

BURN EXTREME PM 4-Phase Fat Burning System

Phase 1 - Stimulant-Free Lipotropics

Blend of the scientifically proven fat fighters L-carnitine (for optimal lipid utilization) and Grapefruit extract (concentrated phytonutrients).

Phase 2 - Burn PM Blend with Cortisol Suppression

Potent dose of essential secretagogue precursors and cortisol reducing agents that help harmonize natural hormone production for lean muscle maintenance and fat oxidation.

Phase 3 - Pituitary & Adrenal Support Complex

Optimal combination of herbs, vitamins and minerals help keep your pituitary and adrenal glands functioning optimally, keeping energy levels peaked.

Phase 4 - Sleep Enhancers

A precise dose of the sleep-enhancing agents melatonin and GABA help bio-synchronize this formula's release with your body's natural Circadian rhythms.



PATTY FARROW

NPC Figure Champion

"Burn Extreme AM and PM fat burners are the only products I have ever found that work for me. I sleep so much better when I am taking the Burn Extreme PM too. John's products are incredible!"

"Burn fat and reduce stress with Burn Extreme PM, while you sleep"

**John Scott's
NITRO**
Building A New Breed Of Champion

BURN EXTREME PM Night Time 4-Phase Fat Burner

Supplement Facts

Serving Size: 4 capsules
Servings per container: 21 (30 day supply)

	Amount / Serving	%DV
Vitamin C (ascorbic acid)	30mg	50%
Calcium (Phosphate)	100mg	2%
Copper gluconate	200mcg	10%
Zinc chelate	15mg	100%

Phase 1 - Stimulant-Free Lipotropics

L-Carnitine Tartrate	100mg	*
Grapefruit Extract 4:1	5mg	*

Phase 2 - Burn PM Blend with Cortisol Suppression

(Colostrum 30% IGg) (derived from milk), Amino Peptide Complex (derived from milk), L-Glutamine, L-Ornithine, L-Arginine, L-Glycine, Ferulic Acid, Phosphatidyl Serine Complex)	3000mg	*
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Phase 3 - Pituitary & Adrenal Support Complex

Licorice Root (deglycyrrhizinated)	50mg	*
Astragalus Root Extract 4:1	55mg	*

Phase 4 - Sleep Enhancers

Melatonin	2mg	*
GABA (gamma aminobutyric acid)	13mg	*

* Daily Value Not Established

Suggested Use: Take 4 capsules on an empty stomach with 8 oz. of water 30 minutes prior to bedtime.

Cycling: Cycle use of this product, five (5) days on, two (2) days off for eight (8) weeks. Follow this cycle with a two (2) week break before beginning another eight (8) week cycle. Cycling supports healthy functioning of the body's natural feedback mechanisms.

Stacking Option: For maximum fat loss results, stack with **Burn Extreme AM**, exercise regularly and eat a balanced diet. **Turn your body into a 24/7 fat burning machine.**



** These statements have not been evaluated by the FDA. The product is not intended to treat, cure or prevent disease.*

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BURN EXTREME PM

Nighttime 4-Phase Fat Burner

Increase Fat Utilization

Increase Lean Muscle

Fight Effects of Aging

Promotes Deep Wave Sleep





by **John Scott, CISSN, CNS, SPN**
Developer of John Scott's Nitro

"I understand what an athlete needs because I am one."

From years of helping people get lean, I have found that eating a clean diet and getting in the gym consistently works well to help people lose bodyfat. However the fastest results come when people add an effective supplement regimen too. Yet, why do so many people keep switching from fat burner to fat burner with little success? If even they experience some success, why do different fat burners only work for a while?

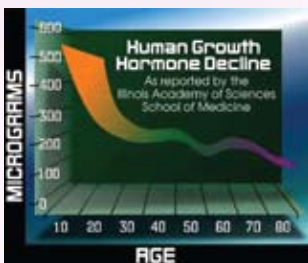
THE BASICS FOR ACHIEVING FAT LOSS

- Eat a balanced small meal about every 3-4 hours to stimulate metabolism and stabilize blood sugar / insulin.
- Exercise at least 3-4 times per week for a minimum of 1 hour.
- Burn more calories than you eat everyday.
- Supplement effectively at the right times.
- **Rest well (this is often overlooked but very important).**

THE PROBLEMS

1. Fat loss nearly stops while you are sleeping

When you sleep your metabolism slows down and fat oxidation is dramatically reduced. In addition, as we get older many of the hormones naturally produced by humans that keep us lean by directly driving fat oxidation such as melatonin and growth hormone, diminish as we age. Growth hormone (GH) is released during deep sleep and our GH production begins to drop at about age 21. By 40, nearly everyone is deficient, and at age 60, GH levels have dropped as much as 80%.



