

## A Unparalleled Product



- Build Muscle Mass
- Restore Muscle Tone
- Increase Testosterone
- Reduce Injuries

### Pure Power And Passion

The Mass Disc is perfect for anyone who wants to build muscles and increase testosterone without the use of drugs or supplements. It's also the perfect way to combat the deterioration of muscles that naturally comes with aging. In fact, the Center for Disease Control encourages everyone over the age of 20 to maintain an active program of increasing muscle mass.

Increased muscle mass can make you look and feel better. Increases in testosterone levels are linked

to improved bone density, increased metabolism,

fat reduction, a stronger immune system, and increased sexual desire and performance.

The Mass Disc is a terrific product for anyone wanting improved strength, bigger muscles and more zest for life.



**Strength**  
FROM THE INSIDE OUT

## What Customers Say

### Stan Jagow

Being a physical fitness trainer, we specialize in working with all levels of athletes for more endurance, flexibility and balance. I have been working with supplements and other things to relieve anxiety, stress and neuropathy. I am very pleased to say that I have gained 17 lbs of lean muscle mass due to the Mass discs and eating correctly. We work with all levels of athletes for more endurance, flexibility and balance.

### Dana M.

Over the years I began to notice that I was losing muscle tone and strength. I really noticed it when I turned 50. Walking any distance at all became pretty hard to do. I started using the Mass Disc and did very mild exercising and within 30 days I began to feel my strength returning. Now, I take my daily 2 mile walks without any problem.

And the added benefit was that it really turned up my libido too. I feel like I'm 30 again.

### Money Back Guarantee

Body Align Offers a 30 day money back guarantee. Contact Customer Service to return your unused product within 30 days and you will receive a refund.



Body Align Products are intended for healthy men and women, age 18 and over. The guidelines for using our products are strictly for informational purposes and are intended solely to educate our customers. Body Align Products and information are not in any way intended to diagnose, treat or prevent any medical condition. If you have health concerns contact a healthcare professional. We also recommend you consult with your healthcare professional before starting any new diet, nutrition or exercise program. You may not experience the same results as individuals quoted or shown in videos on our website.

[www.BodyAlign.com](http://www.BodyAlign.com)



M A S S



### Boost Your Strength For Life

The Mass Disc Increases Muscle Mass  
And Boosts Testosterone

Look And Feel Better

Have The Strength You Need

Be At The Top Of Your Game



phone 800.655.9855  
[support@BodyAlign.com](mailto:support@BodyAlign.com)  
[www.BodyAlign.com](http://www.BodyAlign.com)



## How To Use Mass

### When To Apply The Mass Discs

The Mass disc is designed to increase muscle mass. It is a product designed primarily for men, but it has been shown to be effective for women. The Disc has been shown to increase natural testosterone... and that's been associated with improving bone density, reducing body fat, and, yes, revitalizing your sex life. Men, and particularly women should consult with a healthcare professional prior to using this product for any extended period of time because of its hormonal effects.

The Mass Disc should be applied for 3 consecutive days to one of the recommended locations. After 3 days, remove the Disc and discontinue its use for 24 hours. Then move it to the next recommended location and wear it for 3 days. Again, remove it for 24 hours. Continue cycling through all the recommended points.

Exercise caution whenever you wear a Body Align Disc for several days in the same location. Some people may experience rashes when wearing the disc for extended periods of time

### How To Use The Discs

Body Align Products are not negatively impacted by heat or cold, and water won't damage them. Intense exercise that makes you sweat may cause the adhesive to not stick. If you plan to be doing any kind of strenuous physical exertion, consider putting an adhesive bandage or surgical tape over the disc after you place it on your skin. If a rash develops from extended use, remove the Disc until the rash clears.

### Hydration

Proper hydration is extremely important for the body. It will also make Body Align Products work much more effectively. Body Align suggests hydrating by drinking at least eight glasses of water every single day. The water you drink should be highly filtered or spring water, and never tap water.

## Suggested Acupuncture Points To Use



### Conception Vessel 6 (CV-6)

This is a key point for regulating energy in the body. It is related to the 2nd Chakra energy center that is most closely associated with

martial arts and strength in the body. It is located 1.5 finger widths directly below the belly button. It is a great point for hormone regulation.



### Spleen 6 (CSP-6)

This is an important point for building energy in the body which is important in the creation of muscle mass. It is located on the inside of the leg, 4 finger widths directly above the ankle bone.



### Conception Vessel 4 (CCV-4)

This is another important point for strength in the body. It is located 3 finger widths directly below the belly button.



### Spleen 21 (CSP-21)

This point is useful in clearing the lungs and building upper torso muscles. That increases overall energy in the body. However, it's a bit difficult to locate. It's found on the side of the chest. Imagine a vertical line on the side of the chest halfway

between the front and back of the body. Technically, it is in the 6th intercostal space. Some references say it is 6 finger widths below the armpit. That placement will get you close to the right point, but is not exact.



### Stomach 36 (CST-36)

This is another important point for increasing energy in the body. It's also a key point in digestive functions. Of course, optimum digestion brings nutrients to your body that are critical to build muscle mass. It is located 1 finger width to the outside of the shin bone and 3 finger widths below the lowest point in the kneecap.

### Additional Recommended Points

Additional suggested acupuncture points may be found by scanning the QR code at the right or by visiting the website:

[www.BodyAlign.com](http://www.BodyAlign.com)

