

Healys Health Urban Muscle**LT-4 Fat Metabolizers****Acetyl L-carnitine 1,000mg****Choline Bitartrate 1,000mg****Methionine 1,000mg****Insitol 1,000mg****source of information :****Essential Guide to Amino Acids****By Dr.Barrie Finnin BPharm,PhC,PhD,FPS**

- **LT4 IS A COMBINATION OF THE TRIED AND TESTED AMINO ACIDS THAT ARE “FAT METABOLIZERS” AND HAVE BEEN USED EFFECTIVELY FOR OVER 20 YEARS NOW ALL ARE SCIENTIFICALLY TESTED “NON STIMULANT” natural amino acids that are ACTUALLY GOOD FOR THE BODY** , when you hear about the so called ‘DETOX’ of the LIVER these are the essential amino acids responsible for them. They have Health and Sporting applications that we will bullet point here .

Graham Healy Dip Fitness and Sports coaching former Olympic weightlifter Qld titles 1976 (coached by Nev Perry 2 times Olympian Rome & Mexico Games)

refer Graham’s history and background on www.healyshealth.com

- **Ingredients of LT4**
one Clinical Dose = 4 tabs
Acetyl L-carnitine 1,000mg
Choline Bitartrate 1,000mg
Methionine 1,000mg
Insitol 1,000mg

Note : 4 tabs is max clinical dose , Healy’s Health advises that you take 1-2 tabs daily as maintenance , liver cleanse, cholesterol control etc and bump the does up to 4 tabs when required in cycles .

for example you may be in a sport like Body-building and dropping body fat levels down to 4% so of course along with your low carb high protein diet you would be using maximum dosages first thing in the morning, before cardio, and last thing at night . But if you are not training for a competition , or some sport that requires low body-fat naturally (like Boxing) then you would just cut the dosage back to HEALTH MAINTENANCE MODE and Healy’s Health recommends this with all supplements .

Peak or maximum use in the build up BEFORE and DURING a SPORTING EVENT (Boxing, Bodybuilding, etc) then Taper the supplements down to HEALTH MAINTENANCE MODE again this is called PERIODIZATION .

See this link for my periodization timing of supplements :

<http://www.healyshealth.com/#!c1supplement-analysis/c1zke>

- **Acetyl L-carnitine**
 - *found in all living cells
 - ***Normal Metabolic Role** Carnitine transports fatty acids in the form of acyl CoA to be converted to ENERGY acyl CoA converts to Acetyl L-carnitine this transports through the cell cytoplasm to the mitochondrion (Energy factory of the muscle cell) and gets converted to ATP adenosine triphosphate which gives the body ENERGY .
 - ***Carnitine** through the above process can **INCREASE Oxidative utilization of GLUCOSE** in the liver/blood stream THEREFORE can act to **INCREASE MAXIMAL AEROBIC POWER** as another side-benefit.
 - note: Carnitine goes through one biochemical change and becomes L- carnitine. GH
 - ***Medical Uses:**
 - *Muscle weakness, hypoglycaemia(low blood sugar) and mental retardation
 - *used in treatment with anti-epileptic drugs
 - ***Angina:** both carnitine and L-carnitine
 - ***Myocardial Infraction:**
 - fatalities reduced in (Heart attack) L-carnitine settles down the 'persistence of arrhythmias' (irregular heart beat)
 - ***Hyperlipidaemia:**
 - Carnitine reduces **SERUM CHOLESTEROL** and **TRIGLYCERIDES**(blood fats) and **DECREASE** the **ratio of cholesterol to high density lipoprotein** (note at a dose of 3 grms daily)
 - ***Haemodialysis:**
 - Helps treatment of renal patients
 - ***Helps Connective tissue Disease**
 - ***Diabetes:**
 - Helps utilize glucose in the periphery (limbs arms ,legs)
 - ***Chronic Fatigue syndrome:**
 - significant improvement by using carnitine and plasma (blood plasma holds tissue together)
 - ***Alzheimer's Disease:**
 - significant benefit from to a sub-group of sufferers
 - *increases awareness in neurological handicaps in children
 - ***Weight Loss:**
 - influences the utilization of fatty acids and affect lipoproteins in **carrying FATS in the bloodstream ,influencing the use of fats as Energy fuel in the mitochondrion** (body cells engine that produces ATP)
 - ***Sports Uses:**
 - as above weight loss (fat Loss) and increased utilization of triglycerides as **ENERGY, LOWERS Cholesterol, INCREASES aerobic power.**
 - *Increased Fat metabolism
 - *helps maintain healthy CHOLESTEROL levels
 - *Supports Cardiovascular system

- *Assists removal of FATS from LIVER
- *Supports Exercise capacity and endurance and more

- **Choline Bitartrate:**

comes from Lecithin.

