

AMINO ACID

MASTER

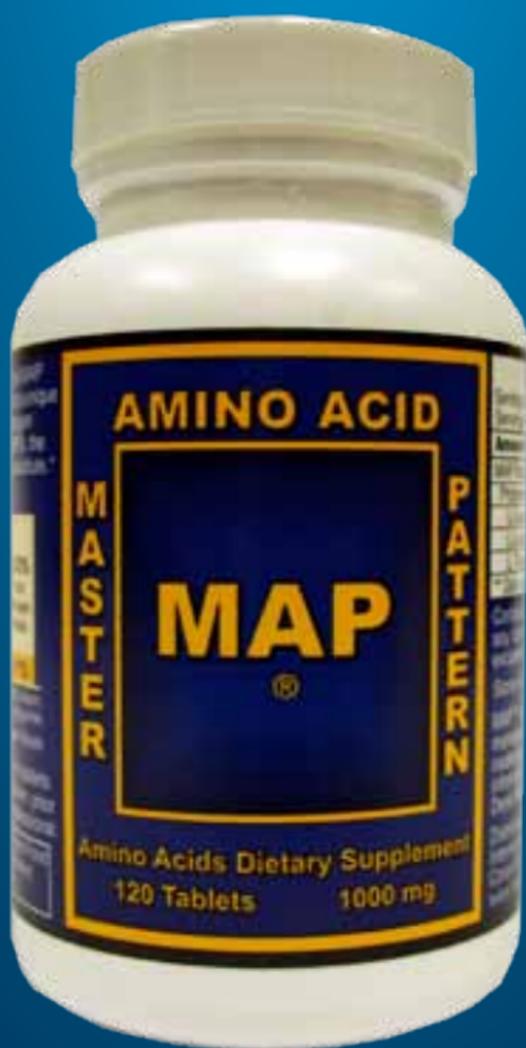
MAP^{®/MD}

PATTERN

**Clinical Studies* Show That MAP™ Is
Six Times More Effective Than
Whey, Soy, Hemp, Rice, Pea or Any
Other Amino Acid or Protein Supplement**

**100% Digested, 100% Absorbed,
99% Net Nitrogen Utilized**

Vegan - Vegetarian



Take MAP, Be a Champion™

A SAFE AND EFFECTIVE SUBSTITUTE FOR DIETARY PROTEIN

MAP™ is a dietary protein substitute that provides the MAP Master Amino Acid Pattern® (U.S. Patent No. 5,132,113) a unique pattern of essential amino acids in a highly purified, free, crystalline form.

MAP™ is indicated as a safe and effective substitute for dietary protein.

The discovery of the MAP™ is the result of 23 years of research by the International Nutrition Research Center (INRC), a leading research institution in the field of human nutrition.

Clinical studies have shown that the use of MAP™, during physical activity, may substitute dietary proteins or protein supplements in a safer and nutritionally more efficient way to:

Optimize Body Protein Synthesis (BPS)

Optimize Muscle Mass

Optimize Muscle Strength

Optimize Endurance

Provide a Faster and More Effective Muscle Recovery After Physical Activity

99% NNU (NET NITROGEN UTILIZATION) FOR BODY PROTEIN SYNTHESIS

MAP™ provides a 99% Net Nitrogen Utilization (NNU). This means that 99% of MAP™ constituent amino acids follow the anabolic pathway to act as precursors, or “building blocks”, for Body Protein Synthesis (BPS), thus becoming the body’s constituent proteins.



A protein's NNU (%) is the unit of measurement for Body Protein Synthesis (BPS). It is the percentage of a protein's constituent amino acids following the anabolic pathway to act as precursors for BPS. A protein's NNU(%) can be calculated through a methodology known as "Body Nitrogen Balance".

The most nutritious dietary proteins, such as meat, fish or poultry provide an average of 32% NNU. Consequently, only 32% of their constituent amino acids can act as precursors for BPS. Meanwhile, most protein supplements only provide an average of 16% NNU, because they use milk, soy, casein or whey as their primary protein source. As a result, only 16% of their constituent amino acids act as precursors for BPS. Therefore, dietary proteins provide a BPS that is at least 3 times lower, compared to MAP™. While, protein supplements provide a BPS that is at least 6 times lower, compared to MAP™.

