

Appetite Control

Hoodia Gordonii: is an herb that has been used as a powerful appetite suppressant for thousands of years in South Africa. They used this plant on long hunting trips to help suppress hunger and increase energy. It is believed Hoodia sends signals to the brain (hypothalamus) that make the brain believe that the body is full, even when it is not.

Cayenne Pepper extract: also known as Capsicum, contains capsaicin, the compound that creates the "hot" in hot peppers. Cayenne is known to increase the body's heat production (thermogenesis) and boost the breakdown of fat and carbohydrates. Additionally, cayenne stimulates the sympathetic nervous system, which helps suppress appetite.

**LIPO-X
Fat Metabolizer**

Purpose

- To increase the amount of body fat burned

Mechanism

- Maximizes the amount of circulating fats burned for energy
- Enhance the body's ability to breakdown fats

Enhancing Mechanism

- Helps suppress appetite
- Boost thermogenesis
- Increase training intensity by reducing acid build up in the muscles

Best Use

- Lipo-X is most effective when taken before exercise, especially when doing "cardio"

Result

- Train more intensely with greater duration
- Have a higher fatigue level
- Use more stored fat for energy
- **Burn more fat!**

"Lipo-X will boost the effectiveness of thermogenic products such as the already potent Burn Extreme."



**LIPO-X
Fat Metabolizer**

Supplement Facts

Serving Size: 3 capsules
Servings per container: 30

	Amount / Serving	%DV
Vitamin B6	7.5mg	375%
Chromium Picolinate	120mcg	100%

Fat Metabolizing Agents

CarniSal™ (L-Carnitine Magnesium Salicylate)	1500mg	*
Lipo-X proprietary blend (Calcium Pyruvate, dL-Methionine, Inositol, Choline bitartrate, Green tea extract [decaffeinated], L-Lysine, Inosine, Betaine Hcl, Yohimbine Hcl)	640mg	*

Appetite Control

Hoodia Gordonii	250mg	*
Cayenne Pepper extract	7.5mg	*

* Daily Value Not Established

Other Ingredients: Gelatin, Titanium Dioxide (Color).
Contains No milk, egg, peanut, tree nuts, fish, soy, wheat, yeast, glutens, starch or preservatives.

Suggested Use: Take 3 capsules 30 minutes before exercising with 8 oz. of water or as directed by a health care professional.

Stacking Option: To accelerate fat loss stack with **Burn Extreme**.



RIPPED FAST STACK

Lipo-X, Burn Extreme and Burn Extreme PM

Morning: Burn Extreme

Pre-Workout/Cardio Training: Lipo-X

Bedtime: Burn Extreme PM

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

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**Performance Enhanced
Formula**

- Increase Fat Loss**
- Suppress Appetite**
- Stimulant Free**





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

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

Lipo-X™ is a **lipotropic formula** designed to amplify your fat burning efforts by increasing fat metabolism and helping to control hunger. This unified lipotropic formula combines the scientifically proven power of our specially developed L-carnitine with other potent fat metabolizing agents and helps suppress appetite and cravings naturally with the herb Hoodia. Lipo-X contains a form of L-carnitine that is bonded to Magnesium Salicylate. This synergistic combination helps enhance exercise performance by boosting endurance, increasing fat burning, reducing pain and improving recovery better than other forms of L-carnitine.

SCIENCE OF FAT BURNING

Dieting can be hard work, so getting the most out of your fat burning "cardio" training is important. Cardio triggers a release of stored bodyfat into your blood so your body can burn it up. However, if one doesn't have enough of the body's natural lipotropics such as L-carnitine to transport these lipids, then they can't get into the cells to be burned. With this deficiency, the released lipids keep circulating and potentially restore as bodyfat again. To avoid this problem and to maximize fat burning, supplementing with a precise blend of targeted lipotropics helps a person to utilize a greater amount of lipids for energy. This means fat loss is maximized and as a side benefit you get an endurance boost as well.

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Lipids are simply a form of stored energy. Nearly all of the energy needed by the human body is provided by the breakdown (oxidation) of carbohydrates and fats (lipids). Carbohydrates are easily digested and become a readily

available source of energy, whereas lipids function primarily as an energy reserve. When you eat too many calories that your body can't quickly or easily use, it packs the excess calories into highly efficient storage units called lipids (body fat) for later use via a process called Lipogenesis. For example, one gram of carbohydrates contains 4 calories of energy per gram, while one gram of fat is much more efficient and stores 9 calories per gram. Fat has more than double the storage capacity!

Many people want to release and burn off as much of this stored body fat as fast and effectively as possible via a process called Lipolysis. Lipolysis is the breakdown of fat stored in fat cells. During this process, free fatty acids are released into the bloodstream and circulate throughout the body. Once circulating in the blood, the most effective and highly proven method of burning up these fats is by far exercise. Exercise, especially intense exercise, significantly increases energy expenditure. During exercise your body is using

a combination of protein, carbs and fats for energy. The trick is to increase the amount of fats being burned for energy.

