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Are (Phosphatidic Acid) PA7 Supplements Worth It? Full Review



Phosphatidic acid (PA) is a lipid messenger that has been shown to increase muscle protein synthesis via signaling stimulation of the mammalian target of rapamycin (mTOR). MaxxTOR® (MT) is a supplement that contains PA as the main active ingredient but also contains other synergistic mTOR signaling substances including L-Leucine, Beta-Hydroxy-Beta-Methylbutyrate (HMB), and Vitamin D3.

The effects of phosphatidic acid supplementation on strength, body .

Escalante et al. *Journal of the International Society of Sports Nutrition* (2016) 13:24
DOI 10.1186/s12970-016-0135-x

Journal of the International
Society of Sports Nutrition

RESEARCH ARTICLE

Open Access



The effects of phosphatidic acid supplementation on strength, body composition, muscular endurance, power, agility, and vertical jump in resistance trained men

Guillermo Escalante^{1*}, Michelle Alencar², Bryan Haddock¹ and Phillip Harvey^{3,4}

Abstract

Background: Phosphatidic acid (PA) is a lipid messenger that has been shown to increase muscle protein synthesis via signaling stimulation of the mammalian target of rapamycin (mTOR). MaxTOR[®] (MT) is a supplement that contains PA as the main active ingredient but also contains other synergistic mTOR signaling substances including L-Leucine, Beta-Hydroxy-Beta-Methylbutyrate (HMB), and Vitamin D3.

Methods: Eighteen healthy strength-trained males were randomly assigned to a group that either consumed MT ($n = 8$, 22.0 \pm 2.5 years; 175.8 \pm 11.5 cm; 80.3 \pm 15.1 kg) or a placebo (PLA) ($n = 10$, 25.6 \pm 4.2 years; 174.8 \pm 9.0 cm; 88.6 \pm 16.6 kg) as part of a double-blind, placebo controlled pre/post experimental design. All participants volunteered to complete the three day per week resistance training protocol for the eight week study duration. To determine the effects of MT, participants were tested on one repetition maximum (1RM) leg press strength (LP), 1RM bench press strength (BP), push-ups to failure (PU), vertical jump (VJ), pro-agility shuttle time (AG), peak power output (P), lean body mass (LBM), fat mass (FM), and thigh muscle mass (TMM). Subjects were placed and monitored on an isocaloric diet consisting of 25 protein, 50 carbohydrates, and 25 % fat by a registered dietitian. Separate two-way mixed factorial repeated measures ANOVA's (time [Pre, Post] \times group [MT and PLA]) were used to investigate strength, body composition, and other performance changes. Post-hoc tests were applied as appropriate. Analysis were performed via SPSS with significance at ($p \leq 0.05$).

Results: There was a significant main effect ($F_{(1,16)} = 33.30, p < 0.001$) for LBM where MT significantly increased LBM when compared to the PLA group ($p < 0.001$). Additionally, there was a significant main effect for LP ($F_{(1,16)} = 666.74, p < 0.001$) and BP ($F_{(1,16)} = 126.36, p < 0.001$) where both increased significantly more in MT than PLA group ($p < 0.001$). No significant differences between MT and PLA were noted for FM, TMM, VJ, AG, P, or PU.

Conclusion: The results of this eight week trial suggest that the addition of MaxTOR[®] to a 3-day per week resistance training program can positively impact LBM and strength beyond the results found with exercise alone.

Keywords: Phospholipid, Muscle protein synthesis, Hypertrophy, Lean body mass, Fat mass

