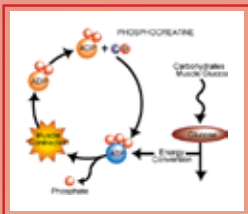


**Cell Drive utilizes a 4-phase, unified design**



**Phase 1** Drives power producing creatine into the depleted muscle cells and buffer the acidic build-up that naturally comes from intense exercise.

**Phase 2** Increase blood flow to the muscles to remove metabolic wastes and replenish vital nutrients.

**Phase 3** Get the body back into an anabolic state as fast as possible for accelerated growth, strength and recovery.

**Phase 4** Quickly replenish energy by reloading muscle glycogen.

**POWER OF CELL DRIVE**

**Cell Drive** is scientifically engineered to be the ultimate recovery toolkit. It is a comprehensive post-workout formula that promotes recovery through multiple metabolic pathways. It provides everything your body needs to allow the adaptive process to happen quickly and efficiently, accelerating muscle growth. **Cell Drive** jump starts the body into an anabolic state by boosting blood flow to the muscles, providing vital amino acids and minerals, replenishing glycogen, enhancing hydration, buffering acidic build-up, protecting against oxidative cellular damage and providing key nutrients to build muscle energy producing molecules.

All of these critical components have been carefully researched and stacked into a synergistic, unified formula so the cells can do their anabolic work in overdrive. In other words, the harder you train, the greater **Cell Drive** can help you to do it again at peak levels, resulting in accelerated gains from your hard work! **Cell Drive** stands out as another unique **John Scott's Nitro** formula that you can really feel the difference from. Try it and feel the difference for yourself. Train harder, recover quicker and grow faster!

*"I noticed I am significantly stronger when I sip on Cell Drive during my workouts" – John Scott.*



**RICK HAGEDORN**  
Speedburners, Orange County CA

*"Any athlete who trains hard should be using Cell Drive. Cell Drive is the absolute best product available that allows the elite athlete to train at a very intense level, but also to recover quickly and duplicate that intensity in a short period of time. At Speedburners, we pride ourselves on the intensity of our workouts and Cell Drive helps us push our athletes. Thanks for an awesome product John!"*



**CELL DRIVE**

**Advanced Power & Recovery Accelerator**

**Supplement Facts**

Serving Size: 1 scoop (48g)  
Servings per container: 1, 30

	Amount / Serving	%DV
Calories	149	
Total Fat	0g	0%
Total Carbohydrate	37g	12%
Dietary Fiber	0g	0%
Sugars	32g	*
Sodium	10mg	<1%
Potassium (phosphate)	35mg	1%
Protein	0g	0%
Vitamin A	0	0%
Vitamin C (ascorbic acid)	426mg	710%
Calcium (citrate)	1mg	<1%
Iron	0mg	0%
Phosphorus	124mg	12%
Magnesium (aspartate, alpha-ketoglutarate)	39mg	2%
Chromium Picolinate	100mcg	10%
<b>Highly Soluble &amp; pH balanced Creatine</b>	3,500mg	*
† Creatine DP™ (Creatine DiPropanoate)		
<b>Hemo-Pump Drivers</b>	2,225mg	*
L-Arginine Alpha-Ketoglutarate	1000mg	*
Taurine	1000mg	*
Alpha Lipoic Acid	220mg	*
Vanadyl Sulfate	5mg	*
<b>BCAA Complex</b>	1000mg	*
Leucine	500mg	*
Iso-Leucine	250mg	*
Valine	250mg	*
<b>Recovery Accelerators</b>	3,025mg	*
L- Glutamine	3000mg	*
Rhodiola Rosea Root Extract	25mg	
<b>Nitrosorb™</b>	22,000mg	*
Glucose-Fructose, Maltodextrin		

\* Daily Value Not Established  
† Creatine DP is a trademark of Metaugus, Inc.

**Suggested Use:** Mix one level scoop with 12-16 oz. of cold water immediately after exercise or take one serving upon waking on non-workout days. Consult your physician before starting any exercise program.

