**Cell Drive**

**Advanced Power & Recovery Accelerator**

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 scoop (48g)</th>
<th>Servings per container: 1, 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount / Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>149</td>
</tr>
<tr>
<td>Total Fat</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Potassium (phosphate)</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Vitamin A</td>
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<tr>
<td>Vitamin C (ascorbic acid)</td>
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<td>Calcium (citrate)</td>
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<td>Iron</td>
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<tr>
<td>Phosphorus</td>
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<tr>
<td>Magnesium (aspartate, alpha-ketoglutarate)</td>
<td>39mg</td>
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<tr>
<td>Chromium Picolinate</td>
<td>100mcg</td>
</tr>
<tr>
<td>Highly Soluble &amp; pH balanced Creatine</td>
<td>3,500mg</td>
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* *Creatine DP™ (Creatine DiPropanoate)"

**Hemo-Pump Drivers**

- L-Arginine Alpha-Ketoglutarate | 1000mg | *
- Taurine | 1000mg | *
- Alpha Lipoic Acid | 220mg | *
- Vanadyl Sulfate | 5mg | *

**BCAA Complex**

- Leucine | 500mg | *
- Iso-Leucine | 250mg | *
- Valine | 250mg | *

**Recovery Accelerators**

- L-Glutamine | 3000mg | *
- Rhodiola Rosea Root Extract | 25mg | *

**Nitrosorb™**

- Glucose-Fructose, Maltodextrin | 22,000mg | *

*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.

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**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!

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“I noticed I am significantly stronger when I sip on Cell Drive during my workouts” – John Scott.
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 stock for maximum recovery.

Cell Drive enhances and amplifies the benefit of all three pieces of the adaptive process. It helps increase your strength to trainer harder, it provides vital nutrients needed to refuel the body and shorten 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 DP™, 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 DP™ 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 (NO2) levels in the body. NO2 is the key molecule used by your body to transport oxygen, increase blood flow and deliver nutrients to the 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.

**Phase 3: Recovery Accelerators**

**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 nitrogen 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 the 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 energy span, memory, strength, intensity 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 increases 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 shutting 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.