



ID FITNESS



HEALTH BENEFITS



Whenever taken as previously directed, our branded, patented Mediator® PA ingredient compound was demonstrated¹ to provide:

- ✓ Doubled Muscle Mass Gain
- ✓ Increased Strength

- ✓ Doubled Fat Mass Loss

Another study² showed that subjects who took PA experienced

- ✓ 12.7% increase of squat strength

- ✓ 2.6% increase in lean body mass (LBM)



Mediator®

Phosphatidic Acid

When ingested and followed with muscular exercise and protein intake, Mediator® Phosphatidic Acid (PA), supports the protein-synthesis-regulating Mammalian Target of Rapamycin (mTOR) signaling pathway.

This means that whenever Mediator® PA from Chemi Nutra is accompanied by your usual workout and protein shake, you will be promoting muscular growth in an easy, convenient way.

This product is perfect for athletes or nutritional supplement business-owners who understand just how great muscle gain can look and feel on the body.

Mediator® is a lipid messenger that supports muscle protein synthesis through the Mammalian Target of Rapamycin (mTOR) pathway. It uses Promotion of MTOR Signaling for signaling cells to help individuals gain both lean muscle mass and strength, especially when accompanied with weight bearing or aerobic exercise, and adequate protein intake.

¹ Phosphatidic acid enhances mTOR signaling and resistance exercise induced hypertrophy
<https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/1743-7075-11-29>

² Efficacy of phosphatidic acid ingestion on lean body mass, muscle thickness and strength gains in resistance-trained men
<https://jissn.biomedcentral.com/articles/10.1186/1550-2783-9-47>