

## DR. ESKELAND'S YOUNG TISSUE EXTRACT (YTE)

Young Tissue Extract (YTE) is a powdered protein derived from extract of healthy, pre-embryonic fertilized hen eggs that has been clinically proven to provide a great fourfold benefit to human health: Increased sexual health and desire; a remarkable increase in energy and stamina; a boost in muscle strength for athletes, and benefits to promote relaxation.

YTE contains a natural combination of potent amino acids and glycopeptides, which are enriched in the period immediately after the egg is fertilized, and are extracted from the egg at the peak of potency to capture all the tremendous health-giving potential. These substances help regulate or normalize the production of testosterone in the body, and reduce cortisol, the stress hormone. The result is increased sexual desire, more energy and stamina and a greater feeling of well-being for both men and women.

- **Improve Your Sex Life**
- **Increase Your Energy Levels**
- **Build Muscle Strength**
- **Enhance Feeling of Well Being**

### About the Author



Dr. Bjødne Eskeland was born and educated in Norway. He received a Master's Degree in Science at the Agricultural University of Norway in 1964. He came to the United States for his graduate studies and completed his Ph.D. in Animal Nutrition at the University of Missouri, Columbia in 1971. He has been on staff at Norwegian Food Institute and the Environmental Toxicology Department at the University of Trondheim in Norway. In addition, from 1983-1985, he served as a visiting professor at the University of California, Berkeley, in the Department of Nutrition.

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# DR. ESKELAND'S



## Young Tissue Extract

# NORWAY'S ANTI-AGING MIRACLE

# Dr. Bjødne Eskeland

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## PRAISE FOR DR. ESKELAND'S YOUNG TISSUE EXTRACT (YTE)

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*"I have more energy and feel better and stronger than I have been for many years. I'm going to keep on using it as long as I feel this healthy and energetic."*

—Torolv M., Age 78, Norway

*"My life has totally changed since I started taking YTE. I'm not only sexually active more often, but also have more energy and power in my everyday life. YTE has made me happier. The product is fantastic."*

—Trond M., Age 32, Norway

*"No day is the same, and sometimes it is difficult to regenerate one's energy fast enough, especially where the level of activity has been quite high over a long period of time. Therefore, I was very glad to have been able to use Young Tissue Extract."*

—Ingrid Kristiansen, Norway  
Former World Champion runner  
in the 5,000 and 10,000 meters

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*"Within ten to eleven days, I felt more energetic and much more productive. I have been sleeping better since then and don't get tired so quickly. My self-esteem has really increased."*

—John B., Age 51, Norway

*"In doing the research, I was intrigued by something that had been around so long and had no detractors or any noted side effects. I can now say without question that the effects of YTE are both marked and far reaching."*

—Chris Botosan, California

*"I have taken Dr. Eskeland's Young Tissue Extract . . . and I can attest to the fact that it is the most well-researched, safe and effective, natural anti-aging supplement I have personally used in my almost forty years in the natural health field. I truly believe from my own personal experience that YTE is the 'Fountain of Youth' in a capsule form. I've never felt better in my life."*

—Lee Swanson, Age 55, North Dakota

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DR. ESKELAND'S

**YTE<sup>®</sup>**  
**Young Tissue**  
**Extract**

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NORWAY'S  
ANTI-AGING  
MIRACLE

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**Dr. Bjødne Eskeland**

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# Introduction

If you are reading this booklet, you are among the first individuals in the United States to learn about an exciting new health supplement called Young Tissue Extract, or YTE.

YTE is a virtually cholesterol-free extract derived from healthy, pre-embryonic fertilized hen eggs. YTE delivers a myriad of potential health benefits, including increased sexual health and desire, a remarkable increase in energy and stamina, a boost in muscle strength for athletes, and enhanced sense of well-being.

While virtually unknown in the United States until very recently, YTE, has been marketed successfully as a nutritional supplement in Scandinavia for many years.

