

WHY USE SKINTYTE™?

Everyone wants to look their best for the important events in their lives... everything counts, everything matters.

- To alleviate bloating
- To have a bikini-ready body
- To be confident in a short skirt
- To make an important first impression
- To clinch a job interview
- To prepare for physique competitions
- To hit the beach
- To be ready for a wedding
- To go on vacation
- To be ready for a photoshoot

References:

1. Szentmihályi, Kéry, Then, Lakatos, Sándor, Vinkler, Potassium-sodium ratio for the characterization of medicinal plant extracts with diuretic activity, Phytotherapy Research, Volume 12 Issue 3, Pages 163 – 166, 1998
2. Houghton P., Herbal products, Bearberry, Dandelion and Celery, Pharm J 1995;255:272–273.
3. German Commission E Monographs (American Botanical Council, 1998)
4. Brater, C., Diuretic Therapy, NEJM, Volume 339:387-395 August 6, 1998 Number 6
5. Ellison DH., Diuretic drugs and the treatment of edema: from clinic to bench and back again., Am J Kidney Dis. 1994 May;23(5):623-43.

Model / athlete Kim Y. says;

“For me it’s all about looking good, feeling light, fitting into my jeans, and not jiggling in the wrong places”

SkinTyte™ works fast!



SkinTyte
Water Release Formula

Supplement Facts

Serving Size: 6 capsules
Servings per container: 60

	Amount / Serving	%DV
Vitamin B6	50mg	2500%
Calcium (citrate)	50mg	5%
Magnesium (aspartate)	20mg	5%
Potassium (gluconate)	175mg	5%

Water Release Agents

Taraxacum Officinale leaf extract (20% taraxasterols)	2000mg	*
Arctostaphylos Uva Ursi leaf extract (20% arbutin)	535mg	*

Herbal Diuretic Blend

875mg *
Green tea leaf extract (30% EGCG), Juniper Berries 4:1 extract, Horsetail, Buchu 4:1 extract (leaf), Parsley Leaf, Apium Graveolens 4:1 extract, Cornsilk Stylus, Hydrangea Root.

* Daily Value Not Established

Other Ingredients: Gelatin, FD+C Color Blue #1. Contains No milk, egg, peanut, tree nuts, fish, soy, wheat, yeast, glutens, starch or preservatives.

Suggested Use: Take 3 capsules with 16 oz. of water, twice a day, once in the morning and once in the afternoon. It is important to drink at least 6 to 8 glasses of water daily. Do not exceed recommended dosage.

Stacking Option:

To accelerate fat loss stack with **Burn Extreme**.



SkinTyte™ helps to maintain electrolyte balance so the possibility of cramping is drastically reduced.

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

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SKIN TYTE™
(water release formula)

All Natural Diuretic

Maximizes Definition

Eliminates Bloating





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

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

SkinTyte™ by JSNitro is an all-natural, herbal diuretic, designed to maximize a lean look via a precise stack of potent, potassium sparing botanicals that promote the release of excess water weight. In addition, this formula goes beyond simple water pills as it contains critical electrolytes as well. These electrolytes help prevent cramping and support extreme muscular definition, separation and vascularity. SkinTyte's professional strength blend of nature's most potent diuretic compounds exerts a powerful effect, far greater than any product in this category.

WHAT IS A DIURETIC?

A diuretic is more commonly referred to as a water pill. The word diuretic is from the Greek word, "diourein" meaning "too pass urine". A diuretic is just that, a substance or drug that helps the body get rid of excess fluids by increasing the release of urine.

WHAT DO PEOPLE USE A DIURETIC FOR?

Health: Diuretics are used to treat congestive heart failure (CHF), high blood pressure (hypertension) or water retention (edema). Diuretics are also prescribed to aid with certain kinds of kidney or liver diseases. Getting rid of excess salt and fluid helps lower blood pressure and can make it easier for your heart to pump. Diuretics can also be used to relieve bloating caused by pro-hormones or PMS.

Weight Loss / Improve Lean Look:

Diuretics are commonly used to improve how lean one looks. Many times a person may be retaining excess water under the skin. The effect of this "water blanket" is that it causes a person to carry a few extra pounds and they look and feel like they have a higher percentage of body fat than they really do. Water retention, medically known as edema, can be caused by a number of factors, from normal shifts in body fluid, to eating too much salt

and health conditions such as heart or kidney disease. The good news is SkinTyte is perfect to help you get that "tight and toned" look by dropping those extra few pounds of water before a competition, pool party, wedding, photoshoot or anytime you want to look your best.

SkinTyte™ is the preferred choice of water depletion products for physique athletes. It helps them create the sought after "dried out" look

with increased vascularity and etched muscular definition. Getting a cut, shredded, ripped to the bone, grainy look is now possible with the addition of **SkinTyte™** to the brief water depletion phase of an advanced diet and conditioning program.

WHY IS SKINTYTE BETTER THAN OTHER DIURETICS? (HERBAL AND PRESCRIPTION)

SkinTyte™ works fast! Most people report that they achieve that leaner or "dry" look within 24-36 hours of starting the product, which is much faster than typical herbal products. Furthermore, they also report they maintain a fuller muscle look or that they don't "flatten" out like they do with prescription diuretics. Prescription diuretics are harsh on your body. Other side effects of prescription diuretics can include headaches, cramping, digestive problems, gout and even serious health problems. This point highlights another benefit; **SkinTyte™** helps to maintain electrolyte balance so the possibility of cramping is drastically reduced.

HOW TO USE SKINTYTE™

Health: **SkinTyte™** should not be used for more than a few days or as directed by a healthcare professional. If used at a high dosage for too long, important minerals and nutrients can also be flushed out with the fluids. Furthermore, the body cells always try to sustain a homeostatic water balance. This is critical to allow proper transfer of nutrients throughout the body via osmosis. The recommended dose for SkinTyte is 3 capsules with 16 ounces of water twice daily (1/2 serving in the morning and 1/2 serving in the afternoon).

Weight Loss / Improve Lean Look:

Timing the use of **SkinTyte™** is critical. Experience has shown that a "dry look", dehydrated state will last no longer than 72 hours before the body will try to correct or reverse the condition. There are many different strategies people use to assist them in achieving that contest ready state such as sodium loading, water depletion, carb loading, etc. Speak to your coach or trainer to decide what strategy is best for you. It is recommended to take 3 capsules with 16 ounces of water 3-4 times a day in equal intervals.

SCIENCE OF DIURETICS (DIURESIS)

There are 3 main types of diuretics. Each type works a little differently, but they all increase urination and lower the amount of salt and water in your



body, which helps to lower your blood pressure. 1. Thiazides: are used to treat high blood pressure by dilating (widening) the blood vessels. 2. Potassium-sparing: are used to reduce the amount of water in the body but don't cause the body to lose potassium. 3. Loop-acting: cause the kidneys to increase the flow of urine. **SkinTyte™** works much like a loop diuretic.

Mechanisms of Diuretics

Kidney: Diuretics increase urine output by the kidney (i.e., promote diuresis) by altering how the kidney handles sodium. If the kidney excretes more sodium, then water excretion will also increase. Most diuretics produce diuresis by inhibiting the reabsorption of sodium. Loop diuretics inhibit the sodium-potassium-chloride co-transporter. This transporter normally reabsorbs about 25% of the sodium load; therefore, inhibition of this pump increases the concentration of sodium excreted. This altered handling of sodium and water leads to both diuresis (increased water loss) and natriuresis (increased sodium loss).

Muscles: The muscles are about 75% water. The Sodium (Na) inside your cells holds most of this water. In the body Na is present in large quantities compared to potassium (K) and other ions. As a result the body's cells are always trying to pump Na out and take K in by what is called sodium-potassium pumps. For every 3 molecules of K that come in 2 Na molecules are pumped out.

The select botanicals in **SkinTyte™** enhance diuresis by two pathways. 1. These botanicals contain a high level of potassium. This increases the potassium load to the cells driving more sodium out. 2. They increase kidney output expelling more of the high-sodium concentration water out. The increased diuretic action by the kidney is believed to be caused by bio-active botanical compounds called Glycosides. These same bio-active compounds are also believed to have additional medicinal benefits. They help neutralize acid in the urine as well as reduce inflammation and fight infection in the urinary tract. The net result is water is pulled from outside the muscle (just under the skin) and expelled, leaving you looking tighter and more toned.

The botanicals in **SkinTyte™** are quite potent. Some of the botanicals have been shown in animal studies to be equivalent in diuretic activity as the prescription drug Lasix. In fact, in Canada Taraxacum is listed as a registered diuretic drug.