- ***Normal Metabolic role :**

Choline exists as phosphatidylcholine which is also called **Lecithin**.

this is part of a group called phospholipids and is part of the membrane that surrounds every cell in the human body.

As a lipotropic agent ,Choline is an important component of lipoproteins

THE PRIMARY CARRIERS IF LIPIDS (fats) IN THE BLOOD .

deficiency of Choline leads to a BUILD UP OF FATS IN THE LIVER.

Also Choline is a pre-cursor of the neurotransmitter acetyl choline THE MOST

COMMON NEUROTRANSMITTER IN THE NERVOUS-SYSTEM this enables nerves to communicate with muscle cells and other nerve cells.

Choline also increases Plasma levels of **CARNITINE**

- ***Medical Uses:**

- *Memory loss disorder

- *Alzheimer's disease

- ***Treats Liver cirrhosis**

- ***ATHEROSCLEROSIS (high cholesterol)**

- **Methionine:**

higher proportions of Methionine are found in meat.

- ***daily requirement about 2grms**

- *Methionine is a pre-cursor of cysteine (**Detoxifier of Liver**)

- *Methionine is the **pre-cursor and synthesis of creatine**

- ***Methionine is the starting chain for synthesis of proteins in humans**

(each protein chain starts with a Methionine unit)

- ***Methionine is a lipotropic agent (mobilises fat deposits in the liver)**

- ***Lowers blood Cholesterol levels**

- *increases force of heart contractions (Stronger heart pump)

Medical uses :

- ***used in the treatment of paracetamol poisoning to prevent liver damage**

- ***assists liver detoxification**

- ***shown to improve healing of duodenal ulcers (in small intestine)**

Weight control :

Methionine used in combination with Choline and Inositol as a lipotropic formulation (eg Lt4)

Uses in Sport :

- ***Elevates creatine levels = Energy**

- ***elevates blood glucose levels = Energy**

***Stimulation of Growth Hormone secretion = Faster recovery & repair.**

- **INOSITOL :**

Dietary source cereal and nuts

*Inositol is a sugar and the body is capable of synthesizing its own requirements

*can be synthesized from Glucose

*pre-cursor for the phospholipid phosphatidylinositol. **It can be broken down in the kidney, where it produces GLUCOSE for ENERGY .**

***Inositol acts as a pre-cursor involving serotonin receptors in the Central Nervous system CNS** (serotonin is a bio-chemical that influences Brain Nerve Cells and other nerve cells in other parts of the body's nervous system and is generally considered to be a neurotransmitter (transmits electrical charge from junction to junction in a nerve ending or snaps some consider it to be a hormone, the net result is that it can effect mood swings ,appetite, digestion, sleep, memory and sexual desire and function.)

***MEDICAL USES:**

*Used to treat diabetic neuropathy (nerve damage caused to legs and feet)

***Lowers plasma cholesterol Levels**

*can be used for mild constipation

*Inositol in doses of 12grm per day has been shown to successfully treat **DEPRESSION and PANIC DISORDERS** in doses of 18grms per days it has been shown to have beneficial effects in **OBSESSIVE-COMPULSIVE disorder**

***MOBILES FATS FROM LIVER in weight loss formulas (eg Lt4)**

- So as you can see **Healys Health Urban Muscle Lt-4** SCOPE IS FAR REACHING and more then simply a FAT METABOLIZER this product taken in Clinical Dosages as the Benefits listed above , so it is an UNDERSTATEMENT that we claim that this product is ACTUALLY clinically proven to be GOOD FOR YOUR HEALTH in all of the dimensions listed above , not just a FAT METOBOLIZING and TRANSPORT FORMULA but a formula that I personally will take for the rest of my life for the inherent HEALTH BENEFITS .

Yours Faithfully,

Graham Healy

Principle Healy's Health

Established 1985

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refer our analysis page

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