide you with ample energy so you'll train harder and develop lean muscle mass - even while you sleep.

So, don't wait any longer, try Iso-smooth for 60 days risk free.

And when you agree to give Iso-smooth a fair try, I want to send you a FREE GIFT as a special thank you!

Free Gift: "Hidden Muscle Building Secrets That Top 1% Bodybuilders Don't Want You to Know"

In this exclusive never-revealed-before special report, you'll discover. . .

- Why nutritionists have it *all wrong* when it comes to defined diet plans for bodybuilders and athletes.
- How one simple adjustment to your resistance training will give you faster gains.
- 2 things you can do to maximize your energy level before you hit the gym.
- And much more.

Plus, you'll discover natural products that help aid in boosting testosterone and muscle recovery that cause no side effects.

It's all in this special report that is not available anywhere else. . .and. . .is not for sale because of the hidden secrets that it contains.

It is only available to you through this exclusive offer when you try Iso-smooth.

But don't wait to order. Because the offer to get your hands on this report is good for only 11 days.

100% NO RISK Money-Back 60-day Guarantee – or it's FREE!

That's how convinced I am that Iso-smooth will give you the gains that you want, and deserve.

If you don't notice an improvement in your muscle mass, you will get every single dime back.

Simply contact us by email at customersupport@bluestarneutraceuticals.com with your original receipt of purchase and request a refund.

But there's more. . .

The Free gift you received with your order IS YOURS TO KEEP WITHOUT ANY OBLIGATION.

That's right. The hidden secrets in the special report is yours to keep no matter what you decide.

You can't lose!

Don't struggle another day, take charge of your muscle growth now!

You've seen the scientific evidence of how the combination and the highest quality of protein in Iso-smooth provides you with muscle mass gains, even while you sleep!

Plus, you have our Ironclad guarantee that says if you are not satisfied for any reason, you PAY NOTHING.

Don't wait. Do it now!

Claim your FREE Bonus Gift and reclaim your muscles.
Stop struggling and start gaining. . .

And find out how pumped you'll feel to develop fast muscle gains and strength.

Sincerely,

Adam Cloet
President Blue Star Nutraceuticals

P.S. I want you to experience the explosive muscle strength and growth that so many people are already doing.
That's why I'll send you a special gift when you respond.
It's called the "Hidden Muscle Building Secrets That Top 1% Bodybuilders Don't Want You to Know."

Don't miss out on this one of a kind report. Call today at 1-800-555-5555