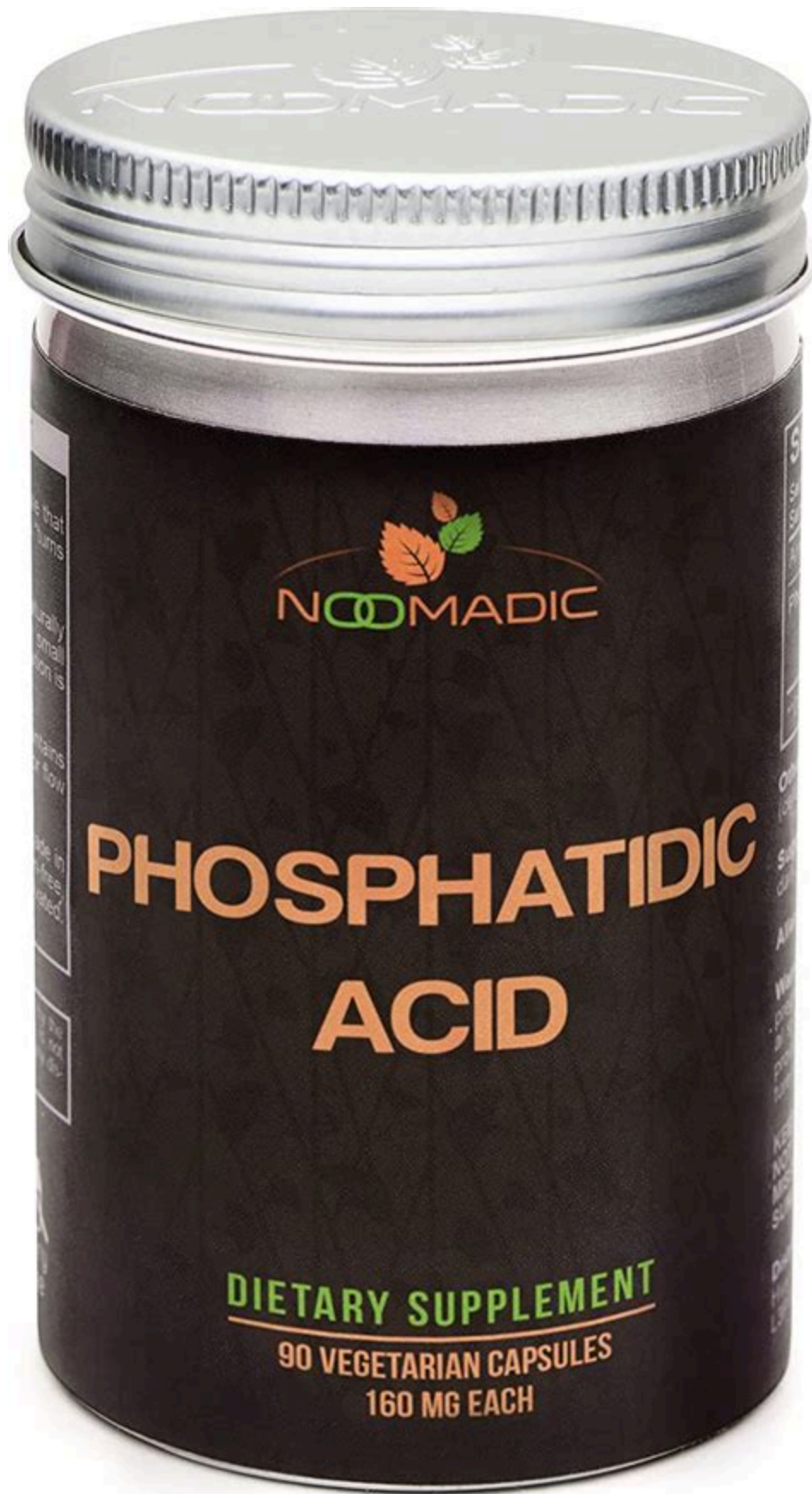
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Phosphatidic acid specifically helps to promote mTOR signaling. mTOR refers to the mechanistic target of rapamycin signaling pathways, which once activated, help to promote cellular growth. (2) mTOR is particularly important when it comes to repairing and rebuilding your muscles. Your muscle cells are going through a constant state of flux .

Amazon: Phosphatidic Acid



**PHOSPHATIDIC
ACID**

DIETARY SUPPLEMENT

**90 VEGETARIAN CAPSULES
160 MG EACH**

1. Element Nutraceuticals Phosphatidic Acid Supplement Our Pick Check Price on Amazon If you're looking for a safe and effective supplement to help build lean muscle, you might want to.

