

MuscleTech MyoBuild – Formula Comparison

	MyoBuild	Competitor #1	Competitor #2	Competitor #3	What You Should Know
Ingredient Amounts Full Disclosed	YES	NO	NO	NO	<ul style="list-style-type: none"> Unlike the competitors who do not disclose the ingredient amounts in their formulas, MyoBuild™ is different. The doses of its clinically validated and scientifically tested ingredients are fully disclosed so you know exactly what you are getting.
L-Carnitine	YES (2000mg)	NO	NO	NO	<ul style="list-style-type: none"> MyoBuild is formulated with a 2000mg dose of L-carnitine, a powerful ingredient that has been shown in multiple human clinical studies to aid the recovery process through the improvement of muscle tissue repair and reduction of muscle tissue damage.^{1,2,3} L-carnitine was also shown to significantly increase testosterone (androgen) receptor concentration after only 21 days of a study on human test subjects. Researchers in this study theorized that this led to greater cellular uptake of testosterone.⁴ Beware of products that mislead you into thinking you are getting the scientifically supported dose of 2000mg of L-carnitine when in fact what you are getting is 2000mg of L-carnitine L-tartrate. The truth is 2000mg of L-carnitine L-tartrate only delivers 1340mg of L-carnitine.
Betaine	YES (2500mg)	NO	NO	NO	<ul style="list-style-type: none"> In a double-blind, placebo-controlled study on 24 individuals, subjects supplementing with 2500mg of betaine for 14 days significantly improved muscle endurance in the squat exercise compared to subjects using a placebo. Subjects improved the quality of their workouts by significantly increasing the number of repetitions performed at 90% of their maximal mean and peak power outputs.⁵
Withania Somnifera	YES (250mg)	NO	NO	NO	<ul style="list-style-type: none"> Myobuild contains a 250mg dose of <i>Withania Somnifera</i>, a premium and potent ingredient scientifically shown to significantly lower serum cortisol levels.⁶ High levels of cortisol can hinder muscle development and decrease muscle tissue.
Creatine Hydrochloride	YES (3000mg)	NO	NO	NO	<ul style="list-style-type: none"> Myobuild supplies 3000mg of creatine hydrochloride (HCl), a unique and potent form of creatine. Sports nutrition researchers agree that 3000mg of creatine is the minimum amount a supplement needs to deliver daily to enhance muscle growth. Be wary of any supplement company that claims to deliver results with less – their claims simply aren't backed by science.
Glutamine & BCAAs	YES (5300mg)	YES	YES (2000mg of Glutamine AKG)	YES (Amount of BCAAs not disclosed)	<ul style="list-style-type: none"> In a double-blind, placebo-controlled, crossover study on 8 participants, subjects following a high intensity total body resistance training program and supplementing with the 5300mg combination of branched chain amino acids

					<p>and glutamine contained MyoBuild for 4 weeks improved their anabolic hormonal profile as measured by increases in serum testosterone and decrease in serum cortisol.⁷</p> <ul style="list-style-type: none"> • In addition, the treatment group reduced training induced increases in muscle tissue damage, as measured by lower total Creatine Kinase levels.⁷ • Other companies randomly dose their formulas with glutamine and BCAA amounts not supported by research. MyoBuild uses an exact dose studied in human research.
Rhodiola	YES (100mg)	NO	NO	NO	<ul style="list-style-type: none"> • In a double-blind, randomized and placebo controlled study on 20 subjects, individuals using rhodiola during a stressful period significantly improved physical and mental fitness compared to subjects using a placebo in only 20 days.⁸
Number of Studies Funded	100⁺	UNKNOWN	UNKNOWN	UNKNOWN	<ul style="list-style-type: none"> • Team MuscleTech® has funded over 100 clinical studies with universities and accredited research institutes around the world.

References:

1 Kraemer et al., 2003. The effects of L-carnitine L-tartrate supplementation on hormonal responses to resistance exercise and recovery. *J Strength Cond Res.* 17(3):455-462.

2 Volek et al., 2002. L-carnitine L-tartrate supplementation favourably affects markers of recovery from exercise stress. *Am J Physiol Endocrinol Metab.* 282:E474-E482.

3 Ho et al., 2010. L-carnitine L-tartrate supplementation favourably affects biochemical markers of recovery from physical exertion in middle-aged men and women. *Metabolism.* 59:1190-1199.

4 Kraemer et al., 2006. Androgenic response to resistance exercise: effects of feeding and L-carnitine. *Med Sci Sport Exer.* 38(7):1288-1296.

5 Hoffman et al., 2009. Effect of betaine supplementation on power performance and fatigue. *J Int Soc Sports Nut.* 6:7.

6 Auddy et al., 2008. A standardized Withania Somnifera extract significantly reduces stress-related parameters in chronically stressed humans: A double-blind, randomized, placebo-controlled study. *J Am Nutr Assoc.* 11(1):50-56.

7 Sharp et al., 2010. Amino acid supplements and recovery from high-intensity resistance training. *J Strength Cond Res.* 24(4):1125-1130.

8 Spasov et al., 2000. A double-blind, placebo-controlled pilot study of the stimulating and adaptogenic effect of Rhodiola rosea SHR-5 extract on the fatigue of students caused by stress during an examination period with repeated low-dose regimen. *Phytomedicine.* 7(2):85-89.