CLINICAL STUDIES*

The results of comparative, double-blind, triple- and quintuple-crossover Net Nitrogen Utilization (NNU) clinical studies have shown that the subjects, while taking MAP™, as a dietary protein substitute, achieved a body's 99% NNU. This means that 99% of MAP's constituent amino acids followed the anabolic pathway, thus acting as precursors for body's protein synthesis. By comparison, the most nutritious dietary proteins provide an average of only 32% NNU. Hence, MAP™ is more nutritious than dietary proteins. This has been confirmed by the fact that during the studies, each subject body's nitrogen balance was maintained in equilibrium by taking MAP™ as a sole and total substitute of dietary proteins in a dosage of only 400 mg/kg/day (ideal weight) which provided less than 2 kcal/day (1 g MAP™ = 0.04 kcal). The studies results have also shown that 1% of MAP's constituent amino acids followed the catabolic pathway, thus releasing only 1% of nitrogen catabolites and energy. By comparison dietary proteins release an average of 68% nitrogen catabolites and energy. These facts evidence that MAP™ is safer than dietary proteins and provides the lowest amount of energy in comparison to any dietary protein.

***PUBMED ARTICLES AND ID NUMBERS**

MAP's Discovery: PMID 9882831

MAP for Track Athletes (Endurance, Muscle Mass, etc.): PMID 14669815

MAP for Weight Management: PMID 14964348

What is the recommended use of MAP™?

MAP™ is recommended as a safe and effective substitute for dietary proteins.

What is the composition of MAP™?

MAP™ contains the MAP Master Amino Acid Pattern® (U.S. Patent No. 5,132,113) a unique pattern of essential amino acids in a highly purified, free, crystalline form.

What are amino acids?

Amino acids are the main constituent of dietary proteins.

What are Essential Amino Acids?

Essential Amino Acids are nutrients that are indispensable for human life because they cannot be synthesized within the human body, therefore, they must be supplied through the diet.

Are amino acids from animal or vegetable source?

Amino acids cannot be classified as either animal or vegetable. They are, simply, natural compounds.

What does the Net Nitrogen Utilization (NNU) of a protein mean?

A protein's NNU (%) is the unit of measurement for Body Protein Synthesis (BPS). It is the percentage of a protein's constituent amino acids following the anabolic pathway to act as precursors for BPS.

What is the Net Nitrogen Utilization (NNU) of MAP™?

Clinical studies have shown that MAP™ provides a 99% Net Nitrogen Utilization (NNU).

Is MAP™ made from animal sources?

No, MAP™ is not made from animal sources.

Is MAP™ a natural product?

Yes, MAP™ is a 100% natural product.

How long does it take to digest MAP™?

MAP™ is digested within 23 minutes from its ingestion.

Does MAP™ need to be refrigerated?

No. MAP™ does not need to be refrigerated. However, it should be kept in a dry place.

How many Kcal does MAP™ provide?

MAP™ provides only 0.04 Kcal/g. Therefore, its use is recommended to control calorie intake.

Does MAP™ contain any sodium, fat or sugar?

MAP™, in contrast with any dietary protein or protein supplement is 100% sodium, fat and sugar free. Therefore, its use is recommended during dietary

sodium, fat or sugar intake restriction.

Does MAP™ produce fecal residue?

MAP™, in contrast with any dietary protein or protein supplement does not produce any fecal residue. Therefore, its use is recommended during pre and post surgery periods, as well as, during episodes of diarrhea.

Does MAP™ have any drug or food interaction?

No. MAP™ does not have any drug or food interaction. However, before taking MAP™ or other dietary supplements consult your physician.

Can MAP™ cause any adverse reactions?

No adverse reactions have ever been reported.

Does MAP™ have any contraindications?

The use of MAP™ does not have any contraindication.

May protein supplements be taken with MAP™?