In reading this booklet, you will learn the fascinating history of YTE and how it developed into this unique

and powerful nutritional supplement. In addition, you will also read some of the personal testimonials from individuals sharing the excellent results they received from using YTE.

Finally, I will answer some of the many frequently asked questions we have received and describe some of the results from various YTE research studies.

# The Story Behind YTE

In 1929, a Canadian doctor named John Ralston Davidson, former associate professor of medicine at the University of Manitoba in Winnipeg, discovered that an injected extract from fertilized chicken eggs could be helpful for cancer patients. In 1943, Dr. Davidson's work was presented at the Third International Cancer Conference. However, he died soon thereafter. His death marked the end of research on fertilized hen eggs until I picked it up decades later, rediscovering the power of protein from fertilized eggs to enhance human health and performance in a number of ways.

I have spent a great deal of my professional life working in the egg industry in Norway. In the 1990s, I hypothesized that incubated and fertilized eggs contained a special protein fraction that could help increase

and enhance the human body's natural testosterone production, without supplementation. I then teamed with Nils Christian Mortensen, and we developed the procedure to extract this special protein from fertilized eggs. Once the procedure was perfected, we began testing the extract on human subjects, with very positive results.

## Facts About YTE

### What Is YTE?

YTE (Young Tissue Extract) is derived from fertilized hen eggs that are incubated just until they reach the pre-embryonic stage. As the eggs approach this stage, biological substances are activated that exhibit favorable metabolic properties.

The biological substances derived from the eggs are from protein fractions extracted at a precise point in development when key nutrients reach their peak concentration. YTE is produced from incubated eggs in Norway, one of the few countries that remains salmonella free.

## What Does YTE Contain?

YTE contains a natural combination of nutrients, including amino acids, glycopeptides, and oligopeptides, which form after fertilization.

Once an egg is fertilized, a tremendous amount of activity takes place, including cellular growth, which is supported by the development of a high concentration of nutrients. We have developed a process to extract these powerful nutrients and make them available as a nutritional supplement ingredient.

## What Is the Recommended Dose?

The initial recommended dose is 1,600–1,680 mg for the first two weeks, followed by 800–840 mg thereafter.

## The Cholesterol Question

Health-conscious consumers have avoided eggs due to their cholesterol content, even though they are undeniably one of nature's most highly nutritious foods. YTE contains virtually no cholesterol. During the pre-embryonic development, 90% of the cholesterol is consumed within the egg itself, so that YTE is virtually cholesterol-free.

## The Lecithin Connection

Years ago, pioneering nutritionist Adelle Davis recognized the error in the assumption that eating cholesterol-rich foods causes a buildup of cholesterol in the arteries and leads to heart disease. She taught that a “cousin of the fat family,” lecithin, plays a vital role in controlling blood cholesterol levels. Lecithin, found in the human body (and concentrated in the brain), is a fat emulsifier that breaks down cholesterol, preventing its buildup in the body. Lecithin is also found in eggs. While they may provide cholesterol, they also provide the lecithin needed to break cholesterol down.

## The Amazing Egg

The egg contains all the necessary elements for the development, nourishment, and protection of the life form that will ultimately spring forth from it. It is a natural, unprocessed food that contains all known vitamins (except vitamin C), as well as important trace minerals. The egg has long been the “gold standard” as a protein food because of its outstanding amino acid profile. It is considered a “complete” protein because it contains all eight *essential amino acids* (protein constituents that the