2. No deep rest and recovery

Many people focus on eating and training but don't pay much attention to their rest in their quest for a lean, hard body. Not enough rest increases stress, reduces motivation, slows recovery time and drives unwanted cortisol output up.

3. Overuse or prolonged stimulant use / Adrenal Burn-Out

In their quest for fat loss many people use a fat burner that contains stimulants. The thermogenic portion of a formula like Burn Extreme helps increase the amount of calories burned accelerating fat loss. However, taking a stimulant also stresses the adrenals (which provide your energy). Over time, the adrenals tend to tire, diminishing the level of energizing chemicals they produce such as adrenaline. As a result it takes more and more stimulant to get that same boost due to this adrenal burn out. Therefore, the effectiveness of your thermogenic is dramatically reduced and your energy level suffers.

Burn Extreme PM solves all these problems for you.

SOLUTION: BURN EXTREME PM

A Unified 4-Stage Metabolic Solution

Burn Extreme PM is a potent, stimulant-free, nighttime fat burner. This formula's unified 4-phase design promotes superior fat utilization while you are sleeping by combining the proven fat fighting power of L-Carnitine, Grapefruit extract and a proprietary blend of compounds that help boost your natural fat oxidizing hormones and reduce stress. This formula also helps rejuvenate adrenal function and energy levels by helping you achieve a deeper nights rest.

THE FORMULA

Vitamin C is one of the key antioxidants and an immune booster. It is also essential for collagen synthesis (the main structural protein in connective tissues).

Calcium Phosphate or lack of, has been shown in studies to have a direct correlation to body fat accumulation. High Calcium intake may alter the metabolism of fat cells, causing less fat to be stored and more fat to be released.

Copper Gluconate is needed to synthesize hormones and collagen, absorb and utilize iron and make adenosine triphosphate (ATP).

Zinc Chelate is important for hormone production, protein synthesis, immune function, healing and prostate health.



Phase 1 - Stimulant-Free Lipotropics

L-Carnitine is required to transport fats into the cells to be burned for energy thereby increasing fat utilization.

Grapefruit Extract is believed to contain enzymes that help promote fat burning. Grapefruit also contains Naringin, a citrus flavonoid which has been shown to exhibit a cholesterol-lowering effect.

Phase 2 - Burn PM Blend with Cortisol Suppression

Colostrum is extremely effective as a GH enhancer because it contains significant amounts of important growth factors, including IGF-1. It has also been proven to enhance immune function and speed recovery.

Amino Peptide Complex is a specific combination of amino acids that has been shown to naturally increase the body's production of GH much greater than individual amino acids. Additional amounts of the most important aminos have been added to boost the formula's effectiveness.

L-Glutamine stimulates GH release even in small dosages, prevents muscle loss, fuels the immune system, helps DNA synthesis and increases cell volume, cell division and muscle growth. Clinical studies at the LSU College of Medicine have shown taking 2 grams of glutamine orally elevated GH 400% more than placebo.

L-Ornithine stimulates GH release and works best when stacked with arginine and glutamine.

L-Arginine stimulates GH release and helps block the secretion of the GH inhibitor somatostatin. Your body also uses it for protein synthesis and for removing excess ammonia.

L-Glycine has been shown to stimulate growth hormone when stacked with other aminos. It also helps to increase exercise output, reduce spasms and brain hyperactivity.

Ferulic Acid works synergistically with the other ingredients to help stimulate the hypothalamus to secrete Growth Hormone Releasing Hormone (GHRH), which stimulates the release of Human Growth Hormone (HGH). It is also believed to have a positive effect on endorphins (the brain's "feel good" chemicals).

Phosphatidyl Serine Complex has been shown to directly reduce the catabolic hormone cortisol.

Phase 3 - Pituitary & Adrenal Support Complex

Licorice Root helps support the adrenal glands and stimulate the excretion of hormones from the adrenal cortex.

Astragalus Root strengthens the body's immune system and has been found to promote adrenal cortical function.

Phase 4 - Deep Wave Sleep Enhancers

Melatonin stimulates GH production, optimizes the body's biological rhythms and helps stimulate the immune system.

GABA is a neurotransmitter in the brain that helps maintain pituitary gland functioning (pituitary regulates growth hormone synthesis, sleep cycles and body temperature).*