

BURN EXTREME'S Unique 4-Stage Fat Burning System

Stage 1 - Thermogenic Energy Intensifiers

- Provides long-lasting, jitter-free energy
- Intensifies & accelerates fat burning
- Boosts metabolism
- Helps curb appetite

Stage 2 - Lipotropic Co-Factors with Glucose Control

- Stabilizes blood sugar, minimizing adipose formation
- Increases use of bodyfat for energy
- Helps eliminate cravings

Stage 3 - Thyroid / Metabolism Activators

- Maximizes thyroid output, boosting metabolism
- Extends effective weight loss cycle
- Enhances fat loss with carb restricted diets

Stage 4 - Diuretics

- Sheds excess water weight
- Improves muscular definition



FELICIA ROMERO
IFBB Pro Figure

"Burn Extreme's 4-stage fat burner is awesome. It is the most effective fat burner I have ever tried and I've tried them all. Burn Extreme is really strong but doesn't give me the jitters like other fat burners."

"Burn Extreme provides a perfect combination of fat-busting tools in every capsule"

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

BURN EXTREME Ultimate 4-Stage Fat Burner

Supplement Facts

Serving Size: 3 capsules
Servings per container: 30, 67

	Amount / Serving	%DV
Vitamin C (ascorbic acid)	45mg	75%
Vitamin B6 (pyridoxine)	20mg	825%
Vitamin B12 (Methylcobalamin)	500mcg	83%
Calcium (Phosphate & Bis-glycinate)	100mg	2%
Chromium Picolinate	100mcg	8%

Stage 1 - Thermogenic Intensifiers

Citrus Aurantium 6%	400mg	*
L-Phenylalanine	405mg	*
L-Tyrosine	200mg	*
Green Tea Leaf (50% / 35%)	120mg	*
USP Caffeine	205mg	*
White Willow Bark Extract	105mg	*
Ginger Root	25mg	*
Cayenne Pepper Extract	25mg	*
Coleus Forskolii (20%)	25mg	*

Stage 2 - Lipotropic Co-Factors with Glucose Control

L-Carnitine (tartrate)	200mg	*
Choline Bitartrate	100mcg	*

Stage 3 - Thyroid Activator Complex

Guggulsterones (10%)	285mg	*
Di Potassium Phosphate		

Stage 4 - Diuretic Blend

Uva Ursi, Buchu Leaves, Juniper Berries	160mg	*
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* Daily Value Not Established

Suggested Use: For fat loss, consume 3 capsules 2 to 3 times daily with 8 oz. of water. To intensify workout energy, take one of your daily servings 30 minutes prior to exercise.

Cycling: After a maximum of 12 weeks of consistent use, discontinue use for 2 weeks, then start again.

Stacking Option: For maximum fat loss results, stack with **Burn Extreme PM**, 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

Ultimate 4-Stage Fat Burner

Jitter-Free Energy

Control Appetite

Boost Metabolism

Improve Definition





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?

PROBLEM: Using Only A 1-Stage Fat Burner (Thermogenic)

Most products focus solely on only one facet of weight loss—like thermogenesis. This myopic approach provides only partial or potentially short-lived results, and eventually triggers a backlash of further pitfalls. Thermogenics alone aren't enough for effective fat loss. While thermogenesis is important, it is only 25% of what you need to maximize fat burning. *Why not utilize 100% of what is available to you if you are serious about getting lean?* Supplement companies fight over which thermogenic is best or which other metabolic approach is best (i.e., thyroid stimulators). The real question isn't which thermogenic or approach is best but how to integrate all approaches into a fully engaged, unified metabolic solution.

"A thermogenic is only 25% of what you need to maximize fat burning"

INTRODUCING: UMS (Unified Metabolic Solution)



The Unified Metabolic Solution is a full-spectrum approach to obtaining a lean, hard physique with lasting, sustainable results. Boosting thermogenesis helps increase calories burned but is still just one aspect of weight loss. It's like trying to get maximum performance out of an engine with only one cylinder operating properly. Due to the body's complexity, you need to manage multiple interconnected facets of metabolism to lose weight effectively and safely which include:



- **Boost thermogenesis;** increases calories burned and fat oxidation rate
- **Stabilize blood glucose levels;** reduces cravings and minimizing adipose formation
- **Optimize thyroid output;** maximizing basal metabolic rate even with reducing calories
- **Balance cellular water levels;** reduces bloating, which enhances muscular definition

SOLUTION: BURN EXTREME

A Unified 4-Stage Metabolic Solution

As explained above, the most effective way to lose fat, is to use a unified metabolic approach via a specific combination of all four different types of ingredients in precise dosages. The synergy this stack creates, accelerates fat loss much more efficiently and effectively with less side effects than trying to overdose on thermogenics or stimulants.