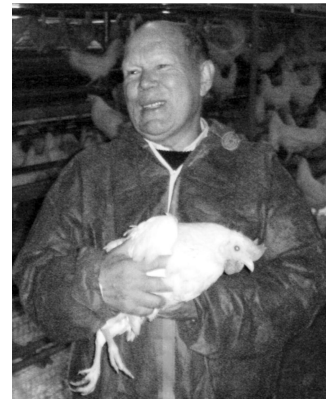
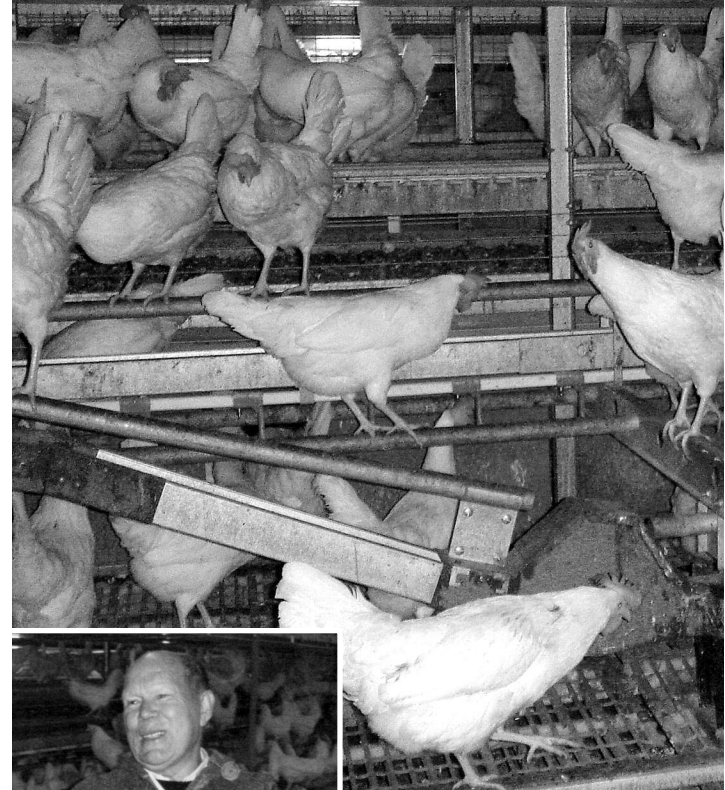
body can't make on its own) in generous quantities. Eggs are especially rich in the sulfur-containing amino acid L-cysteine, which is essential for healthy skin and hair.

## Not All Eggs Are Created Equal

Chickens raised in factory farms where there is overcrowding, inadequate nutrition, no fresh air or sunshine, and inadequate space to roam and interact with other chickens produce eggs of inferior quality. Fertilized eggs, however—those laid by unconfined, well-nourished hens that have mated with roosters in a natural environment—are high-quality eggs (see page 9).

Fertilization mobilizes and activates the tremendous nutrients in the egg. At this time, highly specific amino acids and *glycoproteins* (proteins that are covalently linked to carbohydrates) are formed. Herein lies the critical difference between the fertilized incubated Norwegian eggs used for YTE and your typical American egg laid by factory farm hens.

Clinical studies conducted in the U.S., Norway, and Sweden have demonstrated YTE's ability to help people obtain and maintain optimal physical and mental health, as well as achieve peak performance levels.



Above: Eggs laid by unconfined, well-nourished hens that have mated with roosters in a natural environment are high-quality eggs.

Left: Dr. Eskeland with chicken at the company's facility in Norway.

# The Health Benefits of YTE

**Y**TE has a variety of potential health benefits, including enhanced sexual desire, energy, strength, stamina, and sense of well-being. These various effects may all be related to the significant reduction of the stress hormone cortisol (by about 50 percent) after the ingestion of YTE.

## **Sexual Enhancement**

Sexual dysfunction is believed to affect 10 to 15 percent of the adult population today. YTE has a favorable effect upon sexual desire, in both genders; it increases sexual desire by normalizing testosterone production. Testosterone is the major male sex hormone, but it is also the hormone with the most powerful effect on sexual desire

in both men and women. A dosage of 1.68 grams (1,680 mg) per day of YTE (in two divided doses) for the first two weeks is recommended for sexual health. After two weeks, the dose would be reduced to a single serving of 840 mg per day.

