



Titan™ Sports Supplement “More Gain, Less Pain™”

Supports muscle recovery and prevents or significantly reduces muscle soreness due to exercise. *

The old saying “No Pain, No Gain” does not apply to muscle soreness following exercise. Post-workout muscle soreness is a result of muscle damage that is manifested by a temporary state of inflammation, swelling and debilitating soreness. Unless this damage is prevented or minimized, the recovery process is unnecessarily prolonged.

Titan™ Sports Supplement is a patent-pending, synergistic blend (each ingredient enhances the effectiveness of the other) that can:

- ❖ **Prevent or significantly reduce muscle soreness following exercise or any physical activity;**
- ❖ **Promote an anabolic state and increases muscle protein synthesis; and**
- ❖ **Restore muscle glycogen. ***

Essential amino acids cannot be made by the body; but rather are obtained from the diet. During exercise, the demand for these essential amino acids can exceed the body’s existing stores which limits or reduces the muscle’s ability to make new proteins, repair itself, and grow bigger and stronger. Titan™ Sports Supplement when combined with exercise can induce up to a:

400% increase in muscle protein synthesis. *

Exercise reduces insulin levels in the blood. Consuming essential amino acids with optimum forms of carbohydrate provides a greater insulin response over carbohydrate intake alone, which can help restore insulin to the adequate amounts necessary to promote:

- ❖ **Increased uptake of essential amino acids into the muscle to support protein synthesis;**
- ❖ **Increased uptake of glucose into the muscle to support muscle glycogen synthesis;**
- ❖ **Stimulation of protein synthesis while preventing the breakdown of proteins in the muscle; and**
- ❖ **Increased uptake of calcium beta-hydroxy-beta-methylbutyrate to reduce temporary inflammation and swelling.***

What this means is more muscle growth, less soreness and faster recovery, which translates to, “More Gain, Less Pain.™”

Titan™ Sports Supplement is a convenient powdered drink mix that, when mixed with water, is quickly absorbed to provide an immediate source of nutrients to muscles. This provides:

- ❖ **All the right ingredients;**
- ❖ **In the right amounts; and**
- ❖ **One easy-to-use, economical, great-tasting product.**

Titan™ Sports Supplement contains none of the ingredients listed under the National Collegiate Athletic Association (NCAA), U.S. Anti-Doping Agency (USADA) or the World Anti-Doping Agency (WADA) banned substance list, nor are any of the ingredients related chemically or pharmacologically to any ingredients on these lists.

**Try Titan™ Sports Supplement and
“Feel the Difference”**



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.