10 Best Protein Powders: Reviewed In 2024 - Forbes Health



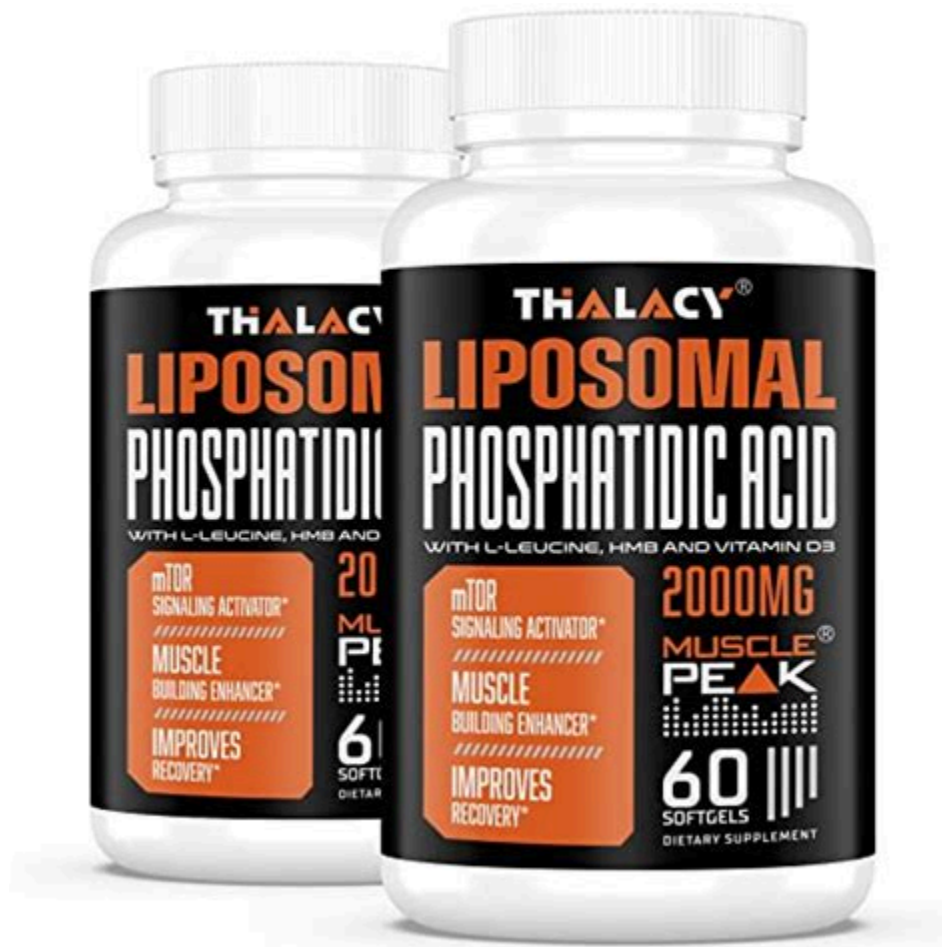
PA7 supplements contain 750mg-1500mg of phosphatidic acid per serving, which is the recommended dosage for enhancing muscle growth and strength gains. Clinical studies have shown that supplementing with PA acts as a mediator of the mTOR elevation pathway, is responsible for muscle protein synthesis from amino acids and increases bone mineral .

The Benefits of Phosphatidic Acid: A Comprehensive Guide to Dietary .



Best of all, Transparent Labs Muscle Builder is naturally flavored, sweetened with stevia, and contains absolutely no artificial food coloring, fillers, GMOs, or allergens. Ingredients and Benefits How To Use Reviews 175 Reviews 5 Questions \ 5 Answers (139) (23) (8) (1) (4) ask a question write a review Reviews (175) Questions (5) Sort: Select B

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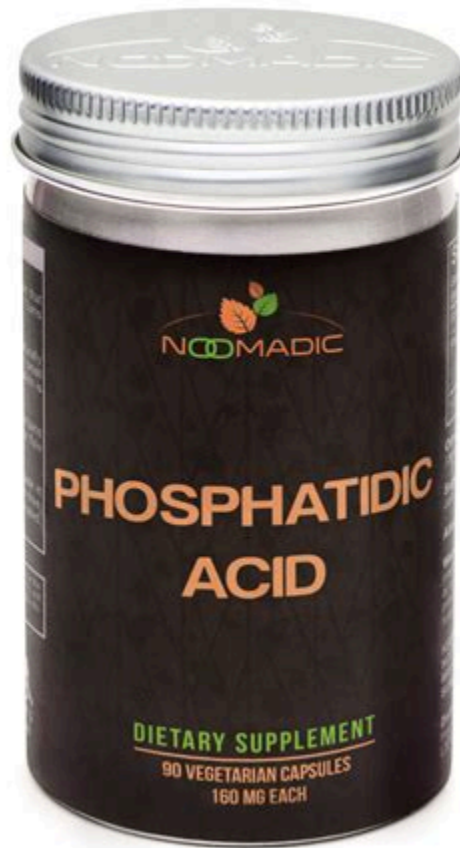
78. 3K Reads Phosphatidic Acid is a new muscle-building supplement and research is just underway. See if scientists think PA is all hype or if it helps build muscle. Let's face it, the times are changing in the fitness and nutrition industry.