## Revsing Up Stamina and Energy

Whether it is a physical or mental challenge you face or just the need to handle everyday demands, YTE may help. Benefits may include:

1. Quicker recovery from physical exertion
2. Better muscle tone
3. Increased muscle strength

## Sports Nutrition

Creatine, an energy-rich phosphate that is concentrated in the liver, kidneys, and pancreas, has long been a supplement of choice for bodybuilders and athletes. Athletic performance improves when the muscles receive higher levels of creatine phosphate. The advantages of the supplementation can include:

1. A delay in lactic acid production
2. The ability to tolerate longer training sessions
3. Improved stamina
4. Maximum muscular strength
5. Faster recover after a training session

But what does creatine have to do with YTE? It appears that creatine and the egg protein fractions that compose YTE reinforce each other, resulting in a prominent increase in effectiveness. This means that bodybuilders and athletes experience greatly enhanced benefits when adding YTE to their regimen. No wonder the product has the enthusiastic endorsement of so many professional athletes and bodybuilders.

## Mood Enhancement

Some 20 million people worldwide experience depression serious enough to warrant being placed on prescription medication. Many—an estimated 16 to 30 percent—who take such drugs experience sexual dysfunction as a side effect. Some medical experts believe the true number of people experiencing this adverse side effect

may be as high as 78 percent due to the fact that the condition often goes unreported by patients.

Clinical studies have shown that YTE may be beneficial in enhancing libido among those taking anti-depressants. These benefits may include:

1. An increase in the desire to engage in sexual activity
2. An increase in the ability to reach orgasm
3. Enhanced intensity of orgasms

In addition, YTE promotes a relaxation effect that may be to some degree attributed to the dramatic decrease in levels of the stress hormone cortisol produced after YTE's ingestion.

## Who Can Benefit from YTE?

**Y**TE can be of benefit to a diverse population. Its major appeal, however, will be to men and women who seek libido stimulation, athletes who want to improve their performance, and anyone who seeks to enhance their sense of well-being.

### **Baby Boomers**

As the baby-boomer generation ages, it faces the typical challenges of decreased energy and lowered sex drive. Many people may become depressed as they face retirement and search for a new purpose in life, or deal with chronic disease or deteriorating mental faculties. How wonderful to think that an all-natural supplement may help these people overcome all of these challenges.

While YTE might not reverse the aging clock, it can do much to make us *feel* young again, improving energy, stamina, and our zest for living. It can fulfill baby boomers' desires to enhance sexual health, stamina and energy, as well as overall fitness.

## **Fatigue**

Many people today are seriously energy deficient, experiencing fatigue to some degree. Fatigue is a symptom that accompanies most illnesses, both acute and chronic; it is often an early warning sign that serious health problems are in the process of developing. Persistent, extreme fatigue may be a sign of chronic fatigue syndrome. The Center for Disease Control (CDC) estimates that chronic fatigue syndrome affects between 100,000 and 250,000 people in the United States, but many researchers believe that the disorder is much more prevalent. What is certain is that there are many tired people everywhere struggling to get through each day.

Whether you're a professional athlete or a weekend warrior, you could probably use more energy. Who wouldn't want to feel more energetic, in order to better face these challenges, both physical and mental, in life. Those whose work demands intense mental concentra-

tion are being sapped of energy just like those who have physically demanding jobs. Whether the task at hand is a tennis match or a chess tournament, increased energy and stamina can lead to a much better outcome.

## **Stress**

As indicated, YTE reduces stress-hormone levels dramatically. When cortisol levels decline, we feel more relaxed. Studies show that virtually everyone who uses YTE experiences a greater sense of relaxation and with it, many extra benefits, such as improved sleep.

Elevated levels of stress hormones not only make us feel on edge, but also predispose us to a number of stress-related diseases, which include such serious conditions such as hypertension, heart disease, stroke, asthma, irritable bowel syndrome, ulcerative colitis, eczema, and autoimmune disorders. By managing stress hormone levels, we may be helping to prevent or manage these disorders.

