

John Scott's **NITRO** Building A New Breed Of Champion

How Nitro Products Dramatically Improve the Effectiveness Of A Low Carb Diet



**Interview with
John Scott,
CNS, SPN, CPIM,
CCPM
Developer of
John Scott's Nitro**

Q. Low carb dieting has become one of the most popular diet plans ever. What do you think of its effectiveness?

A. I think the "proper" use of a low carb meal plan can be incredibly effective for people who want to feel better, look better and be leaner. Elite bodybuilders have used this type of dieting for many years to help them achieve that ultra lean look. In fact, I used it to help me win the "Mr. California Natural" bodybuilding title several years ago. I have also worked with lots of people who utilized this type of diet, to not only help them lose dramatic amounts of body fat, but to really reshape their lives.

Q. How does your Nitro products make low carb dieting more effective?

A. After working with so many people on low carb diets, I have found an ideal combination of three different products that have successfully helped people achieve faster, more consistent results. The Nitro low carb dieters package includes:

1. Nitro Burn Extreme™
A Unique, Ephedra-Free, 4-Stage Fat Burner
2. Nitro 6H™
A Natural, Growth Hormone Stimulator
3. Nitro V/M Plus™

Hi-Potency, Vitamin, Mineral & Antioxidant formula Used together properly, people have been experiencing a synergistic effect and achieving even greater results than using the products by themselves. People are experiencing a wide range of benefits, which include:

- ~ INCREASED ENERGY
- ~ LOWER BODY FAT
- ~ GREATER LEAN MUSCLE MASS
- ~ ENHANCED MENTAL CLARITY
- ~ FASTER RECOVERY
- ~ ENHANCED IMMUNE FUNCTION
- ~ BETTER HAIR, SKIN & NAIL HEALTH
- ~ IMPROVED SLEEP QUALITY

The Nitro low carb product package also provides superior antioxidant protection as well as helps guard against nutritional deficiencies that can compromise optimal health and performance.

Q. Great. Let's start with the first product in the package. Tell us about Nitro Burn Extreme™.

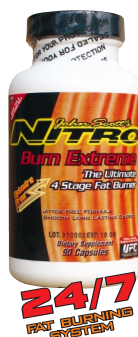
A. The positive feedback we continually get on Nitro Burn Extreme™ lets us know people are getting the **results** they want and more with this product. We call Nitro Burn Extreme™ the "Ultimate 4 Stage Fat Burner" because its unique 4-stage weight loss system helps you lose body fat by :

- Stimulating your body to boost metabolism,
- Which burns more fat calories,
- Increases your energy
- Helps you shed excess water weight & bloating

The **value** of Nitro Burn Extreme™ is incredible too, it is literally four products in one. People come to me all the time frustrated and confused by the overwhelming number of product choices and conflicting information. They don't know what to take and they don't want to waste their money on a bag full of different bottles, they want something simple.

Nitro Burn Extreme™ makes the **choice easy**. I have taken all the guesswork out of it for you. Instead of buying four different types of products, you get a perfect combination of fat-busting nutrients, in every capsule of Nitro Burn Extreme™.

"Men's Fitness Magazine" (Sept. 2003) confirmed Nitro Burn Extreme™'s 4 stage fat loss system when they recently reported that the ideal fat burner would contain these same four specific types of ingredients for effective fat loss.



**Aaron Shelley,
Director of Sports
Nutrition for Texas
Tech University** also stated "Nitro Burn

Extreme™ helps you from every metabolic angle, it is the ideal fat loss system."

