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JAY SCOTT

Powerlifting Champion
Police Games Champion

"I have tried nearly every one of John Scott's Nitro products and they are all great. You can feel the difference."

John Scott's
NITRO
Building A New Breed Of Champion

TRIBULUS Natural Testosterone Booster

Supplement Facts

Serving Size: 2 capsules
Servings per container: 30

	Amount / Serving	%DV
Tribulus Terrestris Extract (40% Saponins)	600mg	*

* Daily Value Not Established

Other Ingredients: Gelatin, Magnesium Stearate

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

Suggested Use: Take 2 capsules daily, 8 hours apart on an empty stomach.

Stacking Option: For enhanced strength, recovery and intensity, stack with GH™.

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

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TRIBULUS

Natural Testosterone Booster

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Stimulates Sex Drive

Bulgarian 40% Saponins



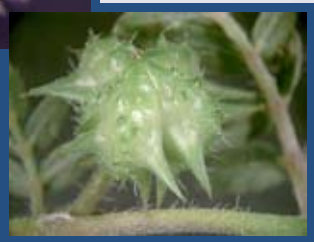


by **John Scott, CISSN, CNS, SPN**
Developer of John Scott's Nitro

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

TRIBULUS™ is a 100% all-natural way to boost your testosterone level. This powerful nutrient is derived from puncture vine and **TRIBULUS™** contains the more potent Bulgarian Tribulus Terrestris, which has been shown to be 35% more active in the human body versus other sources of Tribulus. Tribulus has been shown to help increase testosterone levels indirectly by raising blood levels of Luteinizing hormone (LH). LH is a hormone produced by the pituitary gland and plays a role in regulating natural testosterone production.

TRIBULUS TERRESTRIS L.
(puncture vine)



SCIENTIFIC SUPPORT FOR TRIBULUS

The Tribulus Terrestris plant has a long history of uses. People from around the world have used the Tribulus Terrestris plant to boost moods, promote overall health, support healthy libido function and increase muscle tone. Because of the plant's reputed benefits, athletes have used Tribulus Terrestris extract dietary supplements to boost energy levels, promote healthy hormone function, enhance muscle tone and support athletic training. Although it's unclear how Tribulus Terrestris extract exerts its effects, scientific research has suggested several possible mechanisms of action. Tribulus Terrestris contains steroidal saponins, alkaloids and flavanoids. These active ingredients are believed to be responsible for its effects on hormone, libido and body composition. Clinical research has shown that Tribulus Terrestris may support healthy libido function in humans, and that it may also support healthy blood pressure and healthy cholesterol profiles.

- Some European studies suggest that tribulus extract can increase testosterone levels 30-50% above baseline levels – but still well within the normal, “natural” range.
- A study done with healthy individuals taking 750mg of tribulus per day showed a 72% LH increase and a 41% increase in testosterone.
- In a study conducted with 20 males and females, 75% of the participants had increased endurance, 80% had increased libido and sexual performance and 95% of the females reported no PMS symptoms.
- A study conducted with 200 males suffering from impotence showed an increase in LH and testosterone levels after supplementing Tribulus. The study also found an increase in sperm production.

HOW THE BODY MAKES TESTOSTERONE

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. 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.

The body's feedback system works as follows:

1. Hypothalamus monitors your free (unbound and usable for growth) testosterone levels.
2. When your testosterone level drops, it sends bursts of a hormone signal called GnRH to your pituitary.
3. Your pituitary then secretes Luteinizing Hormone (LH) about every hour.
4. LH signals your testicles to produce testosterone.
5. DHEA is converted to andro and then converted to testosterone.

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.

Figure A