Phosphatidic Acid: Hype or Help? - Muscle & Strength



This intracellular signaling pathway has been recognized as a stimulus for skeletal muscle protein synthesis (MPS), and the cumulative effects of increased MPS over time can lead to muscular hypertrophic adaptations (Bodine et al. , 2001; Koopman et al. , 2006; Sandri et al. , 2008).

Best Phosphatidic Acid Supplements - John Harvards



April 1, 2022 PHOSPHATIDIC ACID SUMMARY: Phosphatidic acid (PA) is a fat molecule that stimulates a process known as mTOR. mTOR activation is what is responsible for muscle growth and recovery. PA can be found in small amounts of foods such as cabbage and radish leaves. However, supplementation is the only way to get an efficacious dose.

Mediator® PA | Chemi Nutra



Mediator®
Phosphatidic Acid

Phosphatidic Acid (PA) shows great promise as the breakout muscle building supplement of 2015. There's a new, all-natural ingredient that is making waves in the bodybuilding world and it could be a very big deal! Yes, we're bamboozled with countless new products each and every year that promise unreal muscle gains but are really nothing but .

Top 8 Best Phosphatidic Acid Supplements in 2023



Transparent Labs Whey Protein Isolate sourced from 100% grass-fed and contains highest protein-by-weight ratio, 28 grams of protein per 34 gram scoop, to support recovery and muscle growth while .

Eight Weeks of Phosphatidic Acid Supplementation in Conjunction with .



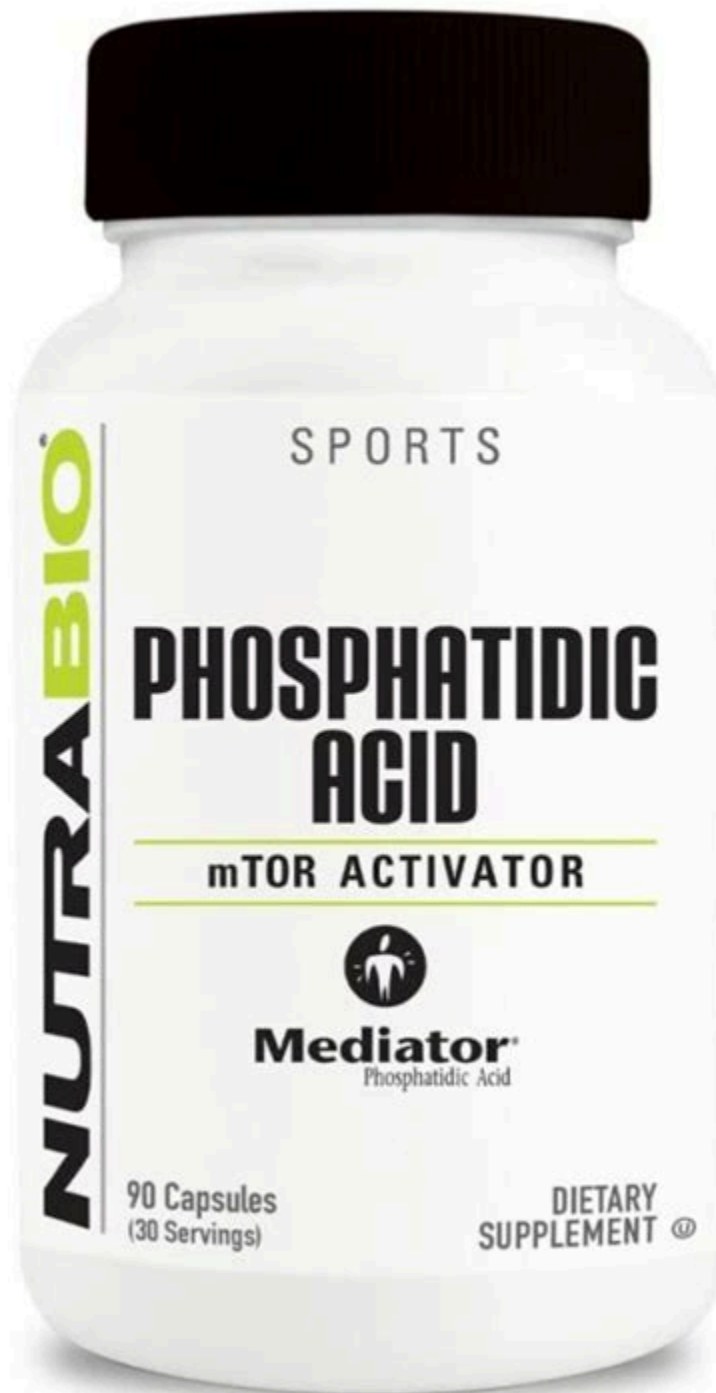
Benefits of Phosphatidic Acid. Phosphatidic acid (PA) supplementation may provide a handful of strength and body composition benefits by increasing muscle protein synthesis and, by extension, muscle growth when combined with diligent resistance exercise and proper nutrition. During a fat-loss phase, it's plausible that a PA supplement would .