**Stacking Option:** Take **Cell Drive** post exercise and **GH** before bed for greater power & recovery.

*\* These statements have not been evaluated by the FDA. The product is not intended to treat, cure or prevent disease.*

©2006 John Scott's Nitro, Tempe, AZ. All rights reserved.  
**877-JSNitro (877-576-4876)**

To learn more about nutrition, supplements and John Scott's Nitro products visit us at [www.JSNitro.com](http://www.JSNitro.com)



**Advanced Power & Recovery Accelerator**

- Potent Anabolic Stimulator**
- Boost Cellular Nitric Oxide**
- Ultra Fast Recovery**
- Improve Power & Endurance**
- Cell Volumizer**





by **John Scott, CISSN, CNS, SPN**  
Developer of John Scott's Nitro

*"I understand what an athlete needs because I am one."*

**Cell Drive™** is a refreshing and extremely potent post-workout drink that contains everything your body needs to generate superior levels of muscle growth, increased strength and unbelievably fast recovery. This formula's unique, unified design works by "driving" vital nutrients into your cells at an accelerated rate via our innovative 4-phase system and protects against exercise-induced oxidative damage. It also rapidly replenishes power-producing muscle energy substrates, blood sugar and muscle glycogen stores, helping to bring you right back to full power and intensity. This powerful anabolic stimulator can be used post-workout, in-between rounds, at half-time, during tournaments or anytime you need to be at your best. Used consistently, Cell Drive can greatly improve recovery time, reduce soreness, increase strength, improve endurance and provide greater muscle pump and fullness. It contains a synergistic stack that triggers recovery and growth from every metabolic angle.

## THE SCIENCE OF ADAPTATION

The key to gaining muscle and improving athletic performance is optimizing the body's adaptive process. In other words, you are trying to get the body to change so that it progressively can handle a greater workload. These changes happen in small increments and therefore this process must be repeated consistently for significant results to occur. Anyone can train hard

once, but to train hard consistently isn't easy. I designed **Cell Drive** to give you the advantage of training harder, repeatedly. This formula has been battle-tested by athletes of all kinds with spectacular results. I know I won't train without it.

Adaptation occurs as the result of three interdependent essential concepts (stimulus, nutrition, recovery), working together like a chain reaction. If any of these are diminished, it becomes the weak link in the chain and the entire process suffers.

### The Essential Concepts of Adaptation

**Stimulus:** Your body works to "adapt" to stress by making your body stronger. To trigger the adaptive process you must continuously strive to train in a way that your body isn't used to, so that it reacts by becoming stronger. Everyone has experienced this because you get incredibly sore during those first days back to training after a layoff. Gradually, this soreness subsides and you are able to lift more weight, do more reps, run longer, etc. as your body adapts. Therefore, to cause more adaptation, you need to increase the stimulus such as more weight, more reps, longer training and so on. This adaptation is actually a series of biochemical reactions that improve hormonal response, enhance fitness levels and trigger muscle hypertrophy (growth).

**Nutrition:** Proper nutrition is required once the adaptation process is triggered to allow it to continue. The body requires a consistent intake of

nutrients to catalyze those reactions, replenish the nutrients used and repair the damage done, fueling the muscle augmentation process.

**Recovery:** You must give the body sufficient time to allow repair and growth to occur (anabolism), after you stimulate and feed the adaptive process. This is the key to accelerating your gains! The use of well-developed supplements can vastly shorten the required rest time. This means that you can train harder and sooner for faster gains. The trick is in knowing what supplemental tools to stack for maximum recovery.

**Cell Drive** enhances and amplifies the benefit of all three pieces of the adaptive process. It helps increase your strength to train harder, it provides vital nutrients needed to refeed the muscles and shortens the recovery time so you can train again sooner. This means better gains in less time!

## THE FORMULA

### Phase 1 - Highly Soluble & pH Balanced Creatine

**Creatine** is undeniably one of the most effective supplements in use today for size and strength gains. Creatine has also been shown to increase protein synthesis and can help increase intracellular water in muscle cells. This process is called cell volumization. When you increase cell volume, it increases protein synthesis, which produces an increase in lean mass, giving you a fuller, harder look.

**Cell Drive** contains the all new **Creatine DPT™**, a breakthrough innovation in creatine delivery technology. It provides you with the clinically proven power of creatine but with 400% net greater absorption over simple creatine monohydrate. This is due to its vastly increased solubility (1200% better) and buffered cutting-edge delivery system. This means **Creatine DPT™** is incredibly more effective in getting energy producing creatine into your muscles versus creatine ethyl ester or buffered creatine. It neutralizes the natural acidity of creatine, increases its solubility and virtually eliminates gastric upset and bloating. (See Creatine DP tech sheet for more information.)

### Phase 2: Hemo-Pump Drivers:

**L-Arginine Alpha-Ketoglutarate** has been shown to help directly boost Nitric Oxide (NO<sub>2</sub>) levels in the body. NO<sub>2</sub> is the key molecule used by your body to transport oxygen, increase blood flow and deliver nutrients to skeletal muscle. This process is called "hemodilation." When hemodilation is accelerated, it is believed muscle growth is accelerated. It also helps produce incredible muscle fullness and hardness. The increased blood flow to the muscles (the pump feeling), provides much-needed nutrients and oxygen and helps remove metabolic waste. It also is shown to stimulate GH release, boost protein synthesis and aid in removing excess ammonia.