No. Protein supplements should not be taken in conjunction with MAP™. This may prevent:

1. a lowering of BPS/min;
2. an increase in the nitrogen catabolites; and
3. an overloading of digestive functions

What are the specific advantages of using MAP™ for an amateur or professional athlete?

Clinical studies have shown that MAP™ can substitute dietary proteins or protein supplements in a safer and nutritionally more effective way. MAP™ provides a Body Protein Synthesis per minute (BPS/min) equal to 99% NNU/ 23 min. By comparison dietary proteins and protein supplements a BPS/min of 16-32% NNU/180-360 minutes. This means that the BPS/min of dietary proteins and protein supplements is 24 to 96 times lower compared to MAP™.

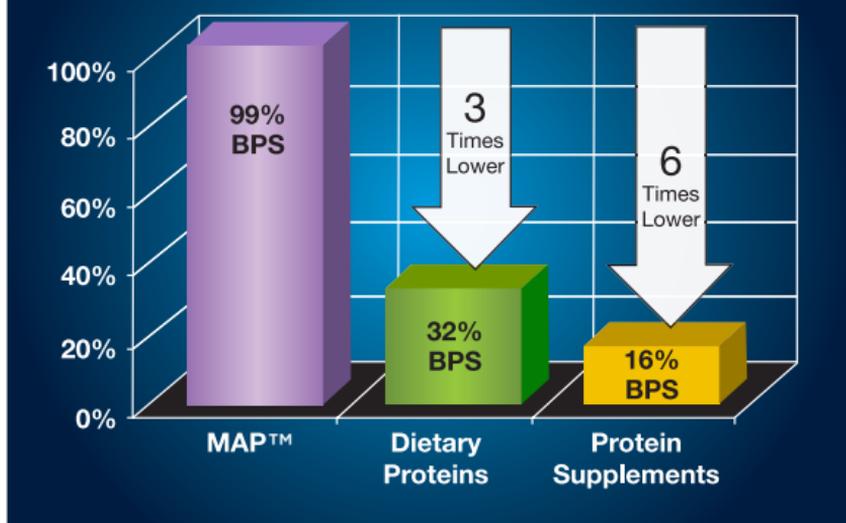
Therefore, the use of MAP™, during a physical activity, may:

- Optimize BPS/min;
- Optimize muscle mass, strength and endurance;
- Optimize muscle recovery period after physical activity;
- Optimize both intensity and duration of digestive functions.

It has been said that during an athletic performance the use of MAP™ may optimize muscle mass, strength and endurance, and may minimize the muscle recovery period after physical activity, is that true for everybody?

Yes. Whether, you are 15 or 75 years old, an amateur or a professional athlete, you may experience positive results related to your muscle mass, strength and endurance. The results may vary, of course, according to your age, gender, health status, and the intensity and frequency of your workout.

Net Nitrogen Utilization (NNU) for Body Protein Synthesis (BPS)



Ten tablets (10 g) contain the following:

L-Isoleucine	1.483 g	L-Leucine	1.964 g
L-Valine	1.657 g	L-Lysine	1.429 g
L-Methionine	0.599 g	L-Phenylalanine	1.289 g
L-Threonine	1.111 g	L-Tryptophan	0.368 g

Contains no fat, sodium, sugar, yeast, gluten, rice, corn, wheat, soy, preservatives, GMO, excipients, dairy or animal products.

WHAT IS THE DAILY RECOMMENDED DOSAGE OF MAP™ FOR AN ATHLETE TO GET THE BEST RESULTS IN THE SHORTEST TIME?

Even though individual dosage may vary according to nutritional status, age, gender, and the intensity and frequency of physical activity, the average suggested daily dosage should be:

- For the amateur athlete: 5 to 10 tablets of MAP™, 30 minutes before training, in conjunction with the daily requirement of vitamins, minerals and trace elements.
- For the professional athlete: 10 tablets of MAP™, 30 minutes before training, in conjunction with the daily requirement of vitamins, minerals and trace elements. And an additional 10 tablets of MAP™ to be taken during the next meal (lunch or dinner).



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