

EXPLOSIVE STRENGTH, TOTAL BODY PUMPS, MENTAL FOCUS

Awesome muscular explosiveness and size, formerly reserved for the genetically gifted, is the goal of **FAST TWITCH. FAST TWITCH** is the first formula specifically designed to fuel fast twitch (type II) muscle fibers for greater muscular power and gains.

FAST TWITCH helps increase post workout intensity, while enhancing muscular repair. The harder the workout, the more **FAST TWITCH** can help. With **FAST TWITCH**, you may run out of gym time before you run out of muscle energy.

STRENGTH, POWER & VELOCITY

Fueling type II fibers increases explosive power and speed. This translates into more sets, reps and weight lifted.

ENDO-THERMOGENIC

FAST TWITCH enables muscles to produce more power, resulting in greater heat output. This heat production is endo-thermogenic. Increased body heat, plus enhanced oxygen consumption after harder workouts, boosts metabolism. Raising the metabolic rate can enhance calorie burning.

END WORKOUTS READY TO RECOVER

Cortisol, the body's primary stress hormone, naturally rises after workouts. Elevated cortisol can be catabolic to muscle tissue. **FAST TWITCH** contains phosphatidylserine (SerinAid®), which may help blunt exercise induced cortisol rise after workouts.

NEW CREATINE POWER- EVEN FOR "NON-RESPONDERS"

Creatine GCC, first used in **Muscle Milk®**, helps support the body's own creatine production. New Kre-Alkalyn® further advances creatine technology. Together, they need no loading, and are pH balanced to deliver massive creatine results.

MUSCLE FACT

Fast and slow twitch are generalizations for more specific muscle fiber types. Physiologists classify human muscle fibers as Type I (slow twitch; slow oxidative, SO), IIa (fast twitch; fast oxidative glycolytic, FOG), IIab (intermediate fiber), and IIb or x (fast twitch; fast glycolytic, FG). In general, slow twitch fibers are relatively fatigue resistant, but do not contract as rapidly or as strongly. Fast-twitch fibers contract more rapidly and forcefully, but fatigue more quickly. Although all fiber types respond to intense training, fast twitch fibers tend to have a greater ability for hypertrophy (growth).

GET PUMPED, FEEL GREAT, LIFT BIG

FAST TWITCH promotes internal S-adenosylmethionine (SAMe) production, highly regarded for enhancing mood and joint support. SAMe, with other nutrients, help "get your mind right" for monster workouts. Nitric oxide amplifiers pump you up, and speed nutrients to hungry muscles.

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.

FROM
THE MAKERS OF
MUSCLE MILK & CYTOMAX

CYTOSPORT

ENDO-THERMOGENIC
BREAKTHROUGH

FAST TWITCH™

POWER WORKOUT DRINK MIX

- FUEL FAST TWITCH (TYPE II) FIBERS
- EXPLOSIVE STRENGTH PERFORMANCE
- AMPLIFY NITRIC OXIDE
- TOTAL BODY PUMPS
- LOWER CORTISOL
- PROTECT LEAN MUSCLE
- ENDO-THERMOGENIC EFFECT
- ENHANCE METABOLIC RATE

POWER PUNCH

DIETARY SUPPLEMENT

Net. Wt. 2.04 lbs. (920g)

Supplement Facts

Serving Size (23g) Approx 1 scoop
Servings Per Container 40

	Amount Per Serving	**% Daily Value
Calories	70	
Total Fat	0 g	0
Saturated Fat	0 g	0
Trans Fat	0 g	
Cholesterol	0 mg	0
Total Carbohydrate	15 g	5
Sugars	0 g	
Protein	3 g	6
Vitamin C	45 mg	70
Vitamin E	30 IU	100
Vitamin B6	3 mg	150
Vitamin B12	10 mcg	170
Folate	400 mcg	100
Magnesium	5 mg	2
Sodium	110 mg	5
Potassium	220 mg	6
Calcium	25 mg	3