Burn Extreme goes way beyond what thermogenics alone offer, providing all 4 powerful stages of scientifically proven weight loss power. Burn Extreme's optimally balanced, unified metabolic solution is proven to help you obtain the lean, sexy physique you want with lasting, sustainable results by helping you easily manage multiple facets of metabolism to lose weight fast, effectively and safely.

Burn Extreme ends the confusion about what to buy and how much of each ingredient to use. Essentially, *Burn Extreme's unified design provides you with a perfect combination of fat-busting tools in every capsule.* The extreme effectiveness of this unique product is why so many champions consistently choose Burn Extreme.

What kind of results can someone expect?

Most people lose an average of 1% of bodyfat a week before they start doing a significant amount of cardio. In other words, you could be melting away 1 to 2 lbs of pure fat a week while maintaining your muscle mass!

THE FORMULA

Stage 1 - Thermogenic Intensifiers

Citrus Aurantium provides Synephrine a beta-3 receptor agonist that helps increase metabolic rate without affecting heart rate or blood pressure like ephedra. Synephrine releases adrenaline and noradrenaline only in the beta-3 receptor sites (mostly adipose tissue and the liver) eliciting lipolysis (fat burning). Synephrine activates the adrenaline system, suppresses appetite and increases metabolic rate leading to increased calorie burning.

L-Phenylalanine is an amino acid precursor to the amino acid tyrosine. Tyrosine is necessary for the synthesis of proteins and the production of the energy producing neurotransmitters dopamine and norepinephrine.

L-Tyrosine an amino acid that your body converts into (neurotransmitters) norepinephrine and dopamine. These two chemicals aid in the release of stored body fat, prolong the effect of other thermogenics, regulate metabolism and control appetite. They also stimulate your sex drive, immune system and pituitary to release GH.



Green Tea contains catechin polyphenols which intensify fat oxidation and thermogenesis. Green tea also causes carbs to be released slowly preventing sharp increases of insulin (insulin can stimulate bodyfat formation). There is also clear evidence that green tea's polyphenols (EGCG) help depress leptin (a protein produced by fats that plays a role in how the body manages fat storage through brain signals). Lower leptin levels decrease appetite meaning you get that full feeling faster.

Caffeine is a stimulant that boosts metabolism, stimulates lipolysis, freeing fatty acids to be burned. Conversion of fat to energy is about 30 percent more efficient when caffeine is consumed prior to exercise. Caffeine also helps increase mental alertness and delays the onset of muscle fatigue by keeping (energy producing) cAMP active.

Note: Burn Extreme utilizes pharmaceutical caffeine providing consistent dosing versus herbal sources, helping prevent jitteriness and eliminating unwanted energy crash. 1 serving = 5 oz. cup of Espresso

White Willow Bark contains salicin, which is similar to aspirin. It is believed to help intensify the thermogenic effects of other stimulants, thereby promoting greater fat loss.

Ginger Root has been shown in studies to stimulate thermogenesis causing more fat to be burned.

Cayenne Pepper a thermogenic that helps increase circulation and core temperature.

Coleus Forskohlii helps increase cAMP, which stimulates lipase, to burn fat. Also, increasing cAMP boosts thyroid production, thereby increasing metabolism, allowing for greater fat oxidation.

Stage 2 - Lipotropic Co-Factors with Glucose Control

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

Choline Bitartrate is a vitamin/neurotransmitter that helps prevent fat from accumulating in the liver, facilitates the movement of fat in the cells, helps regulate the kidneys, liver & gallbladder.

Chromium Picolinate has been shown in studies to have a positive effect on body composition through its ability to improve insulin utilization, thereby stabilizing glucose, reducing fat deposition and resulting in improving entry of glucose and amino acids into muscle cells.

Stage 3 - Thyroid Activator Complex

Guggulsterones have been shown to stimulate or maintain thyroid hormone production. Thyroid hormones can have a profound effect on metabolic rate including a direct effect on increasing fat oxidation.

Di Potassium Phosphate provides phosphate which is vital to thyroid regulation.

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

Stage 4 - Diuretic Blend

A mild blend of herbs that help balance the cellular water levels and eliminate excess water thereby improving muscular definition without dehydrating you.*