Discovering the Benefits of Phosphatidic Acid Supplements



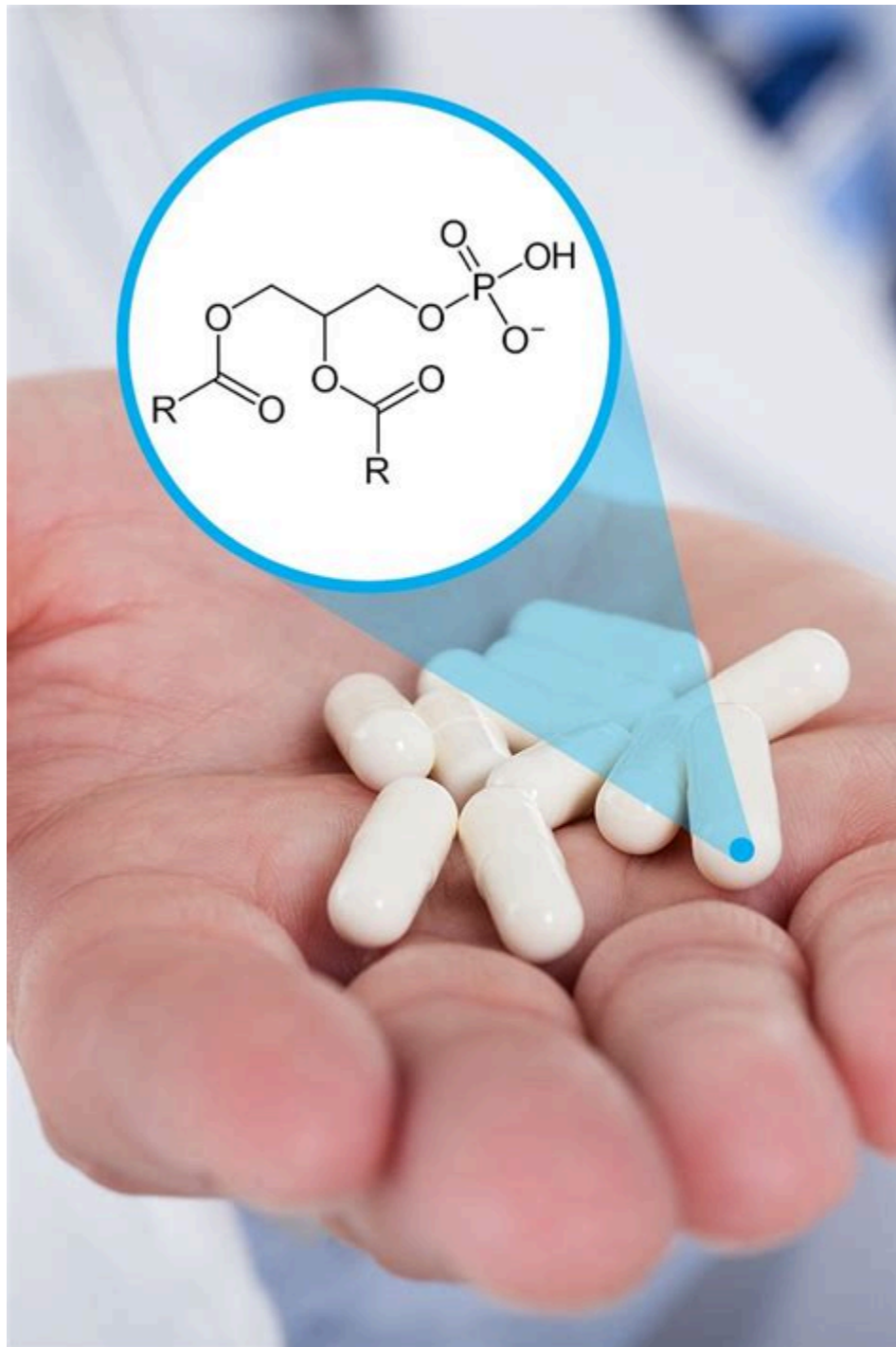
We highly recommend Nutricost D-Aspartic Acid (DAA) Capsules for anyone looking to boost their energy levels and endurance. Pros Contains 3000mg of D-Aspartic Acid per serving Non-GMO and gluten-free Made in a GMP compliant, FDA registered facility Cons May not produce noticeable strength gains