REFERENCES: Am. J. Clin. Nutr. 32:1401-1407, 1979; Am. J. Med. 83 (suppl 5A), 60-65, 1987; E. J. Appl. Occ. Physiol. 67, (5), 430-5, 1993; J. Appl. Physiol. 82:661-666, 1997; E. J. Appl. Physiol. Occup. Physiol. 69, 71-79, 1990; E. J. Clin. Invest. 29, 1080-1085, 1999; Exercise Physiology: Human Bioenergetics and its Applications. New York: McGraw Hill, 2005; Int. J. Sports Nutr. 4, 347-60, 1994; Med. Sci. Sports Exerc. 31, 1613-1618, J. Am. Coll. Nutr. 13:601-607, 1994; J. Appl. Physiol. 83:1104-1109, 1997; J. Strength. Cond. Res. 7(3):19-21, 1993; Life Sci. Supp. 3:7516; 1917-1924, 2004; Med. Sci. Sports. Exerc. 30:518-522, 1998; Med. 40:836-841, 1991; Nut. 18: 222-224, 2002; W. Med. Surg. (5):10, 825-829, 1951.



Kre-Alkalyn® is a registered trademark of Biochemical Research & Development Laboratory (BR&D).

Supplement Facts

Con't

	Amount Per Serving	**% Daily Value
--	-----------------------	--------------------

CytoCrea™ Buffered water stable creatine & GCC precursor matrix.	3535 mg	*
CytoSport's proprietary blend of Betaine Anhydrous, Glycocyamine, Kre-Alkalyn (Buffered Creatine, Patent #6,399,661), Glycine, L-Serine, Alpha-Glycerol Phosphorylcholine, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B12 (Cyanocobalamin), Folic Acid.		
NitroAmp™ Dual action Nitric Oxide enhancing system.	3375 mg	*
CytoSport's proprietary blend of Arginine AKG, L-Citrulline, Citrulline Malate, Ascorbic Acid, Vitamin E Acetate, Arginine Malate, L-Norvaline.		
CytoRepair™ Free Radical protecting, cortisol blocking factors.	620 mg	*
CytoSport's proprietary blend of Glutamine Peptides, Phosphatidylserine, Alpha Lipoic Acid, Taurine, L-Tyrosine.		
Ergolyte™ Electrolyte & anaplerotic performance enhancers.	835 mg	*
CytoSport's proprietary blend of Potassium Citrate, Sodium Citrate, Calcium Citrate, Magnesium Orotate, Potassium Aspartate.		
Caffeine	200 mg	*

** Percentage Daily Values are based on a 2,000 calorie diet.

* Percent Daily Values not established.

WARNINGS: Do not use if you are pregnant, lactating or nursing. If you are taking medication for high blood pressure, heart, liver, thyroid, psychiatric disease, diabetes, anemia, neuroleptics, anxiety depression, glaucoma, seizure disorder, stroke, difficulty in urination or prostate enlargement. Discontinue use and seek a licensed health care professional immediately if chest pain, shortness of breath, dizziness, severe headache, and/or rapid heart beat occurs. Do not use this product if you are using a monoamine oxidase inhibitor (MAOI). Do not use if you have a history of low blood sugar or low blood pressure. Do not use this product while taking sildenafil (Viagra®) or if you have migraine headaches. Drink 64 ounces or more of water per day while using this product. Do not consume Vanadyl Sulfate supplements or any supplement containing over 100 mcg of elemental vanadium per daily dosage while using this product.

OTHER INGREDIENTS

CytoCarb II™ (CytoSport's unique combination of branching as well as short, medium and long linear chain maltodextrins with very low "DE" (Dextrose Equivalence) providing a complex carbohydrate source approximately 96.5% Sugar-free), Citric Acid, Natural and Artificial Flavor, Glucuronolactone, Malic Acid, Sodium Bicarbonate, Acesulfame Potassium, Xanthan Gum, Guar Gum, Carrageenan, Sucralose, Carmine (added for color).

DIRECTIONS

Mix one to three scoops/servings of **FAST TWITCH** in 16 oz of water. Drink 3/4 of bottle 30-45 minutes before workout. Drink remaining 1/4 bottle during workout. Best results are obtained when taken on empty stomach. Take on training days. Drink 64 fl. oz. of water daily. After workouts, take **Muscle Milk** within 60 minutes for fast recovery.

FAST TWITCH fuels increased explosive strength, while promoting muscular repair post workout. Our pH balanced creatine mix remains stable, so you can drink **FAST TWITCH** during workouts to keep muscle fibers firing harder, longer.

For information on CytoSport quality products,
Call 1-888-CYTOMAX (298-6629), www.cytosport.com