Q. Sounds easy. Tell us more about the 4 stage fat loss system in Nitro Burn Extreme™

A. Each stage is like a piece of the fat loss puzzle you need to get the whole picture.

Stage 1 is a blend of **Thermogenic Intensifiers** that boost your energy and rev up the body's ability to burn additional calories, without the use of potentially dangerous ingredients such as ephedra. In fact, not using ephedra in the formula eliminates that jittery feeling most people experience on fat burners too. Several years of painstaking research went into perfecting this natural formula. I wanted to achieve a product that produces effective results and smooth, long lasting energy. The potent blend of specific amino acids and herbs in Nitro Burn Extreme™ help to quickly energize you, enhance mental clarity and boost metabolism by stimulating the energizing neurotransmitter, Dopamine. One of the goals is to create a powerful, yet safe product people can take consistently without all that unwanted jitteriness so they can still function naturally during the day. In fact, many people tell us that Nitro Burn Extreme™ enhances their ability to concentrate and they accomplish more as a result.

Stage 2 is a blend of **Lipotropic Co-Factors and Glucose Control compounds**. Lipotropics help release and utilize stored body fat for energy while the other compounds aid your body in stabilizing blood sugar by properly managing insulin release. We spoke before about how managing your body's hormonal response is a key to health and weight control. In addition, the Stage 2 ingredients work synergistically with Stage 1 to give you the added bonus of reducing your appetite.

Stage 3 is a blend of **Thyroid & Metabolism Activators** As I mentioned before, when people remain on a low carb regimen for an extended period, your body will try to regain homeostasis and reduce thyroid output to slow metabolism or energy expenditure to compensate for the reduced caloric intake. Studies have shown that the Stage 3 ingredients help inhibit this reduction in thyroid output. Thereby, enhancing fat burning by keeping your energy expenditure elevated so you burn more calories all day.

Stage 4 is a blend of **Natural, Mild Diuretics**, which help you shed excess water weight and bloat for a tighter, leaner look, without dehydrating you.

You can see how comprehensive this formula is. That's why we call Nitro Burn Extreme™, the "Ultimate" Fat Burner.

But, there is a way for people to get even better results. If you really want to supercharge the effectiveness of a low carb diet, add my all natural, growth hormone stimulator called Nitro GH™. I believe it is the most comprehensive and effective growth hormone stimulant complex ever developed. I highly recommend trying this product. It compliments the Nitro Burn Extreme™ very well and turns your body into a 24 hour fat burning engine.

Q. How does the Nitro GH™ make the low carb diet even more effective?

A. Your body's level of growth hormone production can significantly affect your ability to minimize your body fat and sustain lean muscle mass. Growth hormone (GH) is a complex protein your body naturally produces in your pituitary gland. It is the most potent anabolic (growth producing) and lipolytic (fat burning) substance known. It is referred to as the master hormone because it affects almost every metabolic function in your body.

Unfortunately, many of the hormones our bodies produce, diminish as we age including GH. According to the Illinois Academy of Sciences, School of Medicine, the body's GH production begins to drop in our mid-twenties. By 40, nearly everyone is deficient, and at about age 60, GH levels can drop as much as 80% or more. Many of the symptoms of this reduction are viewed as signs of "aging." Fortunately, numerous studies published in the New England Journal of Medicine and the Journal of Clinical Endocrinology & Metabolism have shown that many of these symptoms improve dramatically with growth hormone replacement therapy such as lean muscle mass improves, energy increases and fat stores diminish.

In other words, boosting the body's GH level enhances it's ability to do nearly everything... including build muscle, decrease body fat, increase libido, speed recovery, enhance energy, combat stress and fight the effects of aging. Nitro GH™ utilizes this advanced research to help maximize your body's natural release. The proprietary Nitro GH™ formula provides you with a precise dose of all the essential precursors studies have shown stimulate the body's release of GH naturally. In addition, Nitro GH™ contains a gentle combination of herbs, vitamins and minerals to help keep your pituitary and adrenal glands functioning properly. Low carbohydrate diets can suppress GH release, increasing the risk of muscle loss. Thus, Nitro GH™ is very important for people on low carb diets and can really enhance their ability to lose body fat and retain precious muscle.

