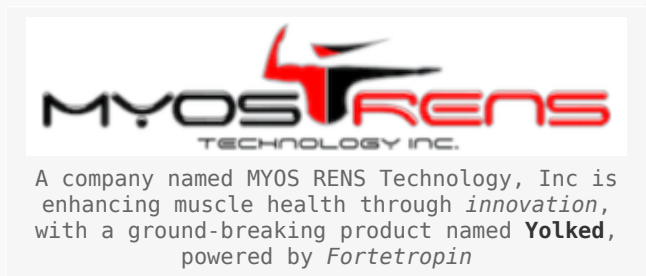


# Yolked Fortetropin: The Ultimate Recovery Supplement

written by Mike Roberto | August 1, 2019



Look, we've all been there – no matter how much you typically look forward to training, sometimes you're apathetic about it. Maybe you've been on the same program for a while, and it's become mundane. Maybe yesterday's session was brutal, and you're just so sore and don't feel as recovered as you should be. Now, imagine being an athlete training for a specific competition – whether it's a meet, race, or game, you're likely living out both of these scenarios simultaneously!

While there are definitely other means to stay motivated, one thing should be prioritized above all else: recovery. If you're feeling well-rested before a training session, you're more likely to attack it with the tenacity and desire needed to yield results. However, being adequately recovered isn't always a given. Your nutrition and sleep must be on point, sure, but sometimes you need a little bit of safe, proven help to fill this void in recovery.



Scientists from *Myos Rens Technology* understood this, and have thus formulated something that can fill that gap. In **Yolked**, they've released a cutting-edge sports nutrition supplement developed to facilitate muscle growth and recovery. Through the utilization of **Fortetropin**, a proprietary ingredient *made from fertilized egg yolk*, Yolked helps you build more muscle and recover faster from workouts so that you can get back in the gym at full-speed. It's *all-natural and NSF Certified for Sports*, and even if exercising isn't necessarily your job, so long as you treat it like it *is*, you can benefit from this innovation, too!

We're about to tell you *all* there is to know about this novel ingredient, and just how influential it can be in helping you get back to the gym the day following a tough training session. But, before we dive in, be sure to check out

PricePLOW for all of our supplement deals, news, reviews, and interviews!

## MYOS Yolked Fortetropin – Deals and Price Drop Alerts

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### Fortetropin – Don't throw out that yolk!

Egg yolks, mistakenly, have grown quite the unpopular opinion over the past 15 or so years. With the “counting your calories” and “anti-fat” movements having seemingly taken over the health scene, egg yolks were pushed out the door for their low-calorie, high-protein replacement, egg whites. How short-sighted this was!



Don't throw out that egg yolk! These nutrient-dense “perfect foods” have long been used for better performance... but can we get even more from *fertilized* eggs?

According to the USDA, eggs are among the most *nutrient-dense, power-packed foods on the planet*.<sup>[1]</sup> They're loaded with vitamins and minerals, many of which are difficult to find in other foods. In addition to all of that, 1 egg packs around 70 calories, with 5g of fat and 6g of protein. The key here, however, is that *virtually all of the nutrition is contained within the egg yolk*. Sure, egg whites contain the majority of the protein content, but by simply tossing out the brightly-colored center, you're missing out on a whole lot.

Here's a quick list of everything you're getting if you consume a *whole egg*:

- A *perfect* protein source – it has a *full amino acid profile*,[2]
- Brain-boosting choline,[1]
- A boost in good cholesterol (with a reduction of bad cholesterol)[3]
- Eye-protecting lutein,[4] and
- A feeling of *satiety* that'll keep you full![5]



Clearly, there's a lot going on inside an egg. In fact, there's so much nutrition packed into that shell that is actually very powerful. Thankfully, Fortetropin® harnesses the power of these hidden compounds using proprietary, low temperature technology.

### **Mechanism of Action: Ubiquitin pathway downregulation**


Muscle growth and repair is facilitated through *mammalian target of rapamycin (mTOR)* activation. Igniting mTOR triggers muscle protein synthesis (MPS), which allows your body to build new muscle. Fortetropin has been shown to upregulate mTOR pathway. When we exercise, we essentially tear down our existing muscles, with the hope that proper nutrition and recovery will allow them to grow back bigger and stronger.

Muscle tissue breakdown occurs through a pathway called *ubiquitin proteasome*. Fortetropin has been shown to downregulate the ubiquitin pathway. In addition, Fortetropin lowers serum levels of myostatin, a negative regulator of muscle growth naturally present in our bodies.

## Does Yolked *actually* get you yolked?!

Yolked<sup>®</sup> is being touted as a next-generation recovery agent first, muscle growth enhancer second. Claiming that kind of potential is definitely a big swing, so let's see if, based on research, it steps up to the plate!