## **Athletes**

A Norwegian food supplement for athletes contains YTE. It also contains the amino acids L-tyrosine and

L-carnitine, as well as important vitamins and minerals—all important for increasing glycogen (stored blood sugar) levels and improving the ability of the muscles to store glucose. You'll recall that YTE and creatine reinforce each other. The net result of using this combination is improved performance, decreased fatigue, and a reduced risk of energy depletion in the muscles.

In 1996, a double-blind trial on this product conducted at the University of Colorado showed that the group using it experienced a strength increase that was nearly double that of the group using creatine. YTE and creatine together were found to outperform creatine and other food supplements in the areas of endurance, training/motivation, and subjective health and well-being, and it has the enthusiastic endorsement of many of the top Norwegian sportsmen and women. They report recovering faster after training. This is linked to a substantial reduction in lactic acid production, which also contributes to increased stamina. The effectiveness of Multifactor appears to be due to the synergistic effect between the creatine and YTE that it contains.

A Norwegian patent was granted in 1999 based on YTE's effect in the area of sports nutrition—a testimony to its effectiveness in this regard.

## **Libido**

A great deal of the population suffers from low libido, and there is no question that daily life takes its toll. Everything from poor nutrition, daily stresses, health issues, and their prescribed medications have been linked with a low desire for sexual intimacy.

According to participants of various clinical studies conducted on YTE, the nutritional supplement is extremely helpful in restoring one's libido. As you will learn in Chapter 5, the study published in the *Journal of International Medical Research* (Vol. 25, No. 2, Mar/Apr 1997) revealed impressive numbers: nearly 84 percent of the participants experienced an increase in sexual desire.

The beauty of YTE is that it has no adverse side effects. It helps restore testosterone production in an entirely natural way by stimulating the body's own production of the hormone. As mentioned, this effect, in both men and women, will increase sexual responsiveness. The results of studies conducted have shown that YTE increases sexual desire and sexual ability.

## **More About Testosterone**

As mentioned, increased testosterone levels can have a

potent effect on sexual desire in both sexes. Some of the hormone molecules are bound to sex hormone binding globulin, (SHBG), but only the unbound hormone is biologically active.

Testosterone levels vary from day to day and even within a given day, diminishing by 20 to 30 percent as the day goes on. Blood levels of the hormone remain stable from puberty to about age 55 to 65 and then decline steadily. This appears to be due to the fact that SHBG increases with age, binding more testosterone over time. Stress or physical strain may also lower testosterone levels, but they can rebound readily.

## Testimonials of YTE Users

**A** seventy-eight-year-old Norwegian actor states that he has no problem keeping up with his wife, even though she's thirty-three years his junior. He still travels all over Norway to perform, and in his spare time enjoys chopping wood in his yard. He attributes his robust condition to YTE:

"I am really on a roll! When I see people of the same age as myself in the gym or at the golf course, I have to admit that I feel pretty fit. I have more energy and feel better and stronger than I have been for many years. And, when my general shape is improving, it influences my life in every way. Excess energy is positive for the spirits, the health, and the existence in general. I don't know if it's just superstition or if it's just the food sup-



plement that works this well, but I'm going to keep on using it as long as I feel this healthy and energetic."

—*Toralv M., Age 78, Norway*

"My life has totally changed since I started taking YTE last summer. I'm not only sexually active more often, but also have more energy and power in my everyday life. YTE has made me happier. The product is fantastic."

—*Trond M., Age 32, Norway*

"No day is the same, and sometimes it is difficult to regenerate one's energy fast enough, especially where the level of activity has been quite high over a long period of time. Therefore, I was very glad to have been able to use Young Tissue Extract."