JUST ANOTHER BOTTLE OF DIET PILLS?

Lipo-X™ is specifically formulated using scientifically proven ingredients to help your body maximize the amount of fats being burned, without stimulants. It is most effective when used before working out and especially when performing any type of cardiovascular exercise. This unique formula provides a targeted stack of powerful fat metabolizing agents which intensify the fat loss effect and boost the natural thermogenic effect. For example, the special L-carnitine in this formula accelerates fat loss by increasing the transport of fats into the cells to be burned. Lipo-X also contains natural appetite suppressing agents to help you control hunger and binge eating. In addition, this unified formula also helps you to train harder, longer by buffering unwanted acidic build up in the muscles. Lipo-X can be stacked with any thermogenic type fat burner such as Burn Extreme for a synergistic boost in fat loss.

LIPO-X FORMULA

Vitamin B6: helps maintain blood glucose (sugar) within a normal range. When caloric intake is low, the body needs B6 to convert carbohydrates to glucose (via glucagon) to raise blood sugar levels.

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Fat Metabolizing Agents

CarniSal™: is a special form of L-carnitine bound to Magnesium Salicylate. This is the superior form of L-carnitine for maximum fat burning and enhancing athletic performance. This specially developed combination of L-carnitine, magnesium and salicylate helps increase the cells ability to create energy, burn more fat, improve endurance and enhance recovery better than other forms of carnitine.

L-Carnitine: is essential for fat metabolism. Your body requires L-carnitine to transport fatty acids into the muscle cell's energy furnace, called the mitochondria. Research has shown that supplementing it significantly increases fat oxidation or fat burning. L-carnitine can enhance athletic performance and increase endurance too. Elevated L-carnitine levels helps increase the use of fats for energy thereby sparing muscle glycogen and subsequently enhancing exercise performance. This sparing effect can help reduce lactic acid accumulation in muscles by buffering pyruvate and thereby extending exercise capacity before fatigue.

Magnesium: is a mineral that has been shown to improve cellular metabolism in competitive athletes. It helps prevent muscle cramps and muscle spasms, making it an important mineral for endurance athletes. Athletes lose a lot of magnesium via increased energy expenditure and through sweat.



Salicylate: has been used for centuries as a natural pain reliever and anti-inflammatory. It is similar in structure to aspirin and found in the bark of willow trees. In combination with other fat burning supplements (e.g. Burn Extreme), it is thought to intensify the activity of thermogenic ingredients in elevating energy expenditure (by inhibiting norepinephrine breakdown) and promoting fat metabolism.

Calcium Pyruvate: has been shown in studies to increase fat burning, improve exercise performance and reduce fatigue by accelerating transport of glucose and protein into muscle cells. It works by increasing the amount of ATP available to the mitochondria. It also inhibits new fat creation and buffers lactic acid build up. Our bodies make pyruvate naturally from the breakdown of carbohydrates via glycolysis. Pyruvate levels can become depleted when dieting due to a lower carbohydrate intake.

Methionine: is an amino acid that assists in breaking down lipids. Studies have shown that even small doses have caused a significant decline in liver fat.

Choline: is an important component of cell membranes and is essential for the breakdown of cholesterol and lipids (fats). It is required for proper liver function and liver detoxification as well, helping to reduce accumulation of fat in the liver.

Inositol: is known to facilitate the transport and metabolism of fats in the body, lower circulating fatty acids in the blood and reducing bad cholesterol.

Green tea extract [decaffeinated]: is rich in a type of polyphenols called catechins, which are believed to increase fat loss, according to the American Journal of Clinical Nutrition. Most notably they reported a catechin called EGCG, which is believed to decrease body fat accumulation and increase calorie burning.

Calcium: has been found in studies to positively effect fat metabolism. Increased calcium intake helps to decrease body fat by increasing fat excreted and increasing calorie burning. Calcium stored in fat cells plays a crucial role in regulating how fat is stored and broken down. It's thought that the more calcium there is in fat cells, the more fat will get burned.

L-Lysine: is an essential amino acid that has been shown to increase the absorption of calcium and aid in the production of L-carnitine. Lysine also aids in lean muscle growth, helps maintain the body's store of nitrogen and improves recovery time.

Inosine: is a natural substance that helps increase the body's ability to carry oxygen, thereby improving cardiovascular performance and endurance. It helps the red blood cells release oxygen to the tissues easier, boosting energy, improving lactic acid removal and exercise performance.

Betaine Hcl: is a vitamin derived from choline that has been shown to be lipotropic (increases fat loss by promoting the oxidization of lipids). The lipotropic action of betaine is boosted by choline and vitamin B6 to help convert fats into energy.

Yohimbine Hcl: is an herb that is believed to increase the release of stored fat (especially in women's hips) and decrease new fat synthesis. The active compound in yohimbe is called Yohimbine, which functions as a monoamine oxidase (MAO) inhibitor, increasing the levels of the neurotransmitter, norepinephrine. Yohimbine also acts as a central nervous system stimulator, helping to increase energy and promote fat oxidation.