Phosphatidic Acid: Uses, Benefits, Side Effects, and Dosage



WHAT IS MTOR? mTOR stands for mammalian target of rapamycin and phosphatidic acid might signal this pathway and tell our muscles to grow. When PA is taken in supplemental form it tells our body to fire up muscle protein synthesis while also reducing muscle protein breakdown. What does this all mean?

Your Expert Guide To Phosphatidic Acid - Bodybuilding



[7] Surprisingly, researchers have not yet investigated whether a supplemental dose of PA actually increases mTOR activation or muscle protein synthesis in humans. Additionally, in order for PA to elicit an anabolic effect on muscle, the orally supplemented dose would need to be absorbed into the blood stream and taken up by the muscle.

Phosphatidic Acid: Muscle Enhancer or Myth? • Dioxyne



Diet & Nutrition Does Phosphatidic Acid Really Grow Muscle? by TC Luoma | November 30, 2021
Tags Nutrition & Supplements Phosphatidic acid is a phospholipid known to increase mTOR, a naturally occurring substance that regulates muscle growth - if you increase mTOR, you increase muscle protein synthesis.

Everything You Need to Know About Phosphatidic Acid - Predator Nutrition



1-48 of 106 results for "phosphatidic acid" Results Check each product page for other buying options. Overall Pick 2000mg Liposomal Phosphatidic Acid (PA) | Muscle Builder, High Absorption Muscle Building Supplements for Men & Women | Muscle Gainer, mTOR Protein Synthesis & Lean Body Mass, Strength, 120 Capsules Softgel 120 Count (Pack of 1) 422

Phosphatidic Acid - The Next Great Muscle Builder?!