—*Ingrid Kristiansen, Norway*

*Former World Champion runner in the 5,000 and 10,000 meters*

"For years I felt physically tired and mentally exhausted. Three months ago, I began taking Young Tissue Extract daily. Within ten to eleven days, I felt more energetic and much more productive. I have been sleeping better since then and don't get tired so quickly. My self-esteem has really increased."

—*John B., Age 51, Norway*

"Being skeptical about 'new discoveries,' I was hesitant to put YTE to the test. In doing the research, I was intrigued by something that had been around so long and had no detractors or any noted side effects. I had read the clinical studies and numerous statements from athletes endorsing its use. I can now say without question that the effects of YTE are both marked and far reaching.

I also noticed a marked increase in my energy level and in my ability to maintain a much calmer demeanor through very stressful situations.

I continued to use YTE (for just over two months) and continued to notice small, incremental improvements in my overall well-being. I plan to continue using YTE for at least the next year."

—*Chris Botosan, California*

"I have taken Dr. Eskeland's Young Tissue Extract for over six months now, and I can attest to the fact that it is the most well-researched, safe and effective, natural anti-aging supplement I have personally used in my almost forty years in the natural health field. . . . I consider Young Tissue Extract to be the 'missing link' in my supplement program. Although I'm very healthy for a man fifty-five years old, I do tend to get run down a



bit with my long work hours and extensive business travel, but since I started taking YTE, my energy levels have skyrocketed. I feel much stronger during my daily exercise programs, and my mood, particularly my sleep patterns, has improved immensely. I truly believe from my own personal experience that YTE is the ‘Fountain of Youth’ in a capsule form. I’ve never felt better in my life.”

—*Lee Swanson, Age 55, North Dakota*

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## CHAPTER 6

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# The YTE Forum: Frequently Asked Questions

How did you come to develop the process of producing YTE?

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I spent a great deal of my professional life working in the egg industry in Norway. In the 1990s, I hypothesized that there existed in incubated and fertilized eggs a special protein fraction that could help increase and enhance the human body’s natural testosterone production. My colleague, Nils Christian Mortensen, and I developed the procedure to extract the special protein from fertilized eggs.

How soon after one begins taking YTE can he/she expect to experience some results?

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Some people noticed a very positive change after six or

seven days, but on average, most individuals experienced the full effects after ten to fourteen days.

### To whom would you recommend this product?

I would highly recommend YTE to everyone, but in particular, to the baby boomers who desire active lifestyles.

### Because YTE is derived from fertilized hen eggs, how it can be cholesterol free?

Because most of the egg's cholesterol is found in the egg yolk, and YTE is derived from the egg's white, there is virtually no cholesterol in YTE.

### Does the recommended dose vary with age, gender, or weight?

No, the recommend dose is 1,600–1,680 mg taken for the first two weeks. Maintenance is 800–840 mg daily.

### Are there any side effects to taking YTE?

YTE has no known side effects, but people who are allergic to egg products should avoid it.

### If you are currently taking prescription or over-the-counter drugs, should you be concerned about also taking YTE?

Although YTE is an all-natural product, we do recommend that anyone taking medication consult their health-care practitioner prior to taking any nutritional supplement.

### If YTE is derived from eggs, couldn't a person simply eat more hen eggs to achieve the same successful results as your YTE?

Most eggs sold today are not fertilized. The key point of YTE is that it comes from fertilized eggs. Fertilization mobilizes and activates the tremendous amount of nutrients in the egg.

### I understand that you first perfected this procedure in the 1990s and that you conducted a clinical study. What were your findings?

We found that YTE actually had a great fourfold benefit to human health: increased sexual health and desire, energy and stamina, muscle strength in athletes, and enhanced sense of well-being.

Does YTE contain any preservatives or artificial ingredients?

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No, there are no artificial ingredients found in YTE.

Can women safely take YTE without worrying about the effects of testosterone?

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YTE contains powerful nutrients that help the body restore testosterone to a normal, healthy level.

It's important to note that YTE is not a testosterone preparation, so it will not raise the level of testosterone beyond what nature intended. Therefore, it will not produce the presumed side effects in women that are associated with supplementation.

