

Q U A D R A

CUTS

A D V A N C E D

THYROID SUPPORT



Size: 60 Capsules
Serving Size: 2 Capsules
Servings Per Container: 30

Quadra Cuts Advanced Thyroid Support by Max Muscle Sports Nutrition (MMSN) is designed for adults for optimal thyroid gland function to help achieve maximum calorie burning throughout the day. Quadra Cuts Thyroid Support is a non-stimulating thermogenic formula that provides targeted vitamins, minerals and herbal extracts to nourish and support healthy thyroid cell metabolism as well as triiodothyronine (T3) and thyroxine (T4) levels.†

This comprehensive formula specifically focuses on an often overlooked part of a weight management plan, thyroid function. Effective and long term weight loss requires reducing calories and increasing exercise levels, both of which can negatively affect thyroid production, causing a decrease in metabolic rate as your body tries to hold onto fat. You want to burn that fat so supporting thyroid function can be a key part of your fat loss strategy.†

The proprietary **Quadra Cuts Advanced Thyroid Support Blend** contains a potent combination of maximum strength Guggul (*Commiphora mukul*) extract (standardized to contain 98% Z and E guggulsterones, 6.25 mg guggulsterones), *Coleus forskohlii* extract, (standardized to contain 10% forskolin), *Ashwagandha* (*Withania somnifera*) root extract (standardized to contain 2.5% withanolides), and *Bauhinia purpurea* extract (12:1).†

Guggul is an Ayurvedic extract derived from the gum resin of the *Commiphora mukul* tree in India. Guggul contains guggulsterones compounds that have been shown to nourish and maintain healthy thyroid function and maintain healthy cholesterol levels already within the normal range. The special Guggul extract used in the Quadra Cuts Thyroid Support Blend is highly concentrated to contain 98% Z and E guggulsterones for maximum potency.†

Coleus forskohlii extract (standardized to contain 10% forskolin), contains 15mg of the active ingredient forskolin, to stimulate the action of cyclic AMP. Cyclic AMP in turn activates something called hormone sensitive lipase, which acts to break down fatty acid stores promoting lean body composition. These fatty acids can then be used by the muscles and other cells for energy by entering the Krebs' Cycle as Acetyl CoA. *Coleus forskohlii* also appears to support thyroid gland and thyroid hormone production.†

Ashwagandha root extract was included because it has been used for thousands of years in India as a general health tonic and energizer. Withanolides are key constituents of this herb and *Ashwagandha* root extract has been shown to stimulate thyroidal activity. It also has powerful antioxidant activity specifically through superoxide dismutase and catalase activity. The herb gives a mild lift of energy. The addition of *Bauhinia purpurea* to the formula is supported by evidence in animal studies that when combined with *Ashwagandha* root extract, supports the healthy regulation of thyroid hormone concentrations.†

Another important part of thyroid hormone production, function and metabolism are iodine

(cont'd on p.2)

KEY FEATURES

- Essential Nutrients and Herbs for Optimal Thyroid Gland Function†
- Comprehensive Thyroid Support Formula to Nourish and Support Thyroid Function†
- Metabolic and Energy Support†
- Non-Stimulating and Thermogenic Formula†