- **Speeds up recovery time**



**YOLKED<sup>®</sup>**  
FORTETROPIN<sup>®</sup>

**8 lbs MUSCLE in 12 WEEKS!**  
When combined with consistent weight training

**Reduce Muscle Loss!**  
Scientifically shown to regulate muscle building & slow muscle destruction.

**Improve Recovery!**  
Fortetropin<sup>®</sup> helps minimize muscle loss while improving recovery.

www.yolked.com

NSF CERTIFIED FOR SPORT

By limiting the amount of myostatin active within the body, Fortetropin<sup>®</sup> can enhance muscle protein synthesis levels.

By limiting the amount of myostatin active within the body, Fortetropin<sup>®</sup> can enhance muscle protein synthesis levels. This puts the body in a prime state for rebuilding and repairing the muscles used during exercise.

Research conducted by scientists from Kansas State University tested the effects of Fortetropin<sup>®</sup> on one hundred dogs recovering from *cranial cruciate ligament (CCL)* surgery. This kind of operation typically limits the amount of use of the affected leg, normally resulting in muscle atrophy. The goal of the study was to see whether Fortetropin could help the leg recover *faster*, getting the dog back to full strength quicker.

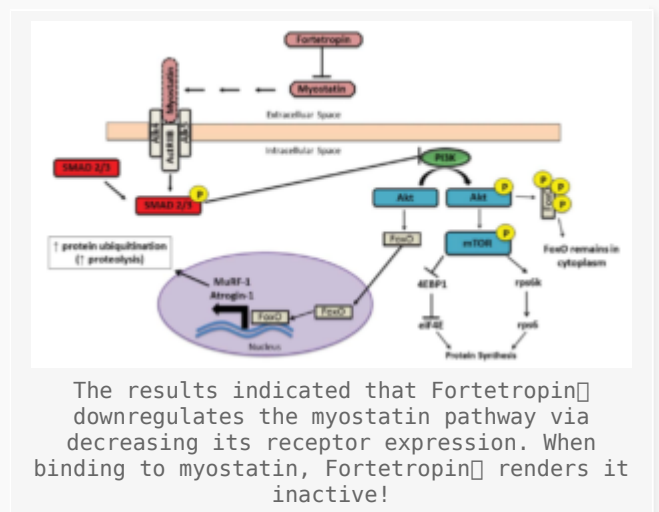
This double-blind, placebo-controlled experiment yielded some fascinating results. The group that received Fortetropin<sup>®</sup> supplementation saw a *significant increase in percentage distribution of weight on the affected limb*, compared to placebo.[6] In addition, the test group saw *no reduction in thigh circumference*, whereas the placebo group lost a significant amount of muscle. In limiting myostatin, the Fortetropin<sup>®</sup> group *returned to their normal stance faster and lost essentially no muscle* during recovery! Safe to say we think this stuff works.

Obviously, the mechanisms at play here definitely encourage muscle repair, and thus quicker recovery. However, building up worn-down muscles also leads to something else – growth!

- **Enhances lean mass gain**

We're sure you've seen a ton of individuals claim that eating eggs has helped them put on lean muscle. Maybe you believed them, maybe you didn't – but science actually agrees! Research from 2017 found that consuming whole eggs post-workout (compared to egg whites) *significantly increased muscle protein synthesis almost 30% more than egg whites alone!*[7]

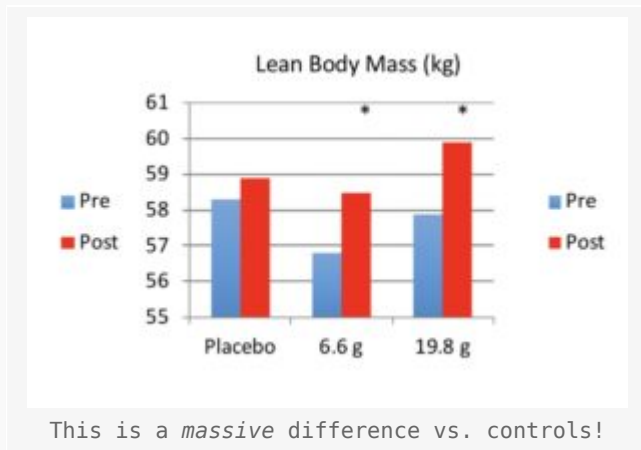
- **The animal models: enhanced mTOR signaling**



Researchers from the University of Tampa studied the effects Fortetropin had on rats. Specifically, they were interested in identifying the biological mechanisms affected in order to suggest translation to human studies. Rats were either given Fortetropin or a placebo daily for 8 days. On the ninth day, rats under anesthesia underwent an electronically stimulated lower body unilateral plantar flexion exercise. Three hours after these exercises rats were examined for biological markers in muscle synthesis and destruction pathways.