Q. You mentioned that the combination of the Nitro Burn Extreme™ and the Nitro GH™ can turn the low carb dieter's body into a 24 hour fat burning machine. Tell me more about that.

A. While Nitro Burn Extreme™ helps enhance fat loss and energy levels during the day, Nitro GH™ extends the fat burning and muscle building process even while your sleeping. Nitro GH™'s all natural formula is designed to work with your body to naturally help boost your

growth hormone levels. Your body generates it biggest GH release right after you begin deep sleep. That's why it's important you take Nitro GH™ before bed on an empty stomach, to help maximize this release with your body's natural rhythm. Nitro GH™ is enhanced with melatonin as well to help insure this crucial timing and to help people sleep better too.

In addition, people who weight train on low carb diets call me all the time because they are amazed they actually got stronger when they expected to get weaker. One person called me shortly after their 2nd hip replacement to tell me how much better he felt now after starting on Nitro GH™. He said he has more energy and how his joint pain went away after just a few weeks. The effectiveness of this product even amazed me. After just 6 weeks, when I first tried Nitro GH™, I broke nearly every one of my personal best in the gym. The nagging elbow pain I had suffered through for years, went away too. But don't believe me, try Nitro GH™ for yourself and feel the difference.

Q. Nitro Burn Extreme™ and Nitro GH™ are like the 1-2 punch people need to "knock out" fat on a low carb diet. Using these products makes the low carb diet sound so easy to do. Don't you also have a multi vitamin, mineral and antioxidant formula that meets the specific needs of low carb dieters?

A. Yes, our Nitro V/M Plus™, the third product in the Nitro low carb dieter's package. Nitro V/M Plus™ is an iron-free, complete daily support formula that contains optimal amounts of all the key nutrients necessary to ensure that your body is getting what it needs to perform at your best! This incredibly comprehensive formula provides you with an extensive list of nutrients including vitamins, minerals, anti-oxidants, digestive enzymes and an exclusive "Cellular Defense Matrix." The Cellular Defense Matrix in Nitro V/M Plus™ is stack of powerful health enhancing nutrients; CoQ10, Grapeseed extract, Ginkgo biloba, L-glutathione, Colostrum, Spirulina and a special form of the fat transporting amino L-Carnitine. Taking Nitro V/M Plus™ daily also increases the absorption and utilization of your foods and other supplements as well.

I want to reiterate how important each of these products is and how important it is to use them together to achieve the lasting results everyone wants. The Nitro low carb dieter's package makes it very easy to enhance the diet's effectiveness for everyone.



Nitro Burn Extreme™ rev's up your energy level, helps suppress your appetite and enhances fat loss. Nitro GH™ continues the fat burning 24 hours a day and helps build muscle all night long while helping you get a deeper sleep. Lastly, Nitro V/M Plus™'s precise blend of vitamins, minerals and antioxidants provides all the essential nutrients a low carb dieter needs.

Making the commitment to the life-style of a low carb diet is the hard part. Once people make that commitment, we are ready to support them and help them achieve the lasting results they desire. At Nitro we believe everyone has the right to enjoy optimal health. So don't wait. Start feeling better today!

John, Thanks, it sounds like this is the perfect tool for low carb dieters.

Thank you for having me.

John Scott

As a lifetime, drug-free athlete with nearly 20 years of experience in the health industry, John has a unique perspective on the supplement industry. He uses this unique knowledge, passion and experience as an athlete, trainer and performance nutritionist to help people push their athletic potential to the next level.



John Scott's Nitro

To help insure that people are getting the most effective supplements possible, I developed my Nitro sports supplement line and battle tested these formulas with the toughest and most intense athletes on the planet. I believe you have to provide people with effective, quality products they can trust. So, I constantly research the latest scientific advances in human nutrition, performance and raw materials. I carefully study clinical test data to keep our products on the leading edge of health and nutrition science. You can get more information about Nitro products at www.JSNitro.com