## Clinical Studies and YTE Research

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### STUDY 1

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#### **YTE increases sexual desire in healthy middle-aged men.**

The study was a three-week, double-blind study, conducted to measure sexual health. The participants were sixteen healthy Norwegian and Swedish men, ages forty-seven to sixty. Half the participants received Youth Tissue Extract, and the rest received a placebo. In the second part of the study, the treatments were reversed. The patients rated their feelings of sexual desire every week using a visual analog scale that ranged from a score of 0 (no change) to 10 (very pronounced change). The results showed that sexual desire increased significantly more when the men took YTE than when they took the placebo.

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## STUDY 2

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### YTE increases sexual satisfaction in adult patients taking antidepressants.

A Swedish professor, Dr. Kjell Tornblum, conducted a study at the University of Colorado in Denver involving five men and three women. The participants—men ages twenty-nine to sixty-seven and women ages twenty-six to thirty-nine—were experiencing decreased sexual satisfaction after taking antidepressants for a period of three weeks or more. The duration of the study was six weeks. For the first three weeks, the participants took a daily dose of 2.8 g of YTE. After two weeks, their intensity and frequency of sexual satisfaction increased (on a subjective scale from 0 to 9 rating the intensity of orgasm). Over the course of the first three weeks, the increase nearly doubled, from their first rating of 2.6 to a rating of 4.9. For the second three weeks, the participants were given placebo.

Confidence and self-esteem both increased significantly by the end of the study: self-esteem was significantly higher after three weeks, and then remained high throughout the following three weeks on placebo. Frequency of sexual desire significantly increased by the second week, and satisfaction with frequency and inten-

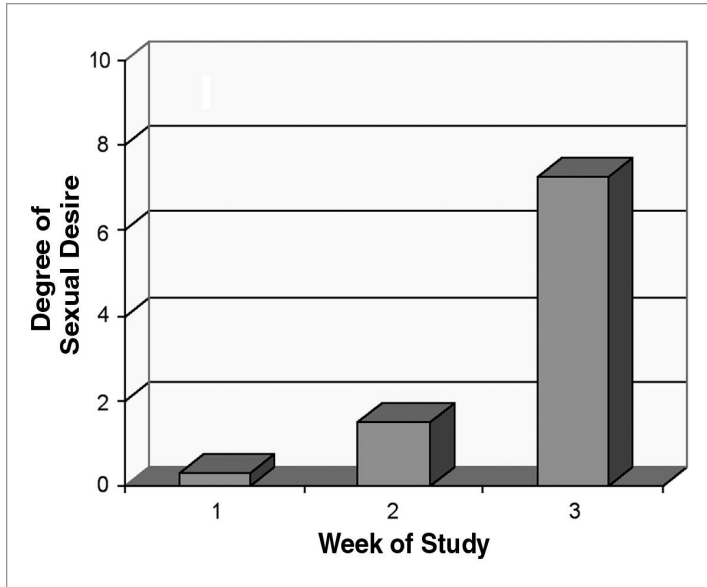


FIGURE 1. INCREASED SEXUAL DESIRE IN 3-WEEK PERIOD USING YOUTH TISSUE EXTRACT

Most of the men experienced increases in sexual arousal as early as two weeks after starting treatment with YTE. None of the men reported any side effects. In addition, sexual desire typically remained elevated for a short time even after the men switched from YTE to placebo.