KEY MESSAGES

- Proprietary Quadra Cuts Thyroid Support Blend containing Guggul (*Commiphora mukul*), *Coleus forskohlii*, *Ashwagandha* (*Withania somnifera*) and *Bauhinia purpurea* to support thyroid function and maintain healthy cholesterol levels already within the normal range.†
- Contains maximum strength Guggul (*Commiphora mukul*) extract (standardized to contain 98% Z and E guggulsterones, 6.25 mg guggulsterones) to nourish and maintain healthy thyroid function.†
- *Coleus forskohlii*, standardized to contains 10% forskolin stimulates the action of cyclic AMP on hormone sensitive lipase which acts to break down fatty acid stores and supports thyroid hormone production and function for metabolic benefits.†
- *Ashwagandha* (*Withania somnifera*) root extract (standardized to contain 2.5% withanolides) shown to stimulate thyroidal activity, powerful antioxidant activity and energy support. †
- The addition of *Bauhinia purpurea* to the formula is supported by evidence in animal studies that when combined with *Ashwagandha* root extract, supports the healthy regulation of thyroid hormone concentrations.†
- Two natural kelp sources of iodine including *Bladderwrack* (*Fucus vesiculosus*) and Kelp Powder that deliver essential iodine to the body which must be present for proper thyroid function†
- Provides the essential trace mineral selenium is a component of selenoproteins which play a critical role in thyroid hormone metabolism and gland function.†
- Provides L-Tyrosine as the essential precursor to the production of thyroid hormone by attaching iodine to the tyrosine molecule to produce T4 and T3†
- Key synergistic nutrients including, L-Aspartic Acid, Thiamin, Riboflavin, Niacin, Ascorbic Acid, Magnesium, Manganese and Zinc. Specially formulated to work with the daytime formulas Quadra Cuts Extreme and Quadra Cuts Thyroid for your 24/7 solution to the most powerful fat burner supplement program. †

Your assurance of quality®

1641 S. Sinclair Street • Anaheim, California 92806 • 714.456.0700 • 714.456.0727 fax

www.maxmuscle.com



Product Data Sheet



Size: 60 Capsules
Serving Size: 2 Capsules
Servings Per Container: 30

Supplement Facts

Amount Per Serving		% Daily Value*
Thiamin (as thiamin HCl)	50 mg	3333%
Riboflavin	50 mg	2941%
Niacin (50% niacinamide, 50% niacin)	50 mg	250%
Iodine	450 mcg	300%
(from potassium iodide, bladderwrack and kelp)		
Magnesium (as aspartate)	135 mg	34%
Manganese (as citrate)	4 mg	200%
Ascorbic Acid	120 mg	200%
Zinc (as aspartate)	20 mg	133%
Selenium (as selenomethionine)	200 mcg	286%
L-Tyrosine (free form)	300 mg	†
L-Aspartic Acid (free form)	20 mg	†
Quadra Cuts Thyroid Support Blend:	406 mg	†
<small>Guggul (Commiphora mukul) extract (standardized to contain 98% Z and E Guggulsterones), Coleus forskohlii extract (standardized to contain 10% forskolin), Ashwagandha (Withania somnifera) extract (root) (standardized to contain 2.5% withanolides), Euthyria purpurea bark extract (12:1)</small>		

Other Ingredients: Magnesium stearate, gelatin.

Directions: As a dietary supplement, adults take two (2) capsules per day. For best utilization, take between meals.

ALLERGY INFORMATION: Manufactured in a facility that processes milk, soy and egg proteins, peanuts, other tree nuts and wheat.

STORE IN A COOL, DRY PLACE IN THE ORIGINAL CONTAINER AWAY FROM MOISTURE AND SUNLIGHT. ALWAYS KEEP TIGHTLY SEALED.

WARNING STATEMENT

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician before using this product if you have, or have a family history of, including but not limited to high blood pressure, cardiac arrhythmias, heart, liver, kidney, thyroid, or psychiatric disease, pheochromocytoma, diabetes, asthma, recurrent headaches, anemia, nervousness, anxiety, depression or other psychiatric condition, peptic ulcers, Parkinson's disease, glaucoma, difficulty in urinating, prostate enlargement, or seizure disorder, or if you are using a monoamine oxidase inhibitor (MAOI) or any other dietary supplement, prescription drug, or over-the-counter drug containing ephedrine, pseudoephedrine, or phenylpropanolamine (ingredients found in certain allergy, asthma, cough or cold, and weight control products). Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects, including heart attack and stroke. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience rapid heartbeat, dizziness, severe headache, shortness of breath, or other similar symptoms. Do not use during strenuous activity in high temperature conditions (greater than 80 degrees F). Do not use in conjunction with other products high in iodine as excessive iodine intake may be harmful. Drink at least 2 liters of water daily when using this product.

Does not contain: Yeast, corn, wheat, soy, gluten, milk, salt, sugar, starch, preservatives or artificial color.

