

# Magnum E-Brake: Putting the Brakes on Aromatase!

written by Mike Roberto | September 1, 2015



As the calendar turns to football season, there is a noticeable surge in testosterone around the country. However, that surge isn't nearly what it should be due to the actions of a rather notorious enzyme, *aromatase*. This malcontent is responsible for taking your testosterone and turning it into too much dreaded estrogen.

Luckily, our friends at **Magnum Nutraceuticals** have you covered in more ways than one. Not only do they have an extremely powerful natural testosterone booster in **THRUST**, they have now formulated a product to stop aromatase in its tracks with **E-Brake**.

Before we get to the ingredient panel, take a second to check the best deal and sign up for PricePlow alerts:

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## E-Brake Ingredients

**BETTER INGREDIENTS, BETTER RESULTS.®**  
RECOMMENDED DOSE: Take 3 capsules 30 minutes before bed.

<b>SUPPLEMENT FACTS</b>		
Serving size: 3 capsules Servings Per Bottle: 24		
	Amount Per Serving	% Daily Value
Vitamin D3 (as Cholecalciferol)	400IU	100%
Brassaiopsis Glomerulata (Standardized for Dehydrololiolide)	500mg	†
Acacetin (99%) (4'-Methoxy-5,7-dihydroxyflavone)	100mg	†
Hesperidin	100mg	†
Pygeum Bark (Standardized for Phytosterols)	100mg	†
Stinging Nettle Leaf 4:1 Extract (Equivalent to 360mg of Stinging Nettle Powder)	90mg	†
Piperine Extract (95%)	5mg	†

† Daily Value Not Established

**Other ingredients:** Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate and Certified Halal and Kosher Gelatin Capsules (FD&C Blue 1).

E-Brake is transparently dosed so you know just how much of estrogen fighting action you get in each dose.

Magnum employs a 100% transparent label on their new aromatase inhibitor (AI) supplement that promises to increase libido, muscle mass, recovery, while keeping estrogen levels in check. Let's see what their packing!

- ***Brassaiopsis Glomerulata* (500mg)**

Estrogen production in the body occurs when the aromatase enzyme effectively "destroys" testosterone, for all intents and purposes, and converts it to estrogen.[13] Now, to preserve our testosterone levels, it only makes sense that we get right to the source stopping this conversion. It just so happens that E-Break's first ingredient is a powerful inhibitor of the aromatase enzyme!

*Brassaiopsis Glomerulata* is a tree that traditionally grows in Vietnam that contains two compounds, **Dehydrololiolide** and **N-Benzoyl-L-phenylalanine**, which have shown to act as potent aromatase inhibitors.[1]

- **Acacetin (100mg)**

One ingredient does not a supplement make though, and **Acacetin** is E-Brake's

back up vocalist. While having one aromatase inhibitor may be sufficient for other company's products, Magnum included acacetin to provide an extra layer of protection against aromatase actions in the body.

In a study analyzing 24 different compounds for their potency in inhibiting the pro-estrogenic enzyme, acacetin was one of two compounds (pinocembrin being the other) that proved most effective in combating aromatase activity.[2] There's also been research indicating that the same compounds can lead to increased libido and sexual function.[3]

### • Hesperidin (100mg)

Hesperidin is one of the many flavonoids found in the peels of citrus plants. It's one tricky animal though, as it can have a dual estrogen effect on the body. Low doses of hesperidin exert pro-estrogen effects; however, high doses exhibit anti-estrogen effects, like aromatase inhibition.[4,5,6]

As we saw with Magnum's heralded test booster, THRUST, they include a high enough dose to take advantage of hesperidin's anti-estrogen effects.

### • Pygeum Bark (100mg)



The infographic features three Erlenmeyer flasks containing blue, green, and blue liquids. To the right, a blue box lists 'INGREDIENTS IN MAGNUM E-BRAKE® WILL IMPROVE:' followed by five bullet points. Below this, another blue box lists 'A GREAT PHARMACEUTICAL GRADE ANTI-ESTROGEN PRODUCT WILL PRODUCE THE FOLLOWING RESULTS:' followed by six bullet points. A blue location pin icon with a gas pump symbol is on the right side.