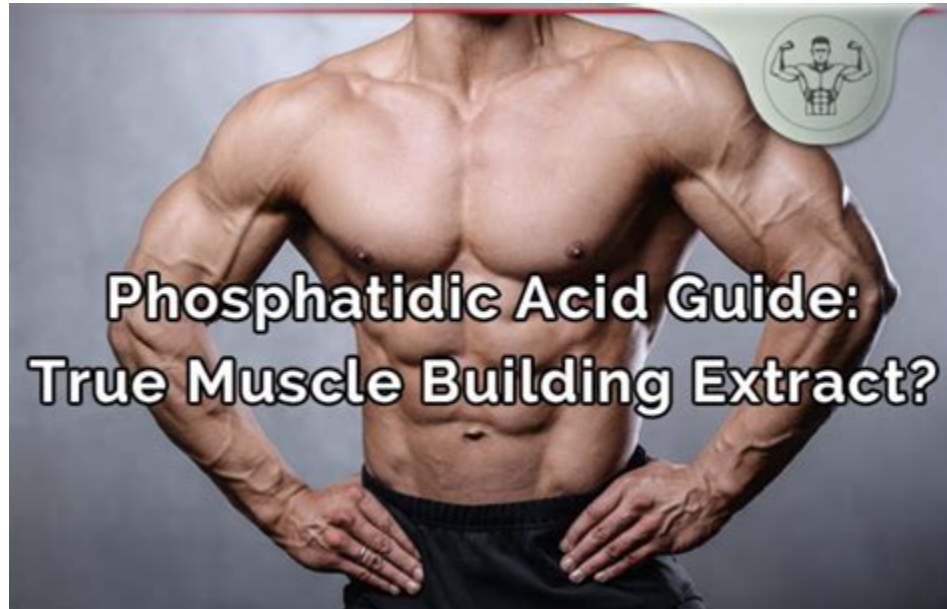
Short Summary Phosphatidic Acid (PA) supplementation has been demonstrated to increase muscle growth, strength, and exercise performance. It is advised to take 750mg of PA per day, divided into two doses on workout days and one dose on non-workout days.

Benefits of Phosphatidic Acid Supplementation on Lean Body Mass



Phosphatidic acid supplement's unique angle or capability lies in its supposed ability to activate mTORC1 (mammalian target of rapamycin complex 1) -mTORC1 is a key muscle building activator that helps in muscle protein synthesis, resulting in increased muscle gain- in the body system, resulting in faster, lean muscle building.

Phosphatidic Acid - Healthy BodyBuilding Muscle Metabolizer?



In simple terms: It's a type of fat. It's crucial for cellular processes. Think of it as the building blocks for your cells. Phosphatidic acid could be the best thing to creatine. Why is it Relevant to Fitness and Bodybuilding? Now, you might be wondering. "Why should I care?"

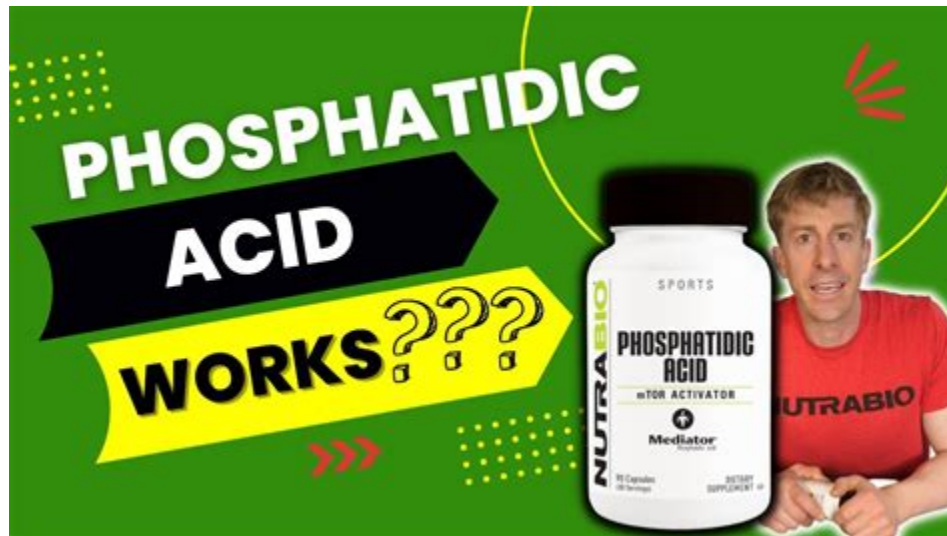
A Guide to Phosphatidic Acid Supplements | Primeval Labs



Phosphatidic Acid is a dietary supplement that has been linked to a number of health benefits. It has been shown to help improve muscle strength and size, reduce body fat, and increase exercise performance. It may also help reduce inflammation, improve cognitive function, and reduce the risk of

cardiovascular disease. .