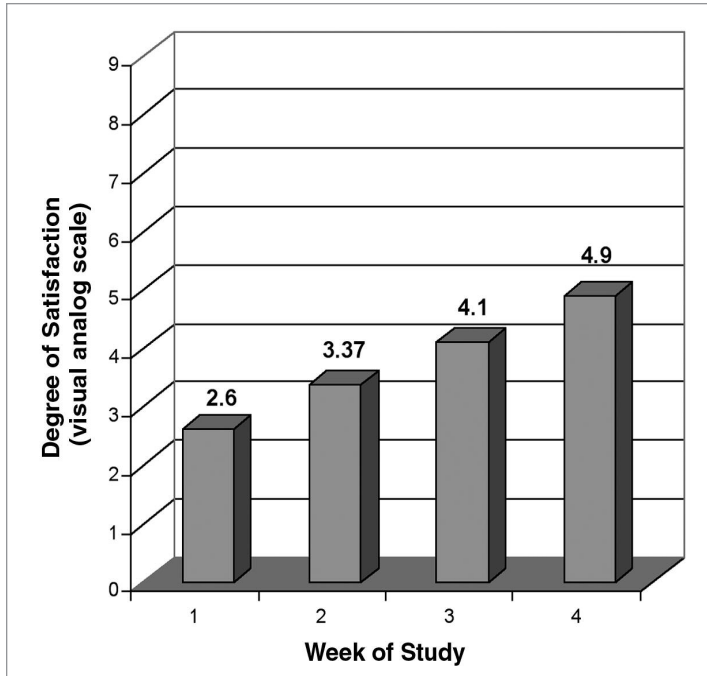


FIGURE 2. DEGREES OF SATISFACTION BASED ON INTENSITY OF ORGASM

sity of sexual desire continued to increase even three weeks after YTE was discontinued (switching to placebo). In addition, during this study, participants acquired new hope that their decreased level of sexual satisfaction would return to normal again.

### STUDY 3

#### **YTE increases sexual desire in healthy adult men.**

This was a twelve-week, double-blind, multi-crossover study. The participants were thirty-one healthy Norwegian men, aged thirty-eight to sixty-five. They continuously rated their sexual desire on personal questionnaires while taking YTE. Half of the participants took the YTE, while the other half took a placebo. Sexual desire increased significantly more in the men taking YTE than in those taking the placebo. The results of this study and others were reported in the *Journal of International Medical Research* (Vol. 25, No. 2, Mar/Apr 1997).

### STUDY 4

#### **YTE increases muscle growth, strength, and performance.**

Professor Törnblom conducted a six-week, double-blind placebo-controlled study at the University of Colorado and Arapahoe Community College involving thirty-two men and women ages nineteen to thirty-five. The study compared the effectiveness of two nutritional supple-

ments in increasing muscle strength and muscle mass. The effects of taking 5 grams of a 50/50 blend of YTE and creatine were compared with taking only creatine monohydrate (5 grams). Results are shown below.

	<b>YTE-Creatine Blend</b>	<b>Creatine Monohydrate</b>
<b>Increases in Leg Press</b>	21.2 Kg	12.2 Kg
<b>Increases in Bench Press</b>	8.1 Kg	6.1 Kg

In addition, a number of subjective conditions, for instance energy levels, stamina, and subjective health were also measured. Virtually all of the study participants who took YTE experienced a significant increase in physical energy, stamina, and muscle strength.

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<http://yte4life.com> (22 August 2006)

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# Resources

For additional information about YTE, please contact:

**Amerikal Nutraceutical Corporation**

Tel: (800) 400-1287

E-mail: [info@amerikal.net](mailto:info@amerikal.net)

Or visit: [www.yte4life.com](http://www.yte4life.com)

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[TO COME]



for more information go to:

<http://www.Lamin8rs.com>

## About the Author



**Dr. Bjødne Eskeland** was born and educated in Norway. He received a Master's Degree in Science at the Agricultural University of Norway in 1964. He came to the United States for his graduate studies and completed his Ph.D. in Animal Physiology at the University of Missouri, Columbia, in 1971. He has been on staff at the Agricultural University of Norway, the Norwegian Food Institute, and the Environmental Toxicology Department at the University of Trondheim at Norway. In addition, from 1983–1985, he served as a visiting professor at the University of California–Berkeley, in the Department of Nutrition.

