

# Delta XT by MAN Sports: An “Epic” Form of ZMA and More!

written by Mike Roberto | August 17, 2015



Delta XT is the long-awaited muscle-building and recovery boosting supplement from MAN Sports.

Ask any guy who works out hard how they are feeling. Too many will say that they're tired, achy, and sore. It's a simple fact of working out and putting your body through the daily grind of weight lifting.

However, what if there was a product to improve your rest, recovery, and muscle-building powers? **Delta XT** is the highly anticipated supplement from **MAN Sports** that looks to be the fulfill these needs, plus a whole lot more!

## Delta XT is here

With Delta XT, MAN has combined a few of the hot things lately, including *epicatechin* and sleep support (from *ZMA*). On top of that, they've added compounds to keep your estrogen in check and testosterone naturally higher.

We'll get to the ingredients in a second, but first make sure to check the best deal and sign up for PricePLOW alerts:

# MAN Sports Delta XT – Deals and Price Drop Alerts

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## Delta XT Ingredients

Delta XT is much more than a straight Epicatechin supplement. MAN created a product that can improve testosterone levels, resist estrogen proliferation, and speed fat loss. All the ingredients are transparently dosed, beginning with:

- **Fenugreek Seed Extract (500mg)**

<b>Supplement Facts Delta XT</b>		
<b>Serving Size: 3 Capsules • Servings Per Container: 28</b>		
	Amount Per Serving:	%DV
Vitamin B6 (as Pyridoxine HCl)	10.5 mg	525%
Magnesium (as Aspartate)	450 mg	113%
Zinc (as Monomethionine and Aspartate)	30 mg	200%
Fenugreek Seed Extract (std.min. 50% Saponins)	500 mg	*
Maca (Lepidium Meyenii) (Root)	500 mg	*
Diindolylmethane (DIM)	250 mg	*
Epicatechin	100 mg	*

\* % Daily Value (%DV) has not been established.

**Other Ingredients:** Rice Flour, Gelatin (Capsule, Citric Acid, Magnesium Stearate.)

Delta XT is much more than an epicatechin supplement incorporating a number of testosterone boosting and estrogen limiting ingredients.

Delta XT's Fenugreek extract is standardized for 50% saponins, which is the same standardization concentration as the most popular Fenugreek extract, Testofen. Research is conflicting on this amount, as only one of three human trials showed a considerable boost in testosterone when supplementing this amount. [1,2,3]

However, that doesn't mean Fenugreek isn't a great ingredient. Among the trial that did show Fenugreek to boost testosterone, the subjects also saw a **significant decrease in body fat**.

Fenugreek seems to work as an alpha-5 reductase inhibitor, which reduces the conversion of your testosterone to dihydrotestosterone levels (DHT) when dosed at 500mg.[3] For those of you unfamiliar with DHT, it's the hormone that is most often associated with hair loss. The prevailing theory is that Fenugreek may moderately boost testosterone simply by not *losing* any to DHT – a double-pronged victory here.

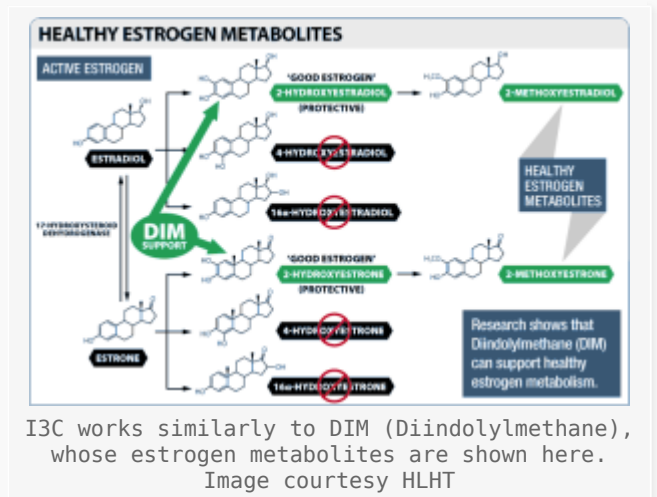
- **Maca Root (500mg)**

Maca is a member of broccoli family that's traditionally been used as an aphrodisiac. Aside from getting you in the mood, maca inhibits prostate growth and prevents the increase of zinc in the prostate which contribute to the conversion of testosterone to dihydrotestosterone (DHT).[4,5]

If that's not enough, maca root could theoretically improve fertility through increased production of sperm in the testes.

This is ultimately a very solid feel-good ingredient that keeps your testosterone.