Does Phosphatidic Acid Really Grow Muscle? - T NATION



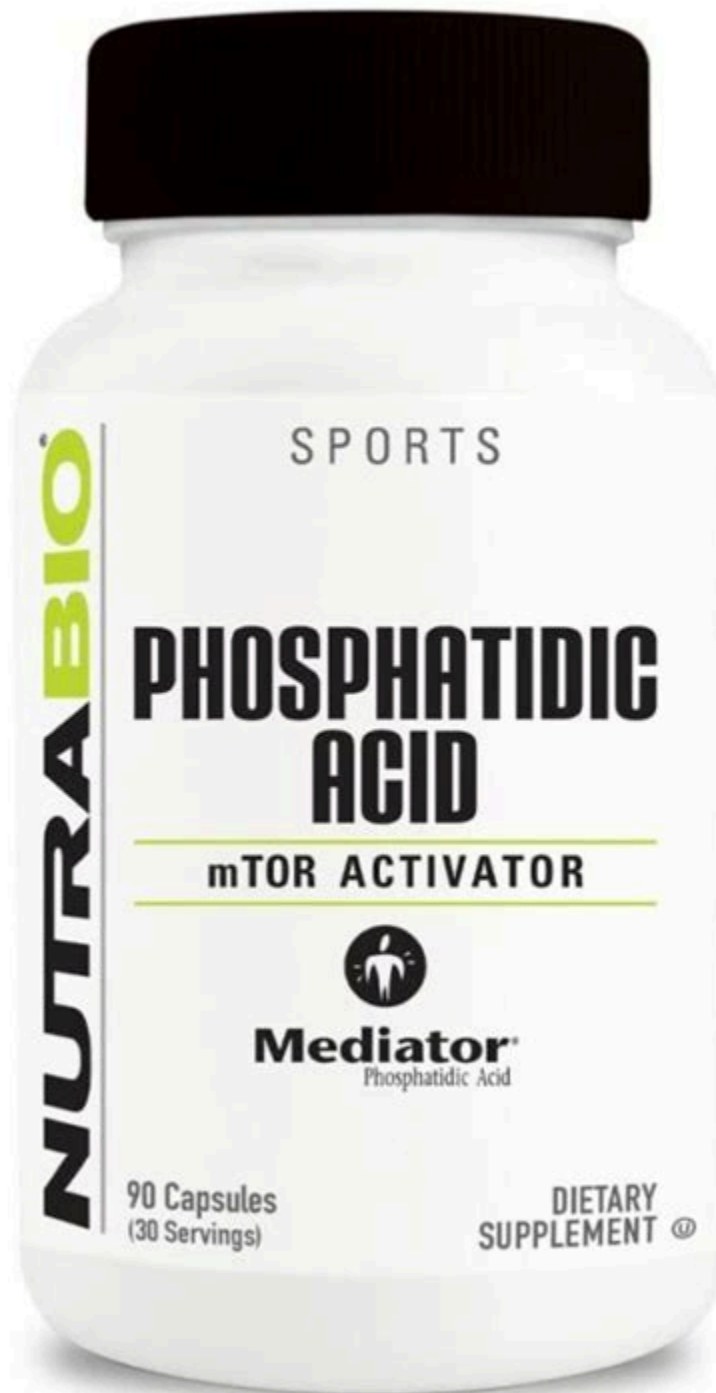
Mediator® PA | Chemi Nutra When ingested and followed with muscular exercise and protein intake, Mediator® Phosphatidic Acid (PA), supports the protein-synthesis-regulating Mammalian Target of Rapamycin (mTOR) signaling pathway.

BUILD Muscle Builder Supplement for Men and Women - Transparent Labs



The best phosphatidic acid supplement is PA (7) by High Performance Nutrition. Q: Is phosphatidic acid (PA) all hype? A: Phosphatidic Acid is a new muscle-building supplement and research is just underway. See if scientists think PA is all hype or if it helps build muscle. Let's face it, the times are changing in the fitness and nutrition .

Phosphatidic Acid: Uses, Benefits, Side Effects, and Dosage



Phosphatidic Acid is a phospholipid, 'lipid' meaning fat. Chemically speaking, it comprises of a glycerol backbone, two fatty acids and a phosphate group. You may be wondering what a lipid has to do with building muscle... well, phosphatidic acid actually seems to directly activate mTOR, which is responsible for regulating protein synthesis .

- <https://publiclab.org/notes/print/41798>

- <https://publiclab.org/notes/print/44888>
- <https://groups.google.com/g/aasguide/c/nLD5NKahOCQ>