**Taurine** is the second most abundant amino acid in muscle and enhances muscle pump by helping to expand your cells to hold more water, increasing cell volume. It also has been shown to stimulate growth hormone and helps increase exercise output.

**Alpha Lipoic Acid** a powerful antioxidant and insulin potentiator that helps drive carbohydrates, amino acids (protein) and creatine into muscle cells. It also helps protect against excess NO<sub>2</sub> conversion into harmful peroxynitrites.

**Vanadyl Sulfate** is an insulin mimicker helping to drive nutrients into the cells at an accelerated rate and helps improve muscle hardness and vascularity. It is also important for oxidizing fats for energy and hormone metabolism.

### Phase 3: BCAA Complex & Recovery Accelerators

**BCAA Complex** Rapidly returns the body to an anabolic state by providing fast nitrogen replenishment directly to your muscles. Intense exercise stimulates

unwanted cortisol production, which results in increased muscle breakdown. Amino acid consumption post-workout has been shown to halt catabolism, reverse cortisol and quickly return the body to an anabolic state. BCAA's (leucine, isoleucine, valine) are of special importance for athletes because they are directly metabolized in the muscle, rather than in the liver, meaning they are available to muscle much faster than whole proteins. Amino acids also help stimulate insulin, growth hormone, and IGF-I. Studies show they may enhance testosterone production, too. Research also shows that a mixture of aminos plus fast-digesting carbs taken immediately post exercise results in a greater stimulation of protein synthesis.

**Glutamine** High levels of glutamine in the body have resulted in increased muscle fullness and improved strength. It helps increase natural growth hormone production, lower cortisol, reduce post-workout soreness and prevent overtraining syndrome. Overtraining can result when increasing volumes and intensity of training become out of balance with recovery time. This depletes your immune system, which in turn drains muscle glutamine stores because glutamine is used as a primary fuel source for the immune system. Keeping muscle glutamine levels high helps the body maintain an anabolic state.

**Rhodiola rosea** is a potent herbal adaptogen that has been shown in studies to shorten recovery time, improve immune response, increase attention span, memory, strength, intensify focus and boost ATP. Rhodiola rosea extract increases the level of active enzymes and proteins important to muscle recovery after exhaustive exercise. It boosts anabolism by stimulating glycogen synthesis in muscles and liver as well as muscle protein synthesis. It also helps prevent energy crash from stimulant use during exercise by stimulating the release of endorphins in the brain. The increased endorphin level helps you feel relaxed, less jittery and happier after a grueling training session.

**Electrolytes** (sodium & potassium phosphates) are significantly lost when sweating and are essential to re-hydrating as well as optimizing cell volume and pump.

**Vitamin C** is a key antioxidant and immune booster. It is essential for collagen synthesis (the main structural protein used to repair and build muscle). Research has also shown that taking vitamin C post-workout reduces post-workout soreness and cortisol levels. Cortisol is a catabolic (muscle destroying) hormone that is released during and after intense exercise.

**Phosphorus** is needed for efficient ATP regeneration and helps stimulate Growth Hormone release.

**Magnesium** is critical to maintaining both structural (bone) and biochemical (muscle contraction, nerve transmission) balance within the body. It is also responsible for 80% of all enzymatic reactions in the body, regulating virtually every body activity.

**Chromium Picolinate** has been shown to help stabilize blood sugar and reduce body fat stores.

### Phase 4: Nitrosorb™

This proprietary blend helps maximize muscle glycogen levels to replenish energy levels and speed recovery. Glycogen is the primary source of energy for the body that comes from carbohydrate breakdown. Exercise drains the body's supply of it. This depletion can cause muscle loss because the body can convert muscle into energy if needed. Reversing this catabolic state quickly is critical for fast recovery and muscle growth. Nitrosorb does this by providing a specific combination of fast absorbing carbohydrates to potentiate insulin release and power the anabolic drive. Insulin is one of the most anabolic hormones in the body and studies have shown it drives the growth process by shuttling nutrients such as carbohydrates, amino acids (protein) and creatine into muscle cells. When stacked with the other recovery accelerators it helps the muscle cells become "hyper-permeable." This allows them to absorb more nutrients, enhancing cellular repair and boosting hydration for ultra fast recovery.