**INGREDIENTS IN MAGNUM E-BRAKE® WILL IMPROVE:**

- Your natural hormonal balance\*
- Your energy levels and state of mind after coming off of pro-hormone/anabolics\*
- Your lean muscle mass\*
- Your libido\*
- Your muscle growth and strength\*

**A GREAT PHARMACEUTICAL GRADE ANTI-ESTROGEN PRODUCT WILL PRODUCE THE FOLLOWING RESULTS:**

- Supercharge muscle growth and strength\*
- Decrease recovery from training sessions\*
- Harden muscles for a more muscular and defined look\*
- Aid in fat loss\*
- Decrease water weight, allowing for a tighter and leaner looking physiques\*
- Increase libido\*
- Optimize all aspects of physical performance\*

E-Brake not only inhibits aromatase activity, but also increases libido, muscle mass gains, and recovery!

Pygeum Bark extract comes from the *Prunus africanum* tree, a.k.a the African cherry tree. The bark has a long history of use in African medicine for supporting prostate health. Recent research shows it's capable of displacing about 60% of Dihydrotestosterone (DHT) from its receptors.[7]

DHT is yet another sex hormone and androgen in the body. Roughly 5% of the testosterone in your body converts to DHT. Why would we want this inhibited though?

DHT is the main culprit in male pattern baldness. Plus, any compound that robs us of our testosterone creates an avenue for additional testosterone, provided this conversion can be slowed down or stopped entirely. Thus, it stands to reason that we'd want to stop this process and prevent the spread of DHT in our systems, lest we all end that much weaker and losing that much more hair!

- **Stinging Nettle Leaf 4:1 Extract (90mg)**

The Stinging Nettle plant contains a class of compounds called lignans that can interfere with **Sex Hormone Binding Globulin (SHBG)**. This action prevents SHBG from absorbing the precious testosterone in your body.[8]

Yet again, we have another potent ingredient that while not directly boosting your testosterone levels, it will indirectly increase it by preventing testosterone from being absorbed by SHBG. A final benefit of Stinging Nettle is that it's 5 $\alpha$ -reductase inhibitor, which prevents the conversion of testosterone to DHT.[9]

- **Vitamin D3 (400IU)**

Vitamin D3 is a fat-soluble vitamin that plays a vital role in hormone production in the body. It also happens to be one the biggest nutritional deficiencies in the population.[10] Magnum included it to help remedy this deficiency as well as improve your testosterone levels.

In a cross-sectional study looking at the correlation between androgens and Vitamin D levels, the researchers found that higher levels of the vitamin also resulted in higher levels of testosterone *and* lower SHBG![11]

- **Piperine Extract (5mg)**

To make sure that your body is maximizing its absorption of the AI compounds in E-Brake and thus preserving your precious testosterone, Magnum has included black pepper extract. This ingredient is added to loads of supplements nowadays for its ability to increase the body's absorption of the active ingredients and prevent their premature breakdown.[12]

## **Dosing**

To halt estrogen in its tracks and keep that anabolic engine churning all through the night, take 3 capsules approximately 30 minutes before bed.



Magnum just released E-Brake and they're already teasing a new supplement for October...what could it be?!

## Takeaway

When E-Brake was first previewed on the box of Limitless, we've been eagerly awaiting its release. Now that September is upon us, the product should be hitting the shelves any week now. If you're getting on in years and worried your T levels may be dropping, or you want to simply increase your anabolic potential, stopping aromatase and estrogen is a must.

We're rapidly coming to the conclusion that THRUST, although expensive, is one of the best (if not *the* best) natural testosterone boosters on the market, thanks to its massive and potent profile.

Well the powerful THRUST finally has a worthy counterpart in E-Brake, which provides the means to the end you're looking for and allows you to put the "brake" on aromatase!

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Full size label!

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