



# Technical Fact Sheet

Product:

**PARADIGM**



Packaging: 45 gm powder/pkt - 30 pkts er box  
37 gm/tube . . . 12 tubes per box

Ingredients: Creatine Monohydrate, Ornithine- $\alpha$ -KetoGlutarate (OKG), Dimethyl Glycine (DMG)

Directions for Use: Administer one (1) packet/tube the day before work, race or event. Give an additional two (2) packets/tubes the day of the work, race or event.

Features: **PARADIGM** is a power packed supplement that aids endurance and energy metabolism in performance animals. **PARADIGM** also aids performance by helping to reduce the buildup of metabolic ammonia thus minimizing glutamine loss. Creatine has been used for many years by high performance athletes to help enhance the abilities of the muscle group to perform work with greater intensity by replenishing the ATP lost during anaerobic exercise. The more creatine in the muscle cells translates directly to enhanced performance. Chemically, OKG is a salt formed of two molecules of ornithine and one molecule of  $\alpha$ -ketoglutarate. Studies have shown OKG to cause an increase in growth hormone and plasma concentrations of several key amino acids including arginine, proline, isoleucine, leucine, tyrosine as well as ornithine and glutamine. Of particular interest is the fact that during periods of high stress related to intense training or racing, OKG helps to increase the total glutamine levels in the muscle cells through the decreased muscle protein breakdown and/or increased synthesis, thus yielding an anabolic-like effect. N, N-dimethylglycine (DMG) also known as pangamic acid, "Vitamin B-15" and sopangamine, was first isolated from apricot kernels in 1951 by Drs. Ernest Krebs, Sr. and Jr. Since then it has undergone a number of scientific examinations. The bottom line at this point appears to be that by acting as a methyl donor, DMG tends to improve endurance and overall athletic performance, and utilize oxygen more efficiently, thus decreasing the recovery times post exercise due to reduced levels of lactic acid.



P.O. Box 164 • St. Matthews, SC 29135  
(803) 874-4858 • Fax: (803) 655-7791  
www.equifab.com • Email: sales-equifab@sc.rr.com