At the conclusion of the study, they found that Fortetropin *significantly elevated mTOR signaling* compared to placebo.[8] In addition, they also showed lower ubiquitin proteasome signaling. These results, in theory, would lead to muscle gain, which was the focus of another study conducted by the same research group.

- **The human research: significant muscle gains**



Encouraged by their initial tests, these scientists gathered 45 recreationally-trained college-aged males in order to further their research (37 of which successfully completed the clinical study). They were divided into 3 groups: 6.6g of Fortetropin, 19.8g of Fortetropin, or a placebo. Receiving this dosage daily for 12 weeks, each subject followed a standard periodized, 12-week weightlifting program, and was then tested after completing the program.

Measuring the (group x time effect) of each group, they were able to draw conclusions. First, *both* dosages of Fortetropin *significantly increased lean muscle mass (1.9kg, on average)*, whereas placebo only gained around 0.6kg.[8] That's a *huge difference*, as supplementation with Fortetropin yielded an approximate 1.3kg of additional muscle gain. This, in turn, resulted in *significantly higher muscle thickness* in the Fortetropin group, compared to placebo.

**YOLKED**  
FORTETROPIN

Delivering Muscles & Recovery

Get More Out of Your Workouts!  
**YOLKED + Protein = Massive Results**

**3x MORE MUSCLE MASS**

PROTEIN + YOLKED

PROTEIN

**BUILD MUSCLE FASTER**

YOLKED helps your body utilize Protein more efficiently to build more lean muscle.

NSF CERTIFIED FOR SPORT

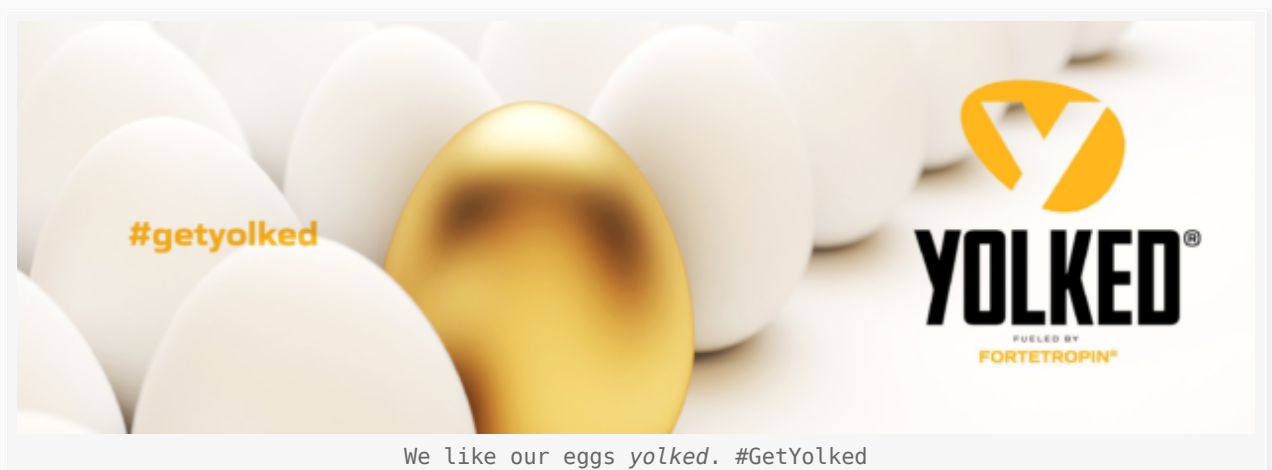
With the days of fearing egg yolks long behind us, we can once again rediscover just how potent they can be!

Seeing virtually every study out there back up the claims Yolked<sup>®</sup> is making speaks volumes to the effectiveness of this stuff. Through limiting myostatin, Fortetropin<sup>®</sup> keeps mTOR and MPS signaling elevated. That means *faster recovery* and *more muscle growth*, both of which we can *never* get too much of!

- **2019: A breakthrough human trial**

On June 19, 2019, MYOS RENS Technology announced results from a breakthrough clinical trial at the University of California, Berkeley and the University of Arkansas to determine whether Fortetropin could speed up the process of muscle building in adults between 60 -75 years old.[9] The results were better than what anyone had expected.

Using *heavy water* (which contains a form of hydrogen known as *deuterium*) as a “tracer”, scientists are able to detect where this water ends up. The goal is to see if it is being used to build new muscle, which is especially important in elderly individuals whose muscle growth has slowed considerably.



