



# SUPPLEMENT STACK





# BEGINNER SUPPLEMENT STACK

## BEFORE CARDIO

L-CARNITINE - 2,000 MG

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## WITH MEAL 1

ANIMAL PAK BY UNIVERSAL NUTRITION - 1 PACK

## WITH MEAL 3

DIGEST-ALL BY MRM - 1 CAPSULE

## WITH MEAL 4

PROBIOTIC-10 50 BILLION BY NOW - 1 CAPSULE

## WITH MEAL 5

DIGEST-ALL BY MRM - 1 CAPSULE

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## PRE-WORKOUT

C4 ORIGINAL BY CELLUCOR - 1 SCOOP

## POST WORKOUT

GATORADE (DRINK MIX POWDER) 18 OZ (34.5 GRAMS MEASURED)



# INTERMEDIATE SUPPLEMENT STACK

## BEFORE CARDIO

L-CARNITINE - 2,000 MG

## WITH MEAL 1

ANIMAL PAK BY UNIVERSAL NUTRITION - 1 PACK

## WITH MEAL 2

GREENS FREAK BY PHARMAFREAK - 1 SCOOP

GLUTAMINE BY OPTIMUM NUTRITION - 5 GRAMS

CREATINE BY OPTIMUM NUTRITION - 5 GRAMS

## WITH MEAL 3

DIGEST-ALL BY MRM - 1 CAPSULE

FLAX OIL BY OPTIMUM NUTRITION - 3,000 MG

## WITH MEAL 4

PROBIOTIC-10 50 BILLION BY NOW - 1 CAPSULE

FISH OIL BY OPTIMUM NUTRITION - 3,000 MG



# INTERMEDIATE SUPPLEMENT STACK

WITH MEAL 5

DIGEST-ALL BY MRM - 1 CAPSULE

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PRE-WORKOUT

C4 ORIGINAL BY CELLUCOR - 1 SCOOP

POST WORKOUT

GATORADE (DRINK MIX POWDER) 18 OZ (34.5 GRAMS MEASURED)



# ADVANCED SUPPLEMENT STACK

## BEFORE CARDIO

L-CARNITINE - 2,000 MG

## AFTER CARDIO

CELL K.E.M BY EVOGEN - 1 SCOOP

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## WITH MEAL 1

ANIMAL PAK BY UNIVERSAL NUTRITION - 1 PACK

## WITH MEAL 2

GREENS FREAK BY PHARMAFREAK - 1 SCOOP

GLUTAMINE BY OPTIMUM NUTRITION - 5 GRAMS

CREATINE BY OPTIMUM NUTRITION - 5 GRAMS

## WITH MEAL 3

DIGEST-ALL BY MRM - 1 CAPSULE

FLAX OIL BY OPTIMUM NUTRITION - 3,000 MG

## WITH MEAL 4

PROBIOTIC-10 50 BILLION BY NOW - 1 CAPSULE



# ADVANCED SUPPLEMENT STACK

FISH OIL BY OPTIMUM NUTRITION - 3,000 MG

## WITH MEAL 5

DIGEST-ALL BY MRM - 1 CAPSULE

## BEFORE BED

CELL K.E.M BY EVOGEN - 1 SCOOP

## BETWEEN MEALS

ESSENTIAL AMIN.O. ENERGY BY OPTIMUM NUTRITION - 1 SCOOP

## PRE-WORKOUT

EVP PLUS BY EVOGEN - 2 SCOOPS

## INTRA-WORKOUT

GLYCOJECT BY EVOGEN - 1 SCOOP

## POST WORKOUT

GLYCOJECT BY EVOGEN - 1 SCOOP

CELL K.E.M BY EVOGEN - 2 SCOOPS