- **Diindolylmethane (DIM) (250mg)**



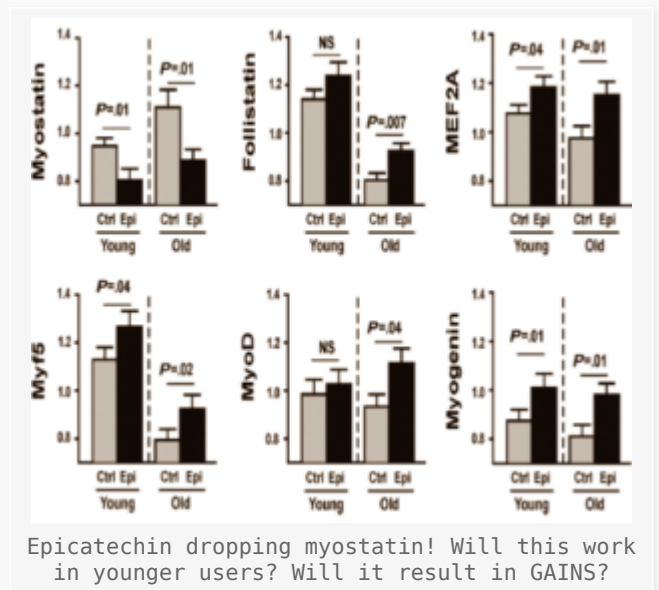
Typically found in cruciferous vegetables like cauliflower and broccoli, DIM is normally found in broccoli, and is the main bioactive component of indole-3-carbinol, I3C. It's a more "refined" ingredient that gets right to the source of activity.

It's commonly used as an **estrogen blocker and aromatase inhibitor**. DIM has a

couple mechanisms of action, all of which result in reduced estrogen levels. This different methods include: stimulating Phase I enzymes[6] activating AhR in order to get more “good estrogen” and less “bad estrogen”[7] and increasing 2-hydroxyestrone (good estrogen).[8]

This works well with the above ingredients to create a one-two punch that will supports healthy testosterone levels and keeps the bad form of estrogen at bay!

- **Epicatechin (100mg)**



We’ve gone into great depth before on epicatechin previously, but here’s a quick refresher. Epicatechin is a beneficial flavonoid found most frequently in dark chocolate and confers a number of noteworthy effects when supplemented in efficacious dosages including:

- increased muscle growth and strength[9,10]
- better glucose tolerance[13]
- improved endurance[11]
- delayed onset of fatigue[11]
- increased nitric oxide production[12]

This is ultimately the unique ingredient to Delta XT, and is the one that most users are still excited to try.

- **ZMA Blend**

Delta XT ends its muscle-building and recovery journey with the standardized dose of **Vitamin B6** (10.5mg), **Magnesium Aspartate** (450mg), and **Zinc Methionine**

**and Aspartate** (30 mg). ZMA supplements are frequently used by people looking to improve their quality of sleep. And as we all know, adequate sleep is just as important to building muscle as are high intensity workouts and proper diet.

*Vitamin B6* is one of the essential vitamins the body needs and is also a potent antioxidant used in energy metabolism and improve mood by boosting serotonin levels.[14] If you experience vivid dreams when taking ZMA (or Delta XT) before bed, this is why!

We've recently gone into great detail about magnesium supplements and sleep aids here on the blog and discuss why magnesium is crucial for optimal health, as well as which is the best form to look for when purchasing a supplement. Read those posts for more information – we're huge fans of getting the 'M' in ZMA because too many of us simply don't get enough magnesium.

*Zinc* is an essential mineral that can raise testosterone levels only if you're deficient. Since its lost through sweat, athletes and bodybuilders are often deficient and aren't even aware of it!

Have a zinc deficiency can lead to less active androgen receptors and lower production of testosterone[15,16] and Delta XT has enough to ensure your bases are covered.[17]

## Dosing



Delta XT is available now! If you're looking to maximize recovery and anabolism, make sure to give this a shot!

As you can see from the picture up top, each bottle contains 84 capsules (enough for four weeks worth). To speed recovery and ensure nighttime muscle-building,

take 3 capsules 30 to 60 minutes before bed. For optimal results, MAN Sports recommends running Delta XT for 8 weeks followed by a 4 week break.

## Takeaway

MAN Sports long-awaited muscle-builder and recovery supplement seems to be the real deal. It uses a blend of ingredients proven to help support testosterone levels, prevent the spread of estrogen and enhance your quality of sleep.

Nobody's really put anything resembling these ingredients – most of which are *quite* effective – all in one simple product. Consider this a very, very advanced form of ZMA, to say the least... but that's probably understating it since there's so much more than ZMA here.

All of this adds up to a supplement that will help you recover faster so you can get back into the weight room and crush some more iron to keep pursuing your anabolic dreams. Make sure to check the widget below for the best deal on Delta XT!

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