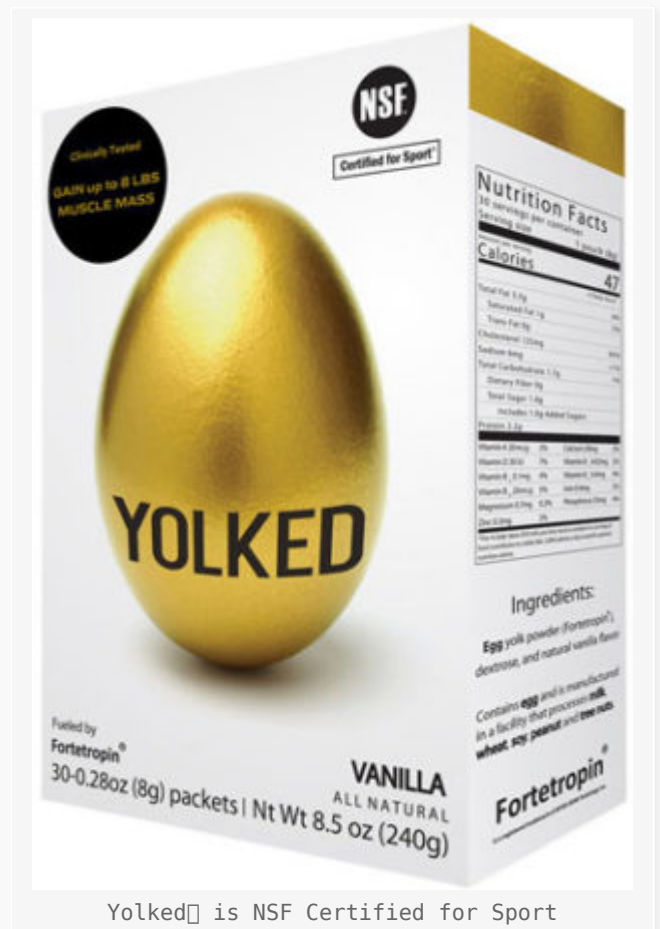
In the study, 10 subjects were randomly assigned to consume cheese powder on a daily basis for 21 days, while 10 subjects were randomly assigned to consume Fortetropin instead. Cheese was used as the “comparator” in this situation, because it has a similar macronutrient profile to Fortetropin (ie. fat, protein and carbohydrates are nearly the same). In addition, all subjects had to drink heavy water every day so that the researchers could measure its rate of uptake into muscle tissue.

The results were impressive – subjects that were given Fortetropin managed to build muscle at an average rate that was ~15% greater than the subjects that were given cheese powder![9] Given that the macronutrients in the two groups were similar, this bodes well for the anabolic properties of Fortetropin.

This research, as well as additional research to come, will be published throughout 2019 and beyond.

## Safe for drug-tested athletes! WADA, NSF, etc.

There are so many supplements and ingredients out there these days that are banned in competition, it's critical to know what is permissible for drug-tested athletes.



The World Anti-Doping Agency publishes a list of prohibited substance for athletes annually. NSF is an internationally recognized independent testing and certification organization which is accepted and well respected by the regulatory bodies, universities and professional sports organizations. Every lot of Yolked is tested quality and potency by NSF and certified to be free of WADA prohibited substances, so if you're a professional or drug-tested athlete, you're good to go!

## Conclusion

High-volume training requires next-level recovery. Training hard each and every day to reach your goals can be draining, both physically and mentally, especially if you're not fueling up with adequate nutrition or sleeping enough.



Even if you *do* have those things covered, getting a little help could still do you some good!

When you consider all of the nutrition packed inside eggs, clearly they should be part of your daily diet. However, even if you eat a couple every day, why not get *more* of the stuff within eggs that can *really* help you recover?



Yolked<sup>®</sup> Nutrition Facts

% Daily Value*	
Total Fat 3.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 125mg	40%
Sodium 6mg	<1%
Total Carbohydrate 1.7g	1%
Dietary Fiber 0g	
Total Sugar 1.0g	
Includes 1.0g Added Sugars	
Protein 2.2g	
Vitamin A 20mcg	2%
Calcium 20mg	2%
Vitamin D 30 IU	7%
Vitamin E 0.02mg	2%
Vitamin B 0.1mcg	2%
Vitamin B 0.1mcg	2%

Yolked<sup>®</sup> Fortetropin<sup>®</sup> is manufactured from fertilized egg yolks via a proprietary technology that pasteurizes and dehydrates them to a powder at low temperatures thereby retaining the biological activities of the bioactive molecules within egg yolks that leads to enhanced muscle growth and recovery. It's *been certified* the NSF to be Certified for Sports, and is completely safe for drug-tested athletes. This extremely innovative product is both convenient *and* effective, so novel that there really isn't much else out there that can match up to it. Improve your recovery and get Yolked<sup>®</sup>!

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