

Gains in muscle mass only occur when you reduce protein breakdown and stimulate protein synthesis. New **Myo-D™** contains the highest known concentration of eicosapentaenoic acid (EPA); the only compound shown in clinical research to directly block the major biochemical pathway that leads to muscle breakdown.<sup>1</sup> **Myo-D's™** unique substrate hybrid contains a precision amino acid matrix shown in research to stimulate protein synthesis within muscle.<sup>2</sup>

**Myo-D™** helps to promote rapid gains in lean muscle during resistance training by directly reducing protein breakdown while stimulating an increase in the rate of protein synthesis and fat oxidation.<sup>3</sup> **Myo-D™** could be the most powerful, all natural bodybuilding supplement available.†

1. Nutrition 2001;17:751-755 2. British Journal of Cancer 91; 408-412, 2004 3. JEPonline. 7(1):48-56, 2004

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

**AST Sports Science**

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Rev# MYOD413



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SPORTS SCIENCE

**OMEGA-3 EPA-AMINO HYBRID**

BIOACTIVE

**MYO-D™**

**5:1 EPA-DHA ETHYL ESTER**

**4000mg**  
Per  
Serving

**30**  
Total  
Servings

**5:1**  
EPA/DHA  
Ratio

**ENGINEERED  
LIPID-AMINO  
ISOLATION  
TECHNOLOGY**

Dietary Supplement  
120 Softgels Net wt: 1000 mg

**Supplement Facts**

Serving Size: 4 Softgels  
Servings Per Container: 30

Amount Per Serving	AMOUNT	CALORIES	%DV
Total Calories		26	
Total Fat	2 Grams	18	3%*
Saturated Fat	0 Grams	0	<1%*
Trans Fat	0 Grams	0	**
Unsaturated Fat	1.8 Grams	16	**
Monounsaturated Fat	0 Grams	0	**
Polyunsaturated Fat	1.5 Grams	14	**
Cholesterol	0 mg	0	0%*
Total Carbohydrate	1 Gram	4	<1%*
Protein	1.2 Grams	4	2%*
Fish Oil Concentrate	2000 mg		**
Omega-3 fatty acid	1250 mg		**
Eicosapentaenoic Acid	1050 mg		**
Docosahexaenoic Acid	200 mg		**
Arginine	500 mg		**
Leucine	1000 mg		**
Methionine	500 mg		**

\*Percent Daily Value are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Myo-D™ Ingredients:** High Ratio 5:1 EPA/DHA Fish Oil Ethyl Ester Concentrate, Gelatin, Leucine, Glycerin, Arginine, Methionine Powder, Safflower Oil, Purified Water, Yellow Beeswax, Carmine Dispersion, Lecithin, Titanium Dioxide.

**Contains:** Fish and Soybean

**Recommended Use:** Take 2 softgels twice daily with meals.