



# BOOST MUSCLE MASS AND STAMINA

WITH LAMININE AND IMMUNE+++



Summer is upon us! Naturally, we want to enjoy outdoor physical activities such as hiking, swimming, or bicycle riding. It's a great time for us to step up our workout routines and get into shape. Unfortunately, some of us don't know where to start. We want to feel physically fit and see muscle definition from our workout efforts. Luckily, LifePharm provides two dietary supplements that may aid your workouts whether you participate in casual, low-impact activities or consider yourself an elite athlete.

Recent research has shown evidence of several ingredients that may help improve your muscle strength and stamina. One is called Ashwagandha (found in IMMUNE+++ ) and it may just help boost your cardiovascular endurance, metabolism, and strength.



## HOW ASHWAGANDHA SUPPORTS CARDIO ENDURANCE

Both the modern medical literature and traditional Ayurveda writings report many potential health benefits of the Ashwagandha herb (*Withania somnifera*, also known as Indian Ginseng) helping to support immune functions and a rejuvenating effect, via the herb's possible interplay with the nervous system, endocrine system, cardiopulmonary system, and the energy production system.<sup>1</sup> Studies have also shown it stimulates respiratory function, causing smooth muscle relaxation.<sup>1</sup>

## HOW ASHWAGANDHA SUPPORTS METABOLISM

Ashwagandha is a member of the family of herbs referred to as "adaptogens." The term "adaptogen" is applied to an herb with phytonutrients (found in fruits and vegetables) that may help support metabolism when the body is perturbed by physical or mental stress. Adaptogens additionally help the body adapt by (a) normalizing system functions, (b) developing resistance to future stress, and (c) elevating the body's functioning to a higher level of performance.<sup>1</sup>

Adaptogens were commonly used in traditional cultures to support stress relief, brain health, and adrenal health. Traditional Ayurveda clearly advocates the use of Ashwagandha toward "bala," which means "strength" in the Sanskrit language.<sup>1</sup> Furthermore, Ashwagandha's roots are classified as a "rasayana" (rejuvenator), and have been used traditionally to support a revitalizing effect on the body, and generally creating a sense of well-being.<sup>1,2</sup>

## WHAT IS RESISTANCE EXERCISE?

A resistance training program (also known as strength training) consists of exercises that cause skeletal muscles to contract against external resistance. The body often responds to such programs with increased strength and correlated adaptations.<sup>1</sup> Typical exercises include weight training the upper, lower, or core body with a bench press, dumbbells, or barbells. Those who do not have experience strength training will not have the muscle strength or mass of someone who has long-term experience with this type of resistance training program.



**LIFEPHARM®**  
because life is precious

## SIMPLE PROTEINS AND AMINO ACIDS IMPROVED MUSCLE BUILDING AND STRENGTH

Laminine contains a serving of easily digestible proteins and free amino acids from the fertilized egg, pea, and quality fish source which quickly enter the blood stream, and can enhance workout performance. Amino acid and proteins have been shown in numerous studies to enhance muscle strength and help support muscle building.<sup>5</sup>

Simple proteins do not require long digestion processes, but complex proteins from meats (beef, chicken or pork), require more time and energy to digest. Muscle fibers absorb amino acids from the blood during exercise. Taking supplemental protein and amino acids 30-60 minutes prior to, or soon after working out, increased muscle mass when exercise routines were performed over a six-week time period.

An analysis of 22 studies totaling 680 subjects showed that both trained and untrained subjects could increase both muscle mass and strength by consuming supplemental simple proteins and/or amino acids.<sup>5</sup>



## ADD LAMININE AND IMMUNE+++ TO YOUR SUMMER WORKOUTS!

As summer arrives, you'll want to get into shape and build up your own stamina, strength, and well-being. Try adding Laminine and IMMUNE+++ with Ashwagandha to your daily activities (walking, gardening, mowing the lawn) or before/during your workouts. Laminine OPT-9 (with exclusive LifePharm LFAE protein) provides a natural source of all essential and nonessential amino acids.

IMMUNE+++ contains its exclusive vitamin C source, which is two times more bioavailable and a powerful blend of mushrooms with traditional and clinically reported health benefits. Both these supplements have components that can support your physical strength as well.

Enjoy your summertime activities and maximize your exercise efforts all year long with Laminine and IMMUNE+++.



**Lean more about Laminine and IMMUNE+++**

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.

### REFERENCES

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