Your genes aren’t your destiny

By: Dr. Robert Wolfe

While many people assume how they age is determined strictly by genetics, your lifestyle has a direct impact on your genes, your health and how you age. That’s because we’re not born with a finite amount of muscle; our muscles are in a constant state of being broken down and reproduced. Likewise, all proteins in the body are continuously breaking down and new proteins being synthesized to shed damaged muscle fibers and produce new ones.

Approximately 20% of amino acids released through the process of protein breakdown are irreversibly oxidized and therefore not available for reincorporation into newly synthesized proteins. In order to maintain a constant lean body mass, these amino acids must be replaced, either by synthesis or via dietary protein or amino acid intake. The rate of synthesis must also exceed the rate of breakdown to gain muscle protein. However, this process requires nutrient intake or new amino acids to provide what’s needed to produce that protein.

THE MYOHEALTH DIFFERENCE

This muscle protein turnover is really the key to muscle metabolism, as normal nutrition is insufficient. MyoHealth™ provides the optimal formulation of essential amino acids and nutrients to stimulate the re-synthesis of muscle protein and replace worn out muscle fibers with fibers that function more effectively.

Unlike MyoHealth, most alternative meal replacement options and supplements have never been clinically proven to increase muscle strength and function.

Instead, these products serve primarily as an ineffective means of caloric support. As confirmation, a recent study showed that due to the anabolic resistance of aging, dietary protein is not as effective in older adults. That means no matter how much protein you eat, you will never achieve a balance between how much muscle protein is produced and how much is lost.

WHAT MAKES ESSENTIAL AMINO ACIDS (EAAS) BETTER THAN WHEY PROTEIN ISOLATE?

Whey protein, a milk protein that is a by-product of the production of cheese, is the most popular protein supplement. It is a high quality protein with an excellent content and profile of EAAs. Whey protein is not a single protein; it is composed of a variety of proteins and peptides (short chains of amino acids). In the form in which whey is separated during cheese production, it contains more carbohydrate than protein.

The carbohydrates are partly lactose, which creates issues for individuals who are lactose intolerant. Whey protein isolate is produced by further processing of natural whey protein and results in a product as much as 90% protein, with the rest mainly composed of carbohydrates. The addition of flavoring to whey protein isolate may add as much as 30% additional carbohydrates. As such, similar to all other protein supplements and protein food sources, whey protein is not pure protein.

Living Longer - Stronger

Whether you're an older adult looking to increase your mobility and enhance your quality of life or a weekend warrior chasing a new personal best, we'd all like to build leaner, stronger muscle. Unfortunately, we don't always have the time to eat properly or get the amount of exercise we should.

MORE ENERGY. MORE VITALITY. MORE STRENGTH. MORE MOBILITY.

To ensure every year is a great year, regardless of your age, TriVita has created an exciting new breakthrough in nutrition science—the MyoHealth™ line. Initially developed to stop, restore and prevent muscle loss in astronauts and bedridden seniors, MyoHealth contains a perfectly blended mix of all nine Essential Amino Acids (EAA), and these EAAs have been proven in human clinical trials led by Dr. Robert Wolfe to help support muscle strength and function by helping your individual muscle fibers work better. As the first—and only—EAA complex to receive a U.S. patent, MyoHealth represents a monumental breakthrough in nutrition science. Amino acids play a key role in the synthesis of new protein, and each of the nine amino acids found in MyoHealth is needed to jump-start the protein molecule process. That's important because EAA can't be produced in the body***. You can only get them through diet or supplements.***

There are 20 primary amino acids in your body's proteins, 9 of which are essential to your diet because your cells cannot manufacture them. These amino acids (histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, valine, and tryptophan) are known as Essential Amino Acids.

Over 20 years in the making, MyoHealth was developed based on findings from the National Aeronautics and Space Administration (NASA), research funded by the National Institutes of Health (NIH) and 23 human clinical trials. The research was led by Dr. Robert Wolfe, a leading authority on amino acids, a renowned expert in the fields of nutrition and muscle metabolism and a record-setting amateur athlete.

Is MyoHealth right for you? Consider these simple facts:

• At around age 50, muscle mass loss averages 1-2 percent per year1

• Left untreated, aging seniors suffer sarcopenia, fractures and broken bones. In fact, about one third of the elder population over the age of 65 falls each year, in part because they lack the muscle mass strength, range of motion and balance to support themselves, and the risk of falls increases proportionately with age. By age 80, over half of seniors fall annually.

Women are at particular risk for serious muscle loss as they age because:

• Women have less muscle mass than men

• Women are more weight conscious and eat less protein

• Women have less time for exercise/self-care and do less resistance training

Faced with these figures, it's little wonder most people accept diminished physical ability as an inevitable part of the aging process. And that's what makes MyoHealth a true game changer for older and younger adults alike.

Compared to a similar dose of whey protein isolate, clinical trials led by Dr. Robert Wolfe have shown that MyoHealth delivers:

• 3x greater anabolic response

• 3x greater net gain of muscle protein

• Faster absorption and a faster acting formula • Boosts in strength and muscle quality

What’s the difference between Branched Chain Amino Acids and Essential Amino Acids? And why are EAAs better?

Branched Chain Amino Acids (BCAAs) are a group of three Essential Amino Acids (EAAs): leucine, isoleucine and valine. So all BCAAs are EAAs, but not all EAAs are BCAAs. Leucine, isoleucine and valine are called "branched chain" because they’re the only amino acids to have a chain that branches to the side. While BCAAs are vital for energy production and muscle metabolism, BCAAs alone do not stimulate muscle protein synthesis. In fact, the few studies measuring the response to BCAAs have shown a decreased rate of muscle protein synthesis. This makes using only BCAAs somewhat like fielding a baseball team with only three players, leaving you little chance of winning the game..

Hello, my name is Bobby Brown and I have been using MyoHealth since May of 2017. I am 64 years old and have seen my strength and endurance increase by 40% while using MyoHealth. This product is truly amazing and it keeps you energized throughout the day. I encourage you to give the **MyoHealth Challenge** a Try!

If You Have Any Questions regarding The 30 Day MyoHealth Challenge Please Give Me A Call: 719-596-7008 or e-mail: bobbybrown1@q.com

If You Are Ready To Get Started: Click Here

Watch My MyoHealth Personal Story Video: Click Here

LIVING LIFE MYOHEALTH STRONG!