

MUSCLE ^{OF} BODY

**GET BIGGER
AND BETTER
SAFELY**

**The M&B Teen
Supplement Guide**

MEET THE
**HOTTEST
NEW STARS**
OF THE ARNOLD

**MIND-BLOWING
RESULTS!**

The Amazing
Final Photos of Our
**DREAM PHYSIQUE
MAKEOVER**

Choose the
Winners of Our
**BEST BODY
CONTEST**

Why Everyone's in Love with

Ava Cowan



Cut Your Gut With Sugar Control

Emulin is a revolutionary compound that helps you defeat carbohydrate's fattening effects.

Ever since the English Crusaders brought back sugar from the Middle East around 1100 AD, the Western world has been hooked on the sweetness of "white gold." Subsequently, sugar and other tasty carbohydrates have become the bane of the beach body and a major source of disease in the modern world.

If you let it, sugar will gently lead you down a path that will eventually rob you of your health, leading to serious problems such as diabetes, obesity, metabolic syndrome and high cholesterol. According to 2011 National Diabetes Statistics, published by the U.S. Department of Health and Human Services, diabetes now affects 25.8 million Americans, with an estimated 79 million additional adults classified as "pre-diabetic."

How could something that tastes so good be so bad?

THE MISSING LINK TO AN INCREDIBLE PHYSIQUE

Most of us don't have diabetic dispositions, but every single one of us is affected by carbohydrate and, specifically, sugar metabolism. Sometimes sugar metabolism is the missing link to getting defined muscles or losing those last few pounds.

How can two people consume identical high-carb diets but end up with radically different results? How can people spend years in the gym while eating sensibly but still can't eliminate stubborn visceral fat? Why do some people get far more benefits from certain dietary supplements than others consuming the same thing? In part, the answers to each of these questions are tied to carbohydrate metabolism.

It's a complex problem, because you need to target seven metabolic pathways. Miss one of the seven, and you're not going to get the job done.



That's why so many fail at weight management, especially when targeting those last few pounds.

A SWEET BREAKTHROUGH

A recent discovery with roots in the citrus industry may be the answer we've all been looking for. Originally formulated and researched with the intent to lower blood glucose levels and reverse diabetic trends, this new compound known as Emulin appears to be the first dietary supplement that positively affects all seven metabolic pathways associated with carbohydrate metabolism.

Having worked in the citrus industry most of their lives, researchers Joe Ahrens, PhD, and Daryl Thompson always knew that something in fruits contributed positively to carbohydrate metabolism. How else could you explain cultures and individuals who ate large quantities of tropical



fruits but had none of the negative side effects associated with high sugar consumption? Thus, they devoted their life's work to identifying the phytonutrients in fruits that could possibly stave off the sugar epidemic.

After many years of intense research analyzing the components of more than 700 fruit species, the researchers eventually identified three flavonoids and optimally combined them together to create a powerful compound that came to be known as Emulin, after multiple clinical studies indicated the all-natural compound essentially "emulated the performance of insulin."

Both rat and human studies conducted at prestigious research institutions indicate that Emulin can indeed lower blood glucose levels, benefitting diabetics and anyone else trying to get in control of carbohydrate metabolism.

"The goal of our research was to identify a natural compound that could benefit the lives of diabetics and obese individuals," explained Ahrens. "However, we were ecstatic to find that our research indicated that Emulin could potentially optimize carbohydrate metabolism for almost anyone,

whether you are trying to lose a couple of pounds or trying to go that extra step in building your body."

Emulin naturally takes advantage of the human body's built-in "flight or fight" reaction, causing energy (glucose) to be preferentially directed to muscle tissue and away from fat tissue, optimizing metabolic functions.

"We need fuel for our bodies," says Ahrens. "Glucose is that fuel. However, think of it like a carburetor: too much fuel at one time will flood the motor and the engine is sluggish; too little and the engine starves. Emulin is that fuel manager."

GC7X: EMULIN IN A BOTTLE

Whether you're a bodybuilder, dieter, fitness fanatic or an everyday Joe, we can all benefit from better sugar metabolism. To help in the fight, Emulin is now available in a supplement called GC7X. This revolutionary new product is an affordable and convenient way to help you minimize the negative impact sugars have while optimizing your physique goals. Here's hoping that GC7X turns out to be a sweet solution to our potential epidemic. **MB**

GC7X (Emulin): An Action Plan

The patented flavonoid compound of Emulin just recently hit the marketplace in a product called **GC7X** (meaning "glucose control 7 times"). Early adopters of GC7X have given very positive reviews thus far. Specifically, components of the Emulin compound:

- **Release energy (glucose) from fat tissue**, which is essential when trying to lose weight. If working out aggressively, this function will lead to ripped definition, as the energy required for workouts will be coming from fat tissue and be burned accordingly.
- **Increase glucose uptake in muscle** by sending a signal release from the adrenal cortex, causing muscle cells to open doors and readily take up glucose, which is key for muscle growth and development.
- **Cause fat tissue to break down**, thus liberating glucose, which can then be taken up into muscle cells as outlined above, which is also essential for weight loss.
- **Help micromanage the muscle-to-fat ratio** in conjunction with exogenous carbs.
- **Improve the fat-tissue cycle**, leading to less sluggishness and more energy.
- **Lead to less hunger**, as glucose being pulled from fat cells does not affect appetite.
- **Decrease fat-tissue development** by inhibiting fat-cell expansion.
- **Make energy more available** directly to muscle tissues.