

# ECLIPSE SPORT SUPPLEMENTS

The Intelligent Choice in Sport Nutrition™

## Clomitrol™

### Testosterone Regulation & Support

**P**rohormones?? Sublingual, nasal spray, sterile topical delivery, where will it all end? Well what about non-steroidal anabolic compounds? Do they truly exist? Instead of only devoting extensive time and research on Prohormones how about performing some research on what are commonly referred to as natural Hormonagogues. Hormonagogues are compounds that stimulate or increase the natural production of a hormone. These compounds can range from amines, herbs, and even more recently chelated minerals. Bodybuilders need to know what compounds can be used in place of all the different Prohormone combinations. These compounds can also be used to counteract any negative effects of Prohormone use or abuse. The two major concerns of ingesting any steroidal compound are the cessation of natural hormone production and the build up of estrogen. When the body perceives that there is an adequate amount of hormone it shuts down production of that hormone. The key to regenerating testosterone production is to stimulate Luteinizing hormone (LH). LH is responsible for the natural production of testosterone from the testes. Whether it's natural or synthetic testosterone production, a portion will convert to estrogen, which can lead to gynecomastia and increased fat and water storage. Natural flavones have the ability to act as anti-aromatases and prevent this conversion. Certain flavones perform this action by inhibiting the enzyme responsible for the conversion. The key to breaking plateaus or preserving gains from prohormones is to jump-start the natural production of LH and decrease estrogen conversion.



The method of the present dietary supplement, Clomitrol™, is to regenerate production of naturally produced anabolic hormone and regulate estrogen conversion for the purpose of enhancing or preserving strength and fat free mass. The overall aim of this formula is to provide a safe and effective supplement that may promote anabolic hormone secretion in order to enhance muscle recovery and growth from weight training.

The first ingredient is actually a proprietary blend referred to as CMZ™, which consists of Copper, Magnesium, Zinc and B-6. Chelated copper and not ionic copper has been shown to stimulate LH in several studies. Studies with copper bound to ATP, tartrate, and amino acids were successful in significantly increasing Luteinizing hormone releasing hormone (LHRH).<sup>1</sup> The mechanism for copper's action is thought to take place at the hypothalamic granules. Researchers propose that an oxidative reaction occurs at the granule causing membrane permeability and production of LHRH.

Other minerals such as zinc and magnesium have also been shown to increase testosterone production when given to athletes. It appears that adequate zinc stores are needed for healthy males to maintain optimal testosterone production.<sup>2</sup> Athletes with strenuous training practices tend to have low to moderate zinc status due to training stress, perspiration, and diet. A recent study with football players indicated that a zinc-magnesium supplement might increase muscular strength and functional power.<sup>3</sup> CMZ™ is a unique combination of minerals designed to stimulate LH and provide the crucial elements required for optimal testosterone production.

Avena Sativa is the Latin name for oat straw. This wild oat derivative has been shown to increase luteinizing hormone and testosterone.<sup>4</sup> It is also thought to have the unique ability to promote unbound or free testosterone. Unbound testosterone is the portion of testosterone that exerts the anabolic and androgenic effects. Bound testosterone is comprised of sex hormone binding globulin (SHBG)

and albumin. This constitutes the majority of circulating testosterone. Increasing LH and total testosterone coupled with increasing the portion of free or active testosterone should result in dramatic effects.

Tribulus Terrestris is an herbal derivative that contains saponins that may have the ability to promote luteinizing hormone and testosterone.<sup>5</sup> Whenever the body produces endogenous testosterone (or testosterone from prohormone conversion) a portion of that testosterone is unbound and bound. The avena sativa works synergistically with Tribulus to increase the amount of unbound or free testosterone resulting in an enhanced form of anabolic hormone.

5-Methyl 7-Methoxy Isoflavone is considered to be a non-estrogenic anabolic isoflavone. According to several early patents on animal feed these types of isoflavones can increase calcium, magnesium, potassium, and nitrogen retention.<sup>6</sup> This increased retention of minerals and nitrogen may lead to enhanced fat free mass gain in weight training individuals.

Diindolylmethane (DIM) is the active constituent or metabolite of Indole-3-carbinol.<sup>7</sup> Indole-3-carbinol is a natural

compound found in cruciferous vegetables. The only problem with Indole-3-Carbinol is the oral bioavailability. In other words, most of the compound is destroyed in the gut. DIM has been shown to regulate estrogen conversion by several different mechanisms without any problems of bioavailability. One pathway is the ability to inhibit the aromatization or conversion of testosterone to estrogen. DIM is thought to inhibit the enzyme responsible for this conversion.<sup>8</sup> This process is beneficial in preventing any negative side effects associated with elevated estrogen levels.

In conclusion, Clomitrol™ has been designed to stimulate luteinizing hormone, provide the body with the necessary amount of minerals for optimal testosterone production, promote unbound or free testosterone, and regulate the conversion of testosterone to estrogen. The notion of a natural and safe anabolic compound that may promote strength and fat free mass can help to elevate some of the ethical dilemmas surrounding Prohormone use in drug tested sports.

## REFERENCES

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3. Brilla, L.R., Conte, V. 1999. "Effects of Zinc-Magnesium Supplementation on Muscle Attributes of Football Players" Abstract: 10088; American College of Sports Medicine.
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## CLOMITROL™ TESTOSTERONE REGULATION & SUPPORT

- ◆ First supplement to add a specific form of Copper to the testosterone regulating mineral complex.
- ◆ Strategic combination of Tribulus Terrestris and Avena Sativa for optimal Luteinizing Hormone (LH) and Free or active Testosterone promotion.
- ◆ Contains the newest Isoflavone 5-Methyl 7-Methoxy Isoflavone for increased nitrogen and mineral retention.
- ◆ Contains Diindolylmethane (DIM) for estrogen regulation.
- ◆ Most comprehensive (non-prohormone) testosterone support and regulating formula.

| Supplement Facts                                    |              |      |
|---|--------------|------|
| Serving Size 3 Capsules                             |              |      |
| Servings Per Container 30                           |              |      |
| Amount Per Serving                                  | %Daily Value |      |
| CMZ™ (Proprietary blend):                           |              |      |
| Magnesium aspartate                                 | 200 mg       | 50%  |
| Zinc aspartate                                      | 15 mg        | 100% |
| Vitamin B-6 (pyridoxine)                            | 5 mg         | 250% |
| Copper tartrate                                     | 1 mg         | 50%  |
| Tribulus terrestris (40% saponin extract) 1000 mg * |              |      |
| Avena Sativa (10:1 wild oat extract) 150 mg *       |              |      |
| 5-Methyl 7-methoxyisoflavone 150 mg *               |              |      |
| Diindolylmethane (DIM) 150 mg *                     |              |      |
| * Daily value not established                       |              |      |

**Other Ingredients:** Dicalcium Phosphate, Magnesium Stearate.

**Suggested Use:** As a dietary supplement, use 3 capsules an hour before your workout and for greater results, take 3 capsules after your workout. After 1 month of use take 2-4 weeks off then repeat the cycle.

**Warning:** Always consult your physician before taking any dietary supplement. No health claims intended. Keep this and all medication out of the reach of children. In case of accidental overdose seek professional assistance or contact a poison control center im