TARGET MARKET

Primary: Adult men and women who are dieting to lose body fat and want to support proper thyroid function.

Secondary: Adult men and women who want to support metabolic rate and energy levels by promoting optimal thyroid function.

RECOMMENDED STACK

- Quadra Cuts Extreme
- Max Lean Protein
- Max Pro
- Max CLA
- Quadra Cuts Night Time
- Max EFA
- Max Carb & Fat Away

(cont'd from p.1)

and selenium. The major sources of iodine in this formula are Potassium Iodide, Bladderwrack (*Fucus vesiculosus*) and Kelp Powder (*Macrocystis pyrifera*). **Quadra Cuts Advanced Thyroid Support** provides 450 mcg (300% Daily Value) of the essential trace mineral iodine. The function of the thyroid gland is to take iodine (as iodide), and convert it into the thyroid hormones: triiodothyronine (T3, contains 3 iodide) and thyroxine (T4, contains 4 iodide). Selenium is a component of selenoproteins which play an essential role in thyroid hormone metabolism and gland function. Thyroid cells are the only cells in the body that take up iodine and then combine the iodine and the amino acid L-Tyrosine to make T3 and T4. L-Tyrosine is also included in the **Quadra Cuts Advanced Thyroid Support** formula for this very reason. The normal thyroid gland produces about 80% T4 and about 20% T3. T3 is about four times stronger than T4. †

Quadra Cuts Advanced Thyroid Support is specially formulated to work with Quadra Cuts Extreme and Quadra Cuts Night Time for your 24/7 solution to the most powerful thermogenic and fat burning program available in the marketplace. As with any weight loss product, this dietary supplement is most effective when used in conjunction with a reduced caloric diet, exercise and behavior modification program.

Key References

1. Jellin JM, Gregory PJ, Batz F, Hitchens K, et al. Pharmacist's Letter/Prescriber's Letter Natural Medicines Comprehensive Database. 5th ed. Stockton, CA:Therapeutic Research Faculty; 2003.
2. Murray RK, Granner DK, Mayes PA, Rodwell VW. Harper's Biochemistry. 25th ed. Stamford, CT:Appleton & Lange; 2000.
3. Shils ME, Olson JA, Shike M, Ross AC, Caballero B, Cousins RJ eds. Modern Nutrition in Health and Disease. 10ed. Baltimore, MD: Lippincott Williams & Wilkins; 2005.
4. Braverman LE, Utiger RD eds. The Thyroid: A Functional and Clinical Text. 7th ed. Baltimore, MD: Lippincott Williams & Wilkins; 1996.
5. Schomburg L, Kohrle J. On the importance of selenium and iodine metabolism for thyroid hormone biosynthesis and human health. Mol Nutr Food Res 2008 Aug 6.
6. Kohrle J. Selenium and the control of thyroid hormone metabolism. Thyroid 2005 Aug; 15(8):841-53.
7. Panda S, Kar A. Withania somnifera and Bauhinia purpurea in the regulation of circulating thyroid hormone concentrations in female mice. J Ethnopharmacol 1999;67(2):233-9.
8. Panda S, Kar A. Changes in thyroid hormone concentrations after administration of ashwagandha root extract to adult male mice. J Pharm Pharmacol 1998;50(9):1065-8.
9. Ealey PA, Kohn LD, Marshall NJ, Ekins RP. Forskolin stimulation of naphthylamidase in guinea pig thyroid sections detected with a cytochemical bioassay. Acta Endocrinol (Copenh) 1985;108(3):367-71.
10. Coleus forskohlii. Monograph. Altern Med Rev 2006;11(1):47-51.
11. Panda S, Kar A. Guggulu (Commiphora mukul) potentially ameliorates hypothyroidism in female mice. Phytother Res 2005;19(1) 78-80.
12. Panda S, Kar A. Guggulu (Commiphora mukul) induces triiodothyronine production:possible involvement of lipid peroxidation. Life Sci 1999;65(12):PL137-41.

To report a serious adverse event, contact:
Max Muscle Sports Nutrition
 1641 S. Sinclair St. Anaheim, CA 92806
www.maxmuscle.com



† 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.