

# DYNAMAXX B4™ - FAQ'S

## **Q: How does DYNAMAXX B4™ ingredients differ from over the counter typical energy drinks?**

A: DYNAMAXX B4™ is designed for a completely different reason. Energy drinks are designed to give you a quick burst of energy, a sort of “pick me up” when energy is low. Commonly used to “stay awake” when sleepy or “stay up longer”. DYNAMAXX B4™ is formulated to “enhance” performance with vitamins, amino acids and nutrients that are literally “used up” in moderate to vigorous exercise. Another way of looking at it is like “filling up on extra nutrients” that you are already using to get a stronger, longer and more powerful exercise experience.

## **Q: How does the body get its energy source for exercise?**

A: The body, gets its energy or “fuel” supply from glucose that is broken down and sent to your muscles. This source of glucose comes from both what we consume in carbohydrates, fat and proteins, and also from the ability of the liver, muscle and fat stores to be broken down in the body. The function of every cell in the human body requires adequate glucose from either consumption or breakdown of body stores to survive. Increase level of glucose is needed during increase muscle use.

## **Q. When does the body know it needs glucose (sugar)?**

A: The body uses glucose for energy. The body get glucoses from many different sources in our body. Your body will use up the glucose you get from your daily food consumption. Once that has been used up, it will tap into the glucose that has been stored in the liver, your muscles and lastly, your fat cells.

The reason your body gets glucose in this particular order, is that it is “less work” to get glucose from your liver and muscles than fat cells. If you restrict calories or go on a “starvation diet” per se, your body will lose muscle mass and water looking for your metabolic rate.

It is also important to note that the quality of our food choices and the absorption rate that it breaks down into the body (gastrointestinal tract), greatly affects the ability of our bodies to get proper glucose or fuel.

## **Q. Why do I need a pre-workout drink?**

A: Pre-workout drinks became very popular in the 1970-80's but more recent research has brought their use to the forefront with the addition of “super loading” the body with nutrients that it uses allows for longer function. Also, with the discovery of how to buffer the “lactate” buildup that causes an acidic pH in muscles, which shuts them down; the muscle is allowed to function longer and the pH better controlled. Desired effects of a pre-workout drink allows for the body to be stronger, work out longer with more repetitions and slow down muscle effects of muscle fatigue. Along with the feeling of more energy, motivation, and focus.

## **Q: Why am I tingling and will it go away?**

A: Tingling with pre-workout drinks has long been a known and safe side effect. It comes from the intake of vitamin B3. All eleven B vitamins in the body (B1-B12, there is not a vitamin called DYNAMAXX B4™) are essential in energy production. Most notably is the need for B3 to be in adequate levels for metabolic pathways in the body to produce energy. Research has demonstrated that by providing a “extra” or for some “replacing” deficient levels of B3, allows for better energy production at a cellular level. The tingling comes from the effect of the vasodilatation of the blood vessels just under the skin. It is common, temporary and not harmful. For most people it eventually ceases and for some gradually increasing the amount of B3 they consume will avoid this safe but some unpleasant side effect.

## **Q: How long does it last in my body?**

A: DYNAMAXX B4™ is intended to be consumed approximately 20-30 minutes prior to moderate to vigorous exercise. It will likely provide adequate supplementation for exercise enhancement over a period of approximately 60 minutes. This will vary from person to person depending on the level of exercise intensity and their individual metabolic rate.

## **Q: What happens if I take DYNAMAXX B4™ but don't exercise?**

A: The benefit of DYNAMAXX B4™ is that if you do take it and don't increase your muscle use with exercise, then your body will simply store and eliminate the extra intake of supplements overtime. It uses what it needs as your body requires it.

**Q: Do I drink DYNAMAXX B4™ and lights on at the same time?**

A: It is not recommended to drink DYNAMAXX B4™ and Lights ON™ at the same time. It is extra supplementation that you should not need. It would be advisable to wait approximately two or more hours apart before consuming both products. Both products have the benefit of providing an increase in adrenaline so it is not necessary to consume them both together.

