

Sarsaparilla Root Extract (Smilax) is a woody vine which is a rich source of active compounds called Saponins and plant sterols. These are believed to help increase testosterone levels, cleanse the blood, improve immune function and cognitive brain functions.

Ginger Root has been shown to improve and stimulate circulation and relaxes the muscles surrounding blood vessels, facilitating the flow of blood throughout the body and genitalia. The increased blood flow helps improve erectile function and sexual stamina.



ROBERT FARROW

Top NPC Bodybuilder

"The Test2 and GH are incredible! After taking them for 1 week without changing my diet I noticed a distinct difference in my appearance."

TEST2 is the most powerful testosterone boosting formula without a perscription.



TEST2
Pro-Testosterone Complex

Supplement Facts

Serving Size: 2 capsules
Servings per container: 30

	Amount / Serving	%DV
Vitamin B6	5mg	200%
Zinc (Chelate)	30mg	200%
Magnesium (Aspartate)	100mg	20%

Pro Testosterone Complex

Tribulus Terrestris Extract (40% Saponins)	900mg	*
Dehydroepiandrosterone (DHEA)	50mg	*

Testosterone Support Complex

Avena Sativa Extract (Oat Straw)	530mg	*
Peruvian Maca Root		
Eurycoma Longifolia Jack Extract		
Saw Palmetto Extract (9.1) Berry		
Chrysin		
Sarsaparilla Root Extract (Smilax)		
Ginger Root		

* Daily Value Not Established

Other Ingredients: Gelatin, FD&C Blue 1.

Contains no milk, egg, peanut, tree nuts, fish, shellfish, soy, wheat, yeast, glutens, starch or preservatives.

Suggested Use: Take 2 capsules 30 minutes before exercising or in the morning of days you do not exercise.

Stacking Option: For greater workout intensity, stack with **Burn Extreme, Shot or Speed** prior to exercise. To enhance test levels, stack with **GH**.

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

©2006 John Scott's Nitro, Tempe, AZ. All rights reserved.

877-JSNitro (877-576-4876)

To learn more about nutrition, supplements and John Scott's Nitro products visit us at www.jsnitro.com



Pro-Testosterone Complex

- All Natural Testosterone Booster**
- Enhance Strength**
- Increase Intensity**
- Boost Sex Drive & Stamina**





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

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

TEST2™ is a precise, powerful blend of 12 targeted compounds that help maximize your natural free testosterone level and increase sexual stamina. TEST2 is formulated with a testosterone support complex that synergistically maximizes hormone production, boosts sexual performance and protects the prostate. Increasing free testosterone has been shown in scientific studies to increase strength, endurance, intensity and sexual stamina.

TEST2 is the most powerful testosterone boosting formula without a prescription. It is an ideal pre-workout supplement to help athletes seriously crank up their workout intensity levels in the gym and at "home".

THE SCIENCE OF HORMONES

Our hormones are the "overlords" of our body's health. They are the fuel for youth. They control nearly everything including: fighting infection, healing injury, building muscle mass, and managing stress. Furthermore, they help you sleep, adjust what your body burns as fuel for energy and maintains your sex drive. Unfortunately, many of these hormones diminish as we age, and the reduction of these hormones is believed to be responsible for the aging process. Scientists believe the conductor in your body's hormone orchestra is your pituitary gland (a small organ at the base of your brain) and it's related control center, the hypothalamus. These master glands continuously optimize your mental and physical performance by sending hormonal messengers to other glands in your body, giving them precise directions to secrete the appropriate hormones in the appropriate amounts.

TEST2 could potentially increase your ability to build muscle mass by a massive 83%!!

HOW YOUR BODY PRODUCES TESTOSTERONE

The production of testosterone is driven through this same process. **Testosterone is a potent "anabolic" steroid in the body, essential for building lean muscle mass and sustaining sexual stamina.** In adult males about 95% of testosterone is produced in the testicles. The body's feedback system works as follows:

- Hypothalamus monitors your free (unbound and usable for growth) testosterone levels.
- When your testosterone level drops, it sends bursts of a hormone signal called GnRH to your pituitary.

- Your pituitary then secretes Luteinizing Hormone (LH) about every hour.
- LH signals your testicles to produce testosterone.
- DHEA is converted to andro and then converted to testosterone.

To produce testosterone, your body generates the LH signal to trigger production. Once this signal is generated, your body transforms metabolic precursors or pro-hormones into the bioactive hormone testosterone. This cascade of hormones is represented in **Figure A**. Testosterone peaks around 20 years of age in males at a blood level of approximately 800-1200 ng/dl. The level of free testosterone typically declines in men at an average rate of 1.2% per year after that to as little as 200 ng/dl by age 40.



Figure A

Boosting your natural testosterone levels can give you more energy and provide you with tremendously aggressive workout intensity so you can achieve accelerated muscle growth. The elevated testosterone level that **TEST 2** helps provide will also help you in the bedroom like an all-natural Viagra.

THE FORMULA

TEST2™ is formulated to help effectively maximize testosterone levels by helping your body naturally boost testosterone levels for greater power, endurance, intensity and libido. It contains a pro-testosterone complex along with a stack of supportive exotic herbs that synergistically enhance free testosterone production, protect the prostate and enhance sexual stamina and desire.

Pro Testosterone Complex

Tribulus Terrestris (puncture vine) has been proven to raise testosterone production in men by increasing LH secretion. Tribulus is a rich source of potent phytochemicals called steroidal saponins which are believed to cause the increase in natural LH output. It has a synergistic effect when combined with DHEA because it is the base hormone needed to produce testosterone. Tribulus, in essence, supercharges the body's ability to generate testosterone. European studies suggest that tribulus extract can increase testosterone levels 30-50% above baseline levels.

DHEA (dehydroepiandrosterone) is the precursor for all other hormones in the body, including testosterone. It is produced from cholesterol. DHEA helps improve hormone levels and maintain hormone balance. Several studies have proven this, showing that regular supplementation of DHEA at 50mg/day caused an increase in serum testosterone levels and also increased lean muscle mass.



Zinc Chelate is important for hormone production, protein synthesis, immune function and prostate health. It is also required in the enzymatic process that converts your natural "andro" to testosterone.

Vitamin B6 studies show that zinc combined with vitamin B6 was able to inhibit the conversion of testosterone to unwanted DHT. Studies also show that the amount of vitamin B6 within cells affects how well the cells respond to steroid hormones.

Magnesium Aspartate has been shown to promote muscle strength and endurance gains. The bonded aspartate also helps reduce lactic acid build up, sustain optimal muscle contraction and improve endurance. A deficiency in this mineral will decrease oxygen delivery to your muscle tissue.

Testosterone Support Complex

Avena Sativa Extract (Wild Oat Straw) contains phytochemicals called alkaloids (thought to account for the relaxing effect of oat supplementation) and saponins which are believed to work as an aphrodisiac. Researchers discovered that Avena Sativa works by freeing up testosterone, which becomes increasingly bound to various compounds within the body with advancing age. Bound testosterone is not nearly as effective as free testosterone in stimulating the sex centers in the brain that generate sex drive. Studies also show it plays a role in helping to lower blood cholesterol, particularly LDL ("bad") cholesterol.

Peruvian Maca Root (Peruvian Ginseng) is an adaptogen herb used to enhance libido, boost hormone levels, increase energy and reduce stress. It was traditionally used by ancient warriors to promote greater strength and stamina. It is also believed to promote proper endocrine gland function. E.g., pituitary, adrenals, testes and thyroid.

Eurycoma Longifolia Jack Extract (Longjack/Tongkat Ali/Malaysian Ginseng) is a plant native to southeast Asia that has been used for generations for a variety of purposes ranging from treating common ailments to boosting stamina, vitality and libido. Dr. Johari Saad stated "when consumed regularly the research shows it acts like the drug Viagra." In-vitro studies show it enhances the natural synthesis of testosterone, too. In mice, Longjack supplementation resulted in a giant 440% increase in free testosterone as well as increased sperm concentration and sperm motility rate. It also has been shown to have strong healing properties, an ability to inhibit cancer cells, anti fever effects and acts as an effective antioxidant.

Saw Palmetto helps minimize unwanted side effects and **protect the prostate gland** by blocking the conversion of testosterone to unwanted Dihydroepitesterone (DHT). Elevated DHT levels can reduce free testosterone and cause male pattern baldness and prostate problems.

Chrysin is added to minimize the conversion of excess testosterone to the female hormone estrogen by binding to the aromatase enzyme that converts it. It also has been shown to inhibit excessive production of the catabolic hormone cortisol.