**Q: Can I replace lights on with DYNAMAXX B4?**

A: The products are designed for completely different benefits. The ingredients are formulated to “enhance” muscle function for a longer, stronger, harder and more powerful exercise. Where Lights On is designed to “replace” deficiencies and “repair” daily wear and tear on the body. Since they are completely different, it would not be advisable to give up the benefits of one for the other.

**Q: Do I need to eat before I drink DYNAMAXX B4?**

A: Although that is not a prerequisite of the DYNAMAXX B4™ drink, it is always advisable to consume a carb and protein before moderate or vigorous exercise. Since the body can most easily get its energy from glucose sources from consumed food. Proper eating (complex carbs and protein) before any increased exercise is beneficial.

**Q: How does it help my work out?**

A: Muscle performance enhancement is accomplished in several ways with DYNAMAXX B4™. First, its amino acid preloading of Beta Alanine allows it to act as a pH buffer that occurs during the breakdown of glucose in the muscle into lactic acid, then lactate. It is this acidic pH that shuts down muscle contraction. By buffering the pH, longer muscle contraction and relaxation occurs.

Secondly, the addition of amino acid is combined to form creatine, this serves to add additional phosphate for ATP production that gets used up in exercise. ATP (Adenosine Triphosphate) is the end result of energy you get from metabolizing glucose. Every cell in the body then uses this energy. This is where muscle mass is increased with increased hydration and blood flow to the muscles.

Next, Nitric Oxide builders from the amino acids Citrulline and Arginine, acts as vasodilators delivering increased blood nutrients and oxygen throughout the entire body.

Specifically chosen vitamins are selected for their ability to boost natural creatine levels, and help with hydration.

Gurana Caffeine help increase acetylcholine, a neurotransmitter from the brain that is responsible for focus and sustained energy.

**Q: What sets DYNAMAXX B4™ apart from other pre-workout drinks?**

A: DYNAMAXX has taken great care to balance the ingredient blend and dosage of B4 to ensure safety levels and minimize side effects that might result with improper usage. B4 has unique hydration essentials, such as creatine, needed to offset water loss during moderate to vigorous exercise. Numerous ingredient blends were tested in order to make a great tasting blend that is not generally found in most pre-workout drinks. As always, safety and results are what DYNAMAXX strives for.

**Q: What are the contraindications to using DYNAMAXX B4™?**

A: AS WITH ANY SUPPLEMENT, CLAIMS ARE NOT SUPPORTED BY THE FDA. Use of the product “due to inadequate studies” should not be used in those under the age of 18 anyone with a known or suspected cardiac condition or uncontrolled high blood pressure. Consulting your physician before beginning any supplement or any moderate or vigorous exercise program is recommended.

**Q: I Hear People Talking About Sources Of B12, Does The Cyanobobalamine B12 Contain Cyanide ?**

A: From Dr. Carda:

“I wanted to shed some clarification on a topic that several have inquired about regarding B12 supplements. “Does the cyanobobalamine B12 contain cyanide”? When you say cyanide, many think of the spy movies with cyanide capsules for when they get caught. Well there is actually a difference, since there are many kinds of cyanides, which get classified as that when they contain a carbon bonded to nitrogen. Carbon-Nitrogen triple bonds make up cyanide. When it occurs in

nature it is called a nitrile. B12 is an example of this. Cyanocobalamin is the most stable and most common form of B12 and is used in nearly all B12 supplements on the market. It is a carbon-nitrogen compound attached to cobalt that gets broken down in the liver to its active form. The amount of cyanide is minuscule and does not impart a poisonous or harmful amount to humans. In fact, the antidote for massive cyanide poisoning is B12 itself. To drive the safety point home, it is common to recommend flaxseed as a Omega 3 supplement in our diet. It contains organic nitriles (cyanide) as well but we don't worry about the amount nor question that it is anything but healthy. When you do the math, 2 tablespoons of flax seed contain approximately 5000 times the cyanide amount as the average dose of one B12 supplement. (25mcg). Funny, the same people fearing cyanocobalamin are the same who make an effort to include lots of flax seeds. I emphasize that B12 is a safe and extremely important part of supplementing. The cyanocobalamin form allows B12 to be an affordable and effective supplement. Other forms out there are certainly good options as well but have less shelf life and make supplementing so expensive that often times it makes affording supplements for